

# LEWIS S. MILLS HIGH SCHOOL



## STUDENT-ATHLETE HANDBOOK

Revised 2019

### **Lewis Mills Mission Statement**

The mission of Lewis S. Mills High School is to foster academic excellence, personal growth, and respect for diversity. Within a safe learning environment, we share the collective responsibility with students, parents, and the community to cultivate the skills, knowledge and attitudes that help our students to realize their full potential as learners and responsible citizens, and to experience success beyond high school.

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## INTRODUCTION

The Lewis Mills Athletic Department would like to extend an invitation to all students to participate in the many interscholastic athletic programs offered. The material presented in this handbook contains information pertinent to policies, regulations, and rules of the Lewis Mills High School, C.I.A.C. and the Central Connecticut Conference (CCC). The Lewis Mills Athletic Department is concerned with the educational development of students and believes that a properly managed, well-organized sports program will meet the students' need for self-expression, mental alertness, and physical growth. In addition, the athletic department fully supports the mission of Lewis Mills High School and works to actively contribute to the academic growth of our student-athletes.

The numerous programs are designed to accommodate as many students as possible. Unfortunately, "cutting" athletes from certain teams may be necessary. Students who choose to participate in athletics are making a choice that requires self-discipline, personal organization and a serious commitment. For this reason, we place a strong emphasis on good training habits, academic responsibility and positive school behaviors. Students who do not adhere to these rules may jeopardize their privilege to participate in the program. Parents and student-athletes should be aware that involvement in athletics is a privilege, not a right. Student-Athletes are role models and should remember to exhibit a positive image for themselves, their teams and their families.

### [What do I need to try-out for a Lewis S. Mills High School Athletic Team?](#)

**FORMS TO BE RETURNED BEFORE YOU CAN TRY OUT:** Any student-athlete interested in trying out for any of the Lewis Mills Athletic teams will need the following items signed by student and parent where applicable. All students must hand these forms to the coach on or before first tryout date. [Access to all forms are on the website.](#)

1. State Health Form: **Blue Card** or **Red Card** issued and signed by the School Nurse – physical forms stays with the school nurse: Student will hand the coach a red or blue card

\*\* school nurse - Kathy Wasseluk (wasseluk@region10ct.org) \*\*

2. Training Rules and Agreement to Participate Form:

3. Concussion and Sudden Cardiac Arrest Forms:

a. Concussion Education Plan & Consent Form: website to access form

b. Sudden Cardiac Arrest Plan & Consent Form: website to access form

4. Athlete Policy and Medical Authorization Forms

5. Notification of Online Access to the Student-Athlete Handbook: Download and Read the Student-Athlete Handbook:

## BOARD OF EDUCATION PHILOSOPHY

The board of education believes individual students will benefit from opportunities to grow physically, intellectually and emotionally through interscholastic and intramural activities. The board will strive to provide students interscholastic competition in a variety of sports, both traditional and non-traditional. These individual and team activities challenge students in competitive environments leading to enhanced individual growth. It is also recognized that a well-organized and well-conducted athletic program has a significant effect on the morale of a student body and is an important factor in promoting positive school-community relations.

Although we are extremely proud of the success of our many programs, we do not condone a "win at all costs" attitude. The purpose of the program is to ensure a positive experience for all students who choose to participate. It is also a goal to provide all student-athletes with an opportunity to learn the importance of ethical behavior, good sportsmanship, positive values, and a realization of their self worth. The Lewis Mills Athletic Department staff is a professional group that takes great pride in their concern for the welfare of each athlete. They are cognizant of the tremendous influence of their position and strive to instill the highest ideals and character traits in our students.

## ATHLETIC DEPARTMENT CORE VALUES AND BELIEFS

The coaching staff adopted the following core values and beliefs in the spring of 2011 to more clearly define their scope and purpose.

- Academic Excellence: Achieve at or beyond potential
- Balanced Perspective: Short & long term personal goals, clear family priorities, role modeling for others
- Commitment: Team comes first
- Sportsmanship: Expect and accept only the best
- Competitive Excellence: Control the controllable – win your battles
- Pride Amongst Teams: Recognize the value of everyone who participates
- Relationship building: Something we do every day

## DESCRIPTION OF PROGRAM

**Varsity Athletics:** Varsity teams afford opportunities to those athletes who exhibit the greatest skills. Playing time at the varsity level is based on the coach's discretion. Although coaches attempt to get all members playing time, there may be contests where some members of the team do not play or do not play in equal amounts.

