

# Lewis Mills Athletic Policy/Permission Form

(update July 2015)

## I. Chemical Health Policy

Sport: \_\_\_\_\_

Please read and commit to memory the following rules of training:

1. No student athlete will be permitted to use or possess tobacco [smoke, chew, electronic cigarettes, or snuff], steroids, alcohol, or illicit drugs on or off school grounds.
2. No student athlete may be knowingly 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.
3. Any athlete who is determined to be selling or distributing steroids, illicit drugs or alcohol on or off school grounds, will be suspended from all teams for the remainder of the school year.
4. Any athlete that breaks the above training rules will be suspended from participating in the sport for the remainder of the season.
5. Before any "suspension from a team" provided for under these rules shall take effect, the student shall be advised by the coaching staff/administration of the alleged violation and the student will have the opportunity to explain or justify the action. If after such conference the coaching staff/administration is satisfied that a suspension is justified, the student and parents will be notified.
6. All athletes are subject to school policies, which in effect mean that if you are serving an in-school or out-of-school suspension, you cannot attend practices or games. When your school suspension is over and you are waiting for your two game suspension to be completed, you may attend practice but only at the discretion of the coach.

## II. