

# Lake County School District



## Athletics & Activities Handbook

Updated 2-24-26

## INTRODUCTION

Welcome to the Lake County School District's athletics and activities program. The purpose of this handbook is to provide information about our program, expectations of our participants, and our goals for the development of a student in academics, activities, and athletics.

We encourage our students to participate in as many of our programs as they are capable of managing in a healthy way - considering academic requirements, physical strain, and mental demands of scheduling. We do not encourage specialization in a single activity or sport and recognize the value of a variety of experience and cross-training in developing the many talents of our students. The program should contribute to your growth mentally, physically, emotionally, and socially and we are here to support you on that journey!

## ACTIVITIES/ATHLETICS IN LAKE COUNTY

<i>Grades 6-8 (LCIS &amp; LCHS)</i>					
<i>Season</i>	<i>Activities</i>				
Fall	Football	Girls' Volleyball	Cross Country	Boys' Soccer	
Winter	Boys' Basketball	Girls' Basketball	Alpine Skiing	Nordic Skiing	
Spring	Girls' Soccer	Track & Field			
Multi-Season	Band	Choir	Drama	Knowledge Bowl	
<i>Grades 9-12 (LCHS &amp; CCHS)</i>					
<i>Season</i>	<i>Activities</i>				
Fall	Boys' Soccer	Girls' Volleyball	Cross Country	Football	Boys' Golf
Winter	Boys' Basketball	Girls' Basketball	Alpine Skiing	Nordic Skiing	Wrestling
Spring	Girls' Soccer	Track & Field			

Multi-Season	Cheerleading	Band	Choir	Student Senate	
	Drama	FBLA	NHS	Knowledge Bowl	

## **PHILOSOPHY**

We believe that interscholastic athletics and activities are an important piece of a comprehensive secondary curricular program and a vital part of a student's total educational experience. These activities not only help to instill habits and values for lifelong learning, but also help to encourage a healthy and balanced mind and body that facilitates maximum learning potential in the student. Student participation in any part of our athletics or activities is a **privilege** which carries with it responsibility to the school, the activity, the student body, and the community. We believe 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 education you are capable of achieving. Deciding to participate in activities and athletics will contribute toward your self-improvement and a total education. With this decision, though, comes important responsibilities – simplified, **your responsibilities are to be a good student and a good person.**

- 1) **Keep your grades up!** Your priority as a student is to learn. Academics take priority over extra-curricular activities. You must keep your grades up to be eligible to play and participate in athletics and activities. Many of our non-negotiable rules around eligibility are determined by the Colorado State governing body of student athletics, the Colorado High School Athletics and Activities Association (CHSAA). These rules can be complicated, but you should aim to be passing all of your classes throughout the entire school year, at a minimum. This will help avoid any questions of eligibility. Pass all of your classes, all of the time!
  
- 2) **Be a student in good standing!** Participation in our athletics and activities programs is a privilege and not a right. The Lake County School District and community deserve to have representatives (in interscholastic activities and athletics) who demonstrate good citizenship through honesty, respect, kindness, good sportsmanship, emotional control, dependability, and hard-work. Violations of these moral values, especially recurring violations, will indicate that you are not a good representative of our school and community and will threaten your participation in our athletics and activities programs. Stay out of trouble, in school and out of school!
  
- 3) **Follow school and program rules!** If you've followed the first two rules you likely won't have to worry about all of the protocols for eligibility or the repercussions/punishments for poor behavior. While participating in our athletics and activities programs, however, you are subject to all school rules and any established rules in your sports team or activity. Simply, follow the rules.

## **PARENT/GUARDIAN RESPONSIBILITIES**

### **Be Interested and Be Positive:**

Make sure your child knows that their academic progress should be the priority and athletics and activities are a supplement to their school and life experience. As the parent/guardian you should be an active participant and help your student by modeling responsibility and developing in them the skills of accountability and responsibility. Please hold them accountable to their commitments. If they join a team or group, they need to fulfill that commitment through the end of the season. You should attend open houses and parent conferences and know when each grading period ends. Monitor grades throughout the semester and during eligibility windows/reviews. ***Do not assume that someone will call you if there is a problem.*** Even when trying to correct or push your student, the best way is to remain positive and 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 them regardless of the situation. Attend your student's activities and cheer positively for them, keeping in mind the bigger picture of developing them as a person, not just a student, competitor, or performer.