**Junior Varsity Athletics:** Junior Varsity athletic programs offer to those students who do not yet possess the skills required of Varsity athletes an opportunity to participate in a competitive setting. Junior Varsity athletes are in the process of gaining valuable knowledge, skill, and experience required for Varsity competition. Junior Varsity athletes may, on occasion, participate in Varsity contests. The fluid movement of athletes between levels is made at the discretion of the coaching staff. All athletes in good standing should participate in all JV contests.

**Managers:** Managers are an important part of a successful program. Managers shall follow the same eligibility rules as the participating athletes.

## ATHLETIC DEPARTMENT POLICIES

**Participation:** Participation is not guaranteed on all athletic teams. Due to roster size constraints, some teams have cuts at the conclusion of the tryout process. Athletes may participate in only one sport program in a sport season.

**Tryouts:** Student-athletes will be encouraged to try out for various athletic teams. A minimum try-out period of three opportunities will be in effect for each team considering making cuts for the coming season. Upon reaching the first contest date, as indicated by the C.I.A.C., currently enrolled students will not be allowed to gain membership to any team. Please note that all teams will hold tryouts, even though some teams do not have cuts. Attitude, attendance and coach-ability are always considered.

(Note: Tryout dates will be posted under --- Forms / Documents for Tryouts on website)

**Attendance:** Class and School

1. Athletes will attend all classes regularly and on time. Tardiness and cutting will not be tolerated. All student athletes must attend at least four hours of school to participate in a practice or a contest on that day. Serious extenuating circumstances may allow exceptions to this rule if documentation exists and it is presented to the School Administration or the Director of Athletics prior to the practice or contest.
2. In order to participate on game days, athletes will not use their sport as an excuse to miss class time and are expected to participate in their regular physical education classes. In the event a student-athlete does not participate in Wellness Class on the day of a practice or game, the student-athlete will NOT be allowed to participate in that practice or contest. In the case of an athletic related early dismissal, the Director of Athletics will notify teachers.
3. Please refer to the Lewis Mills High School Student Handbook regarding student attendance and athletic participation. Any violation of the aforementioned rules may result in suspension or dismissal from the team.

**General Attendance at Practice and Games:** Attendance at all practice sessions and/or games (including tournament and vacation periods) for all team members is expected. If you will be absent or tardy for a practice/game, the athlete is expected to communicate personally to a member the coaching staff prior to that practice/game (Individual team rules may clarify team expectations regarding absences along

with consequences). If this is not possible, the athlete is expected to follow up with the coach at the next available opportunity. Athletes are not permitted to leave practice or games early without prior approval from a member of the coaching staff. Athletes should be aware that high school contests may be scheduled Monday through Saturday or rescheduled for any day, including Sundays. Coaches may also hold optional Sunday practices that begin after noon.

**Dress Code:** The Athletic Department expects all student-athletes to adhere to the dress code found in the Student-Handbook. Failure to follow these guidelines may result in disciplinary action.

## **ATHLETIC CODE OF CONDUCT**

The community, school administration, and coaching staff believe high standards of conduct and citizenship is essential to a sound athletic program.

1. Athletes will conduct themselves as ladies or gentlemen at all times. Remember you are a representative of Lewis Mills High, your team, coach, and family.
2. Athletes will conduct themselves in an exemplary manner at all times in school, the community, and on any campus, which their team is visiting.
3. Acts of unacceptable conduct such as, but not limited to removal from class by a teacher, theft, vandalism, arrest, or any violation of the law, will result in disciplinary action. In addition, inappropriate actions classified as negative faculty involvements by the school administration will not be tolerated and may result in disciplinary action.
4. Detentions/suspensions from school of any type will not be tolerated.

**Any violation of the aforementioned rules may result in suspension or dismissal from the team.**

5. If a player verbally harasses or taunts an official, player, coach or spectator, a one game suspension is mandatory and upon review by the school administration, a season suspension may be in order.
6. If a player has a negative police involvement or is arrested, that player will be suspended until a review of the incident can be made. This review will be made by the Director of Athletics and Principal and may result in suspension or dismissal from the team and/or loss of captain's responsibilities.
7. If a student-athlete is suspended from school, the student is not permitted to attend practices and/or games in any capacity for the duration of the suspension. The student must return to regular classes prior to returning to athletic participation. In addition, any athletic consequences will begin at the conclusion of the school suspension period.

## **HAZING / INITIATIONS AND BULLYING**

Hazing, initiations, or bullying of student-athletes by other team members are not acceptable, and any practice of this type of behavior will not be tolerated. Actions (such as but not limited to taunting, teasing, bullying, and harassment) of this type may be illegal, and those involved may be subject to police action as well as dismissal and/or suspension from participation in any athletic program. Please refer to the BOE Policy statement and Public Act 11-232 for more information.

## **SPORTSMANSHIP**

Lewis Mill's athletes are expected to treat opponents, officials, coaches and spectators with respect at all times. Any time you participate with your team in a practice, contest or in any other capacity, you represent your school. This is a responsibility you must take seriously.

Coaches will discuss good sportsmanship with his or her teams at the beginning of each season. Students are expected to comply with the rules stated in the student handbook, student-athlete handbook in addition to any team specific guidelines identified by the coaching staff. In addition, unsportsmanlike conduct on or off the field of competition may result in an athlete's suspension/dismissal from the team and may jeopardize future participation in athletics at Lewis Mills. The final decision in this matter will be made cooperatively between the coach, Director of Athletics and Principal.

At the conclusion of each season, team members from CCC sponsored sports will work with their coaches to fill out sportsmanship ballot where they will rate opposing players, coaches and fans on their demonstrated sportsmanship for that season. In addition, CIAC conducts Sportsmanship Ratings Weeks during each of the three seasons to evaluate all participating teams.

## **FIGHTING PRIOR, DURING, OR AFTER ATHLETIC EVENTS**

This type of behavior by Lewis Mills' athletes will not be tolerated for any reason. It does not matter if you are the victim of an unsportsmanlike act, if you are provoked or taunted, if you are verbally or

physically abused, or any other set of circumstances. The relevant question is... Did you, the Lewis Mills athlete, actively participate in a fight, retaliate in a fight, or leave the bench or sideline to join a fight in progress? If the answer is YES to any part of this question, you, the athlete, will be subject to serious sanctions such as, but not limited to, suspension from school, team, and/or dismissal from the team.

In addition, any student athlete who physically assaults an official, coach, opposing player (off field) or spectator will be immediately suspended and may be dismissed from the team for the remainder of the season.

### **SPECTATOR EXPECTATIONS**

1. Respect decisions made by contest officials.
  2. Refrain from taunting, booing, heckling, and the use of profanity in any way.
  3. Sit in the designated area assigned to each school.
  4. Once a student fan leaves a contest, they may not return.
  5. Admission to any athletic contest is not a license to verbally assault others or to be generally offensive. Negative interactions with opponents, fans, officials or game personnel will not be tolerated.
  6. The use of alcoholic beverages, drugs, and tobacco products (including e-cigarettes) are prohibited on the Lewis Mills campus.
  7. Respect athletes, coaches, and fans. Be a fan . . . Not a fanatic.
- Spectators whose behavior is judged inappropriate by school personnel will be asked to leave the contest. Serious infractions may be referred to the school administration for further action.

**ACADEMIC INTERVENTION PROGRAM (AIP):** Academic growth and development is the first priority of the Athletic Department. The historical data from Lewis Mills demonstrates a strong correlation between academic achievement and post graduate decisions as reported in Guidance Department data collected. Higher academic performance simply translates into greater choice for the graduating student.

To encourage and support this positive achievement, student-athletes who fall below a weighted 2.0 on any of the published reporting dates for the AIP will be required to participate in the appropriate AIP level. Specific details about this program, forms and requirements may be found on the athletic department website under Athletic Resources. Student-athletes who do not follow through with all AIP requirements will be subject to suspension from game play until the requirements have been met.

### **ADMISSION FEES TO HOME GAMES**

The following admission fees will be in place for the school year:

Adults: \$5, Students (grades 5-12) \$3, Senior Citizens #3, Under 10 free.