### **Help Set Goals and Habits:**

Ask your student about their classes regularly and see how they intend to manage their classes and grades. We want to develop accountability and responsibility in them without micro-managing and doing everything ourselves. This can be a fine line, but being aware of what is going on in their academic life by asking and listening can help you in knowing when to provide some direction. Participating in activities on top of academics represents a substantial time commitment. Your student may not know how to effectively manage their time and monitoring their habits and academic requirements will also help you in encouraging good time management habits. You can help them establish appropriate goals and habits if you know what is going on in their academic life.

### **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 crew teacher. Share with them what is going on so that we can support you and your family. If you have a concern that relates to a specific class, please email the teacher.

### **Working with the Coaches:**

First, attend the preseason coach's meeting. Then, if you have a concern about a particular coach, follow the 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 often exacerbate the issue.
3. Contact the athletic director if you have further questions or concerns after meeting with a coach.

## **SPORTSMANSHIP**

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. It is important to remember that these are youth sports and almost no one you know will “go pro.” At this level, you are meant to use extra-curricular activities to learn how to push yourself, learn how to make a commitment and stick with it, learn how to work with a team, learn how to set goals and work to achieve them, and learn how to achieve while maintaining good character. It is all about learning. If you win in the process, then you are probably learning some of those things. If you lose in the process, you are also probably learning some of those things. Although we can take pride in the feats we are able to accomplish in school athletics and activities with our team and classmates, at the end of the day it’s all about learning and growing as a person. Having the ability to recognize this during competition and valuing the experience of everyone around you is the hallmark of sportsmanship. We want a positive competitive environment for all of our participants and want to represent the Lake County community in a positive way.

### **Game and Spectator Conduct:**

Game and spectator conduct is very important to us at Lake County School District. Failure to exhibit appropriate sportsmanship and spectator conduct will 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.

- Remember that you are at a contest to support and yell for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
- Remember that school athletics are learning experiences for students, and they may make mistakes. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- A ticket is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place. There is a shortage of officials. **If you are interested in becoming a certified official, please reach out to the athletic director.**
- Show respect for the opposing players, coaches and spectators. Treat them as you would treat a guest in your own home.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student/athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, and during games, and afterwards on or near the site of the event (i.e., tailgating.)
- Use only those cheers that support and uplift the teams involved.
- **Be a positive role model** through your own actions and by censuring those around you at events whose behavior is unbecoming.

## **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, or 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**

**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 are not allowed 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 not be allowed during practice but can be used at the coach's discretion. In accordance with school district policy, all students in athletics and activities must lock up their cell phones during the school day. If a team or group leaves school early for a competition/event, their phones will be unlocked and given back to the students at dismissal from class.

## **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 in the same season, 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 that the student will attend the primary sport or activity. Students are not to be penalized by the activity/sport not attended, but considerations of starting and playing time remain at the discretion of the coach.
- 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!!!**
- A student who makes a commitment to an activity/sport does so for the duration of the season. A student who is on a roster the second week of an activity/sport will be charged the activity/athletic fee. If the student quits of his/her own accord, then they **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 must travel to the event in the transportation designated by the school unless special permission is given by the Athletics/Activities Director or Principal. They must also RETURN in the transportation designated by the school unless they are signed out by a parent/guardian.** Direct communication from a parent/guardian is necessary for an athlete to be able to leave an event with an **ADULT** other than a parent or 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/athletes and program administrators (coaches or supervisors) 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 expected to 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. Documented medical appointments and absences approved by an administrator are exceptions to this rule.** 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. **Thursday will count towards any competition or event held on a Friday or Saturday. If a student is sick on Thursday, they may participate in a competition or event held on Friday or Saturday, at the coach's discretion, if they feel better.**
- 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.
- HS Eligibility: Grades are checked every Thursday and at the end of each semester. If the student has any F's at a grade check they are deemed ineligible for the following Monday-Saturday. Students who fail to pass 2.5 credits in a semester will lose eligibility at the start of the next sport until the "re-gain" date for that sport. On the "re-gain" date, if the student is failing any class they are then ineligible for the remainder of the season. If a student fails 1 class at the end of the first semester, they will be ineligible for the first week of the second semester.
- 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/School Runner 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 changes the grade to make them eligible for 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.
- MS Eligibility: Grades are checked every two weeks and at the end of each semester. If the student has any F's at a grade check they are deemed ineligible beginning the following Monday for two weeks. A MS student can appeal their ineligibility by confirming with the Athletic Secretary or Athletic Director that they are passing all of their classes again.
- Prior to starting practice each season, students will be expected to complete the athletic clearance process, which includes online school registration, completing a physical evaluation, and clearing 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.**