Fees for League & CIAC Tournaments are set by the hosting league or CIAC.

### **ATHLETIC AWARDS**

1. Varsity Letter Requirements: The varsity award shall be presented to an athlete who satisfies the participation requirements as list below, completes the season as a team member in good standing, and receives the recommendation of the coach. The question the coach considers is did the athlete make a significant contribution to the varsity team? In general, this means playing in more than 50% of the available periods of play at the varsity level.

The season is defined as the period between the date officially designated by the C.I.A.C. as the start of the season for that sport and the final game or contest of that sport for the Lewis Mills team.

A. Baseball/Softball:

1) play in one-fourth of all innings played or; 2) pinch hit or pinch run in three-fourths of the games played or; 3) pitch in four starts or six game appearances.

B. Boys and Girls Basketball: participate in 50% of the quarters the contests played.

C. Cheerleading: meet 90% of contest and practice requirements.

D. Crew: row in first boat in at least one race. Crew also recognizes novice level rowers with awards based

on the recommendation of the coach.

E. Boys and Girls Cross Country: score a point in a Varsity meet by placing in the top 5 runners or placing 6th or 7th and ahead of the #5 runner of an opponent.

F. Field Hockey: participate in 50% of periods played.

G. Football: participate in 50% of the available quarters or start on a special team for at least half of the season.

H. Golf: participate in the varsity team in at least 50% percent of the matches.

I. Boys and Girls Indoor Track: qualify for state competition.

J. Boys and Girls Lacrosse: participate in 50% of periods played.

K. Boys and Girls Soccer: participate in 50% of periods played.

L. Boys and Girls Swimming:

1) earn as many points as there are meets

2) one point for each event entered plus actual place pts.

M. Boys and Girls Tennis:

1) earn as many points as there are matches

2) one point for playing and one additional point for winning.

N. Boys' and Girls' Track: qualify for the Varsity level conference championship.

O. Boy's and Girls' Volleyball: participation in 50% of games played.

P. Unified Sports: to be determined

1st year varsity player: Receives a varsity letter

2nd year varsity player in the same sport: Receive sport pin

3rd year varsity player in the same sport: Receive a silver bar pin

4th year varsity player in the same sport: Receive a gold bar pin

8th varsity letter overall: Chenille Spartan Award

12th varsity letters: Spartan wind jacket

Captains receive a captain's pin; Managers receive a manager's pin

Senior Special Achievement Award: Awarded at Senior Athlete Picnic to seniors earning 10 or more varsity letters:

CCC Scholar-Athlete Award: Given to athletes earning a varsity letter who achieve Honors or High Honors for the given reporting period.

Lewis Mills Scholar-Athlete Award (pins in gold & silver): Given to participating student-athletes who achieve Honors or High Honors for the given reporting period.

**Junior Varsity awards** will be given on the recommendation of the coach to those athletes who complete the sport season in good standing. They will receive a JV pin for the first award and a certificate each time after.

**Note:** A coach will have the prerogative to award varsity status to a senior who has not met the seasonal requirements.

**Injury Rule:** any athlete who is a Varsity starter or plays in Varsity contests on a regular basis and becomes injured may be awarded a letter if in the coach's judgment he/she would have met the criteria had the injury not occurred.

## ATHLETIC BOOSTER CLUB

The Athletic Booster Club plays a significant role as a supporter of all programs at Lewis Mills. This volunteer organization provides both moral and financial support to our teams. Since 2008, over \$95,000 in supplies and equipment has been donated back to the various athletic programs. Parents are encouraged to join the booster club, and student athletes and coaches are asked to support the club in their efforts. More information and a membership application may be found on the Athletic Department website.

## ATHLETIC TRAINER (ATC)

The Athletic Department contracts the services of a part time Certified Athletic Trainer (ATC) through Bristol Hospital. The ATC will be on-site for most practices and contests played on the Lewis Mills Campus. When possible, other events will be covered. Student athletes are encouraged to bring questions or concerns relating to injuries or physical problems associated with participation on any of our athletic teams directly to the trainer. The ATC will coordinate return to participation programs with the appropriate

individuals, including the coach, physician and school nurse. To best ensure the well being of our student-athletes, the ATC and/or the school nurse may directly contact physicians providing treatment.

### **INJURIES, ACCIDENT FORMS & INSURANCE**

All injuries sustained by an athletic team member are to be reported immediately to the coach in charge or the ATC. This is the responsibility of the student. Athletes with an illness / injury that require a visit to a doctor, hospital, or primary care facility must receive written clearance from a physician in order to return to participation in Lewis Mills Athletic activities. The ATC has the final sign-off on when a student-athlete is allowed to return to participation.

Secondary insurance is available for student-athletes injured during practice/games. These forms are available from the ATC or from the Business Office.

### **IMPACT TESTING INFORMATION**

Beginning in the fall of 2008, all student athletes are required to take a baseline ImpACT test at the initiation of their athletic careers. This will usually be conducted in the athlete's freshman year. All student athletes participating in collision and contact sports (as defined by the American Academy of Pediatrics) will be required to take a "new" baseline test during their junior year.

For additional ImpACT information, please see the Lewis S. Mills High School "Lewis Mills Procedures for Management of Sport-Related Concussion". This document is available from the link above or from Athletic Training link on the website.

The Lewis Mills Athletic Department is in full compliance with Public Act 10-62.

### **EMERGENCY ACTION PLAN**

Up-to-date copies of the emergency action plan are available on the Lewis Mills Athletic Department Website under the Athletic Training Link.

### **BLUE CARDS/RED CARDS AND ATHLETE PHYSICALS**

Prior to the first tryout/practice session, all candidates for athletic teams are required to provide the school nurse with a valid physical signed by a physician. Students are then responsible for obtaining a signed Blue/Red Card from the school nurse. A Blue card is issued when the physical covers the student-athlete for the entire season. If the physical is going to expire before the end of the season, a Red card is issued. It is the responsibility to the Student-Athlete to provide the nurse with an updated physical exam to maintain their eligibility when their physical expires. The School Nurse is the only school personnel who may receive and/or evaluate a physical exam signed by a physician for the purpose of declaring the athlete medically able to participate in sports. Physical examination paperwork should not be turned into the coaching staff, Athletic Trainer or Director of Athletics.

Should the physical expire during the season, the athlete is immediately ineligible to participate until a new physical exam is completed by a physician and a new Blue Card is received by the coach. The sports physical examination is valid for 13 months.

### **CAPTAINS**

The position of Captain is not just an honor but a privilege. This honor will require the utmost leadership knowing that the captain will be a role model for other team members. Student-athletes begin to hold the position of Captain when announced by the coach. To gain final approval as a team captain, a signed Captains Contract form must be returned with signatures from the parent and student athlete to the Director of Athletics. Failure to comply with rules and regulations of the Athletic Department and/or Team may lead to dismissal as captain. Captains will be expected to take part in all Captains Council activities.

#### **"CAPTAIN'S PRACTICE"**

The C.I.A.C. and Lewis Mills High School do not in any way sanction or condone "Captain's Practice" in any sport. "Captain's Practice" may be a clear violation of C.I.A.C. Eligibility Rule II. D, and, therefore, is not permitted on any Lewis Mills High School facility.

### **CHEMICAL HEALTH POLICY (illegal and non-prescription)**

Participation in Athletics at Lewis Mills is a privilege and not a right. The policy and procedures found herein apply to all C.I.A.C. controlled and non-CIAC controlled Athletic Department activities sponsored by Lewis Mills. There will be absolutely no use or possession of any quantity of tobacco products (including smokeless and electronic cigarettes), alcohol, illegal/non-prescription drugs (including steroids) or drug paraphernalia by a Lewis Mills athlete. No student may knowingly be in the presence of those who

are in possession of, using, transmitting, or under the influence of any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, alcoholic beverage, or intoxicant of any kind on or off campus. It is understood that action taken against a student athlete will be taken only if it is confirmed that the athlete is using or possessing tobacco, steroids, alcohol or illicit drugs identified in this handbook or is seen in the presence of others that are using or are under the influence of alcohol or illicit drugs. Action will be taken if the student athlete is determined by police to have used or was in the presence of someone who had possessed or used these substances.