- A total of 3 different days of practice is required before participating in any interscholastic game or scrimmage (except football which needs 9 days).
- No contact between a coach and player is allowed on Sundays during the competitive season unless it is for a social, academic or service related activity that is strictly voluntary. A student cannot be required to practice or compete outside of the season as a condition of making the team.
- Name, Image and Likeness: A student-athlete/participant may benefit from the use of their name, image and likeness (NIL) provided the NIL is not connected to their CHSAA high school, team, or activity program.
- If a student is ejected from a contest for unsportsmanlike conduct, he/she will be ineligible for the next scheduled match or contest played at that level including qualifying and state contests. The student may not participate in any contests at any other level during this period. For the season, the student will be permitted to compete in one fewer contest than the maximum allowed each participant in the sport. A second ejection during the season shall result in a 2-contest suspension. A third ejection will result in a review of the student's future eligibility by the CHSAA commissioner. If a student is ejected in the final contest of a season, he/she is ineligible for the first contest of the next sport in which he/she competes and completes the season. Players leaving the bench during a fight shall be ejected and ineligible for the next contest.

## **PROTECT YOUR ELIGIBILITY**

The Colorado High School Activities Association (CHSAA), 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 CHSAA 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 have 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
  - Lake County High School - You must be enrolled in a minimum of 2.50 units of credit. (This is approximately the equivalent of five classes or internship hours) Do not drop classes without first checking with your academic counselor and athletics director to determine whether it will affect your eligibility.
  - Cloud City High School - You must maintain a pattern of at least 85% attendance and passing all curriculum above 60%, while engaging in school using good habits of work and learning (see the CCHS Student/Parent Handbook for more information).
  - Lake County Intermediate School – All enrolled students are eligible, as long as they are in good standing with the school and meet academic eligibility requirements.

- Transferring Schools - If you have transferred schools, you and your parents need to complete transfer documentation to establish athletic eligibility. Eligibility will be determined after all paperwork is complete. A student who establishes his/her eligibility at a member school and subsequently transfers, will be ineligible for varsity competition for 365 days from the date of their last participation in an interscholastic practice, scrimmage, contest or game, in the sports they participated in during the last 365 days. The CHSAA commissioner may grant exceptions to this rule in unusual cases. Only the schools may submit a waiver. If a waiver of the transfer rule is requested, the student is not eligible until the waiver is approved by the CHSAA commissioner.

#### C. Participation Limits

- Upon entering high school, a student's eligibility will continue only until his/her original class graduates. Once entering ninth grade, a student has eight consecutive semesters of eligibility. If a student drops out of school or misses competition due to an injury, he/she will not receive additional eligibility. A student is allowed a maximum of 4 seasons in any sport.
- You must enter school within the first 15 days of the semester to be eligible.
- If you reach the age of 19 prior to July 1, you will be ineligible for interscholastic competition the next school year.

#### D. Awards Standards

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

#### E. Non-School Competition

- 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.
- Players certified to participate as members of any 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:
  - A. The student's class attendance is not compromised; and
  - B. The student is in good academic standing under the school's activities policy
- Before you join any non-school team or enter any non-school competition involving athletics, check with your athletics administrator to make certain these standards are being met.
- 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.

- 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.

#### F. Sports Camps/Clinics

- 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.
- You may attend a specialized athletic camp outside the school sport season during the school year.

### **ALTERNATIVE PE CREDIT**

Students involved in athletics have the opportunity to earn .50 PE Credits or 1.00 PE Credit per year for participation in sports to fulfill the PE graduation requirement. Please contact the counseling department for details.

### **CARE OF EQUIPMENT**

In order to give the student a sense of responsibility and an appreciation of their 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 the checkout card by having the coach make the adjustments.
- 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 School District Athletics/Activities Code of Conduct establishes standards by which student athletes and activities participants are expected to conduct themselves as representatives of Lake County Schools. Parents are expected to discuss these regulations and consequences with their student 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 LCSD Athletics/Activities Code of Conduct are two separate sets of standards. The LCSD Athletics/Activities Code of Conduct, which is written specifically for student activities/athletics, is intended to be used concurrently with the LCSD Student Code of Conduct, but the two codes differ procedurally and substantively. If a student athlete is suspended for a violation of the LCSD 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 LCSD Athletic Code of Conduct, then the student athlete will be penalized accordingly.