Students found in violation of the chemical health policy will receive a minimum two-game suspension for the first offense. In the event the student is suspended from school, the game(s) missed will not count towards this suspension. A second offense will result in the athlete being suspended from participating in the sport for the remainder of the season.

Please refer to the Athletic Policy/Permission Form on the website and the Lewis Mills High School Student Handbook for more information.

### **PERFORMANCE ENHANCERS**

The Lewis Mills Athletic Department in no way endorses the use of “Creatine” or any other ergogenic aid intended to enhance athletic performance. It is recognized that even natural substances in unnatural amounts may have short-term or long-term negative health effects. School personnel and coaches may never supply or recommend or knowingly permit students to use any drug, medication or food supplement for the specific purpose of enhancing their athletic performance.

In addition, C.I.A.C. Rules, effective July 1, 2007 specify the following:

Athletes found using performance-enhancing drugs by their school district will be immediately disqualified from any further participation in CIAC-sponsored sports for a period of 180 school days on each occurrence. These C.I.A.C. imposed sanctions may extend beyond those imposed by Region 10 for use of these substances by athletes.

Any student athlete who refuses to submit to testing as part of a member school’s Board of Education approved random drug testing policy shall be ineligible to participate in any CIAC-controlled activities. Performance enhancing substances and practices subject to this policy include but are not limited to, the following:

- a. Anabolic Agents, Diuretics, Peptide Hormones and Analogues
- b. Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes).
- c. Substances and practices identified as banned by the NCAA and the USOC.

All C.I.A.C. contests/games/tournaments/championships in which the offending athlete participated while under the influence of performance enhancing substances shall be declared forfeitures and all records will be expunged.

A member school may apply to the C.I.A.C. Board of Control for reinstatement of the athlete’s eligibility to participate in C.I.A.C. controlled activities. Any such application must include:

- a. The results of a CIAC-approved medically validated drug test which confirms that the student-athlete is chemical free. The test must have been completed within 30 days prior to the application. The C.I.A.C. shall not be responsible for any expenses related to this testing.
- b. A statement of the compelling circumstances on which the member school bases its application for reinstatement of the athletes’ eligibility.

The C.I.A.C. allows member schools to make exception for those student athletes with a documented history demonstrating the need for regular use of substances that are banned in this policy. These identified substances shall be medically prescribed by the student-athlete’s doctor for therapeutic purposes. The documentation should contain information as to the diagnosis, medical history and dosage prescribed. Lewis Mills High School will periodically provide preventive and intervention educational programs for or student athletes. Administration, enforcement and monitoring of the above policy is the responsibility of the Lewis Mills Administration, Guidance, Director of Athletics, Athletic Trainer, School Nurse and Coaches. Prevention programs will include pre-season meeting reminders and review of this policy every athletic season. Intervention programs will be determined on a case by case basis by the appropriately involved parties.

The above policy information will be distributed and reviewed at the start of each athletic season with parents and student-athletes. All student-athletes and parents will be required to sign a Lewis Mills

Athletic Policy form containing the above policy information prior to participating in any C.I.A.C. controlled game or contest.

### **COMMUNITY/SCHOOL SERVICE REQUIREMENT:**

All teams are responsible for conducting one community/School service project with their program. All student-athletes are expected to participate. Details of this effort will be arranged by the coaching staff.

### **DUE PROCESS**

Coaches may only dismiss an athlete from a team according to the following procedure:

1. Inform the athlete that he/she is suspended from the team, the reasons for the suspension, and that approval for dismissal is being sought from the Athletic Director.
2. Meet with the Athletic Director to discuss the particulars of the case and to determine if removal from the team is appropriate.
3. If removal is agreed upon, the coach must next inform the athlete and his/her parent(s)/guardians of the penalty and the reasons for it.
4. If the parent insists, an appeal may be made to the Athletic Director, who will meet with the parent(s) and/or athlete in question.

For more information on the formal application of Due Process as it applies to application to the C.I.A.C. Eligibility Committee please refer students to their Student Handbook.

Note: Reasons for major disciplinary actions (i.e. suspension or removal from the team or school) should never be discussed with or commented about to the press or other individuals under any circumstances.

This may violate the privacy rights of the student.

### **ELIGIBILITY RULES - C.I.A.C./LEWIS MILLS:**

To be eligible to participate, the following conditions must be met.