The LCSD Athletics/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. The LCSD 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 LCSD Athletic/Activities Code of Conduct once the student is notified by the coach/sponsor that the student has made their team or group. **Thereafter, the student is deemed to be an athlete/member for the remainder of their 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, sports, or activities.**

The LCSD Athletics/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 or at Cloud City High School, including the off season and summertime. The LCSD Athletics/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 LCSD Athletic Code of Conduct, then consequences will follow if brought to the attention of the Athletic Director.

**Consequences for violating the LCSD 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 school participation. This means the student's record of LCSD 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.** 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:** After being found to be in violation of the above policy, the student participant must complete the following to be allowed to return to full participation.

- 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

If a student follows through on all of the above commitments, they 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 consequences established by the Lake County School's administration for violating the student handbook.

2. **Second Violation:** The student will be suspended from the remainder of the season for the activity or sport they were participating in at the time of the conduct.

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 they have broken training rules and are 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 found to be a participant or nonreporting witness of a fight must complete the following to be eligible for athletics or activities:

- 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

If a student follows through on all of the above commitments, they 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 consequences established by the school's administration for violating the student handbook.

2. **Second Violation:** The student will be suspended from the remainder of the season for the activity or sport they were participating in at the time of the conduct.

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.

### C. 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:** 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 activity **but will be able to practice at the coach's or sponsor's 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 Violation:** The second and any subsequent violations where 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.

### D. OTHER

1. 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.

2. 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.**

## **POLICY INTREPRETATIONS (Questions and Answers)**

*Question#1: What is meant by a 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: Does the Code of Conduct 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 from any activities and regain eligibility by the next season. Under this policy, a violation can be held over to the next season and ensure all violations will have some form of penalty.

*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 activities are governed by this policy?*

Response: Any school activity or sport that competes/performs as Lake County High School. Those activities include, but are not limited to, all sports, cheerleading and dance, music (instrumental and vocal), drama, FBLA, knowledge bowl and NHS. Individual handbooks from the sponsor govern all other activities.

### **Athletics Fees**

The Lake County School District High School athletic fee is \$50.00 per sport and \$25.00 per sport for Middle School students. A family plan is available for \$250.00, which will cover all immediate family members in the school district for the academic year. Athletic fees will be billed one week after the activity/sport's official start date. If a student participates after the first week of practice or in any competition, they will be assessed the athletic fee. **If a student decides to play two sports in the same season the cost of the second sport will be half-price. Athletic fees for ski sports will be paid to Cloud City Mountain Sports to compensate for the high expense of the sport. Reduction or alleviation of fees is possible on a case-by-case needs-based basis as determined through Free and Reduced School Meal qualification status.**

### **Athletic Passes and Gate Fees**

Gate fees for High School events are \$7/adults and \$5/seniors and non-Lake County students. These admission prices were set by our league. Gate fees for Middle School events are \$3/adults and \$2/seniors and non-Lake County students. All Lake

County students and district employees are free with their student/staff ID. If you plan to attend many games, your best deal is to buy a season pass. You can get a Lake County annual pass to get into any game in Leadville for \$100/adults and \$60/seniors and non-Lake County students.

Annual passes can be purchased at the Lake County High School Office, during orientation, or online at <https://gofan.co/app/school/CO11697>. Passes are good for both high school and middle school events.

## **REQUIRED FORMS**

The following are forms that **MUST** be filled out in their entirety and turned into the athletic secretary prior to the start of practice. **No athlete will be allowed to practice any sport unless all of their forms have been turned in.** Parents and students must read and sign all sections of the packet. Student athletes and parents must sign and return the packet before they will be allowed to practice or compete. Absolutely no student athletes will be allowed to practice until all paperwork is returned to the athletic secretary and on file with the athletic department.

## **PHYSICIAN EXAM REQUIREMENT**

All student-athletes participating in extracurricular activities must have a current physical examination on file with the Lake County Athletics/Activities Department. **NO STUDENT-ATHLETE WILL BE ALLOWED TO PRACTICE OR PARTICIPATE WITHOUT A CURRENT PHYSICAL EXAMINATION ON FILE.**