#### **COURSE and GRADE REQUIREMENTS:**

- 1 You must have passed at least four (4) units or the equivalents at the last regular marking period with the exception of Fall eligibility. Incomplete (inc.) grades are not considered to be passing grades.
2. Marking period grades (not semester grades) are to be used in determining scholastic eligibility except for quarter 1 (see #3).
3. For fall sports eligibility, a student must be a continuing student (eighth to ninth grade) or have received credit for four (4) units or its equivalent towards graduation at the conclusion of the school year preceding the contest. This is determined by final grades and not by the fourth quarter grades.

In addition, the student must be registered for four quarter Carnegie Units or equivalent of work in the current marking period to participate.

#### **AGE RESTRICTIONS and YEARS OF PARTICIPATION:**

4. The student shall not have reached his or her twentieth (20th) birthday. A student-athlete will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls. A student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition. Date of entry is defined as the first date of enrollment as a grade 9 student taking four (4) or more high school subjects.

#### **TRANSFER RULE:**

5. You must not have changed schools without a change of legal residence (See complete C.I.A.C. rule for further clarification).

#### **OUTSIDE PARTICIPATION:**

6. You must not play or practice with an outside team in the same sport while a member of the school team during the C.I.A.C. season of that sport. (Grades 9 through 12). The exception to C.I.A.C. Eligibility Rule II.E shall be:
  - a. Participation in parent-child and caddy tournaments, and
  - b. Swimming, tennis, gymnastics – a pupil may practice but not compete with a non-C.I.A.C. team during the season.

#### **FALSE IDENTIFICATION:**

7. You must not play under an assumed name on an outside team

#### **ECONOMIC GAIN:**

8. You must not have received personal economic gain for participation in any C.I.A.C. sport.

## **EJECTION POLICY - C.I.A.C.**

If a player is ejected from a varsity, junior varsity, or freshman, league or non-league contest, he/she will be suspended for a minimum period of one contest at that level of play and all contests at any level played in the interim. Please visit CASCIAC.ORG for specific sport regulations.

C.I.A.C. RULES MAY BE OBTAINED FROM THE C.I.A.C. WEB SITE: WWW.CASCIAC.ORG OR FROM THE LEWIS MILLS ATHLETIC DEPARTMENT

## **FORMS OF THE ATHLETIC DEPARTMENT**

All potential student-athletes and their parents/guardians must complete the Lewis Mills Athletic Policy/Permission form, the Emergency Medical Authorization form and the Notification of Online Access to the Student-Athlete Handbook form and return them to their coach before they may tryout or participate in any practice sessions. There will not be any exceptions to this rule. Copies of all athletic department forms are located on the athletic website and registrar using FamilyID.

## **FUND RAISING**

While fund-raising activities will never be mandatory for any athlete, students are encouraged to participate to help support the sports they play.

## **LIGHTNING POLICY**

The Lewis Mills Athletic Department will follow the Region 10 Policy on Lightning. The Athletic Trainer will carry a portable lightning detector that will be utilized as the first method for determining when to suspend any outdoor contest due to a pending storm. Should the lightning detector be unavailable or fail to function, the second method employed will be the flash-to-bang count recommended by the National Severe Storms Laboratory. A flash-to-bang count below 30 seconds will suspend all outdoor athletic activities. A minimum of 30 minutes following the last visible lightning or audible thunder will be waited prior to returning to play.

## **LOCKERS & LOCKER ROOMS**

During the season, student athletes should store and lock all valuables, clothing and equipment in a locker in their respective school locker rooms. Lewis Mills will not be responsible for any lost or stolen property that is stored improperly.

## **NCAA ELIGIBILITY**

For up-to-date NCAA Eligibility information, visit the athletic department website. All students interested in participating in collegiate athletics should consult with their Guidance Counselor at the earliest possible time. NCAA Guide for the College Bound Student-Athlete.

## **NONDISCRIMINATION/EQUAL EMPLOYMENT/EQUAL EDUCATION OPPORTUNITY**

In compliance with regulations of the Office of Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, the Lewis Mills Board of Education, as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or services, on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability, or related abilities to perform the duties of the position. The right of a student to participate fully in classroom instruction and extracurricular activities shall not be abridged or impaired because of race, gender, color, religion, national origin, age, sexual orientation, pregnancy, parenthood, marriage, or for any other reason not related to his/her individual capabilities.

## **OUT OF SEASON PARTICIPATION**

Outside participation by student athletes is governed by the C.I.A.C. Student-athletes may only participate with their high school team during the specified C.I.A.C. season. No other formal contact is allowed between the coaching staff and the athletes out side of the season with the following exceptions:

- Post season team meetings as well as individual meetings to provide feedback for off-season training are allowable. These meetings may not be designed to offer coaches the opportunities to instruct athletes on the improvements of skills.
- Post season practice is not allowed after the end date of your season per the annual C.I.A.C. calendar.
- Activities involving team building or community service where athletic based activities are not the focus

of the event.

- Out-of-season conditioning programs, supervised by the coach must be completely voluntary and participation may in no way directly affect the tryout process. Student-athletes must turn in a signed Out-Of-Season Consent form.

## **PARENTAL SUPPORT: KEY TO ATHLETES SUCCESS**

As a parent, you can be a tremendous asset to your child, their team and our school. Recognizing that our athletes are sons and daughters first, students second and athletes third are very important. Your positive and patient involvement as a fan and a supporter of your child, their team and our school is crucial. Please recognize that our athletes always do their best and mistakes, errors or just being out-played are sometimes part of the athletic experience. In the academic world, failure is viewed as feedback. It is an opportunity to grow and learn what is necessary to be successful in the next challenge. Please celebrate your child's effort as much as you do their success.

## **PROCEDURE FOR CONTACTING ATHLETIC DEPARTMENT PERSONNEL**

1. Please afford your son or daughter the opportunity to discuss the issue with their coach. Many times these meetings may resolve an issue or concern.
2. If your son or daughter's meeting with the coach did not resolve the issue, then encourage your child to meet with the Director of Athletics about the concern.
3. In the event, the first two steps do not resolve the issue, please contact the coach directly to talk and/or set up a meeting.

NOTE: Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

5. If the meeting with the coach did not provide a satisfactory resolution, please call and set up an appointment to meet with the Director of Athletics to discuss the situation.
6. If the meeting with the Director of Athletics did not provide a satisfactory resolution, please call and set up an appointment to meet with the building Principal to discuss the situation.

## **SEXUAL HARASSMENT**

The Board of Education prohibits sexual harassment or intimidation of its students and employees. Any student or employee who believes he or she has been the subject of discrimination/ sexual harassment should contact the district's Equity/Title IX Coordinator or an administrator.

## **TEAM SPECIFIC RULES AND EXPECTATIONS**

At the beginning of each season, students will be informed by their coach of the rules and expectations for all team members. This will include types of behavior which may warrant suspension or removal from the team. Each case will be considered individually. Parents, the Director of Athletics, and Building Principal will be notified as soon as possible after a student has been suspended or permanently removed from the team.

## **TRAVEL**

All athletes must travel to and from athletic contests in transportation provided by the Athletic Department. All other transportation requests will require coaches approval and a signed transportation agreement that must be approved by the Director of Athletics and/or school administration. This form may be found on the athletic department website.

1. Athletes will remain with their team and under the supervision of the coach.
2. Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and must receive their coach's approval prior to the team's departure for the contest.
3. With the permission of the head coach, parents may pick up student-athletes from an away contest by providing a written note from the parent AND face to face contact with the coach at the time of the release.
4. Parents will not transport other athletes unless they receive approval from the Director of Athletics or Principal. A signed transportation agreement will be required.

5. Athletes may not transport other student-athletes to any contests or practice sessions. When transportation is not provided to off-campus home venues, a transportation agreement form must be completed for an athlete to drive to the off campus meeting site. Student-athletes may only drive to school if they have parking privileges.

### **UNIFORMS AND EQUIPMENT**

Uniforms and equipment are on a loan basis and are to be worn only when authorized by the coach. Only uniforms issued or authorized by the Athletic Department will be permitted to be worn for contests. All uniforms and/or equipment are the responsibility of the athletes during the season and must be returned at the conclusion of the season. If lost or stolen, a replacement charge will be assessed and will be submitted to the office as a student-obligation.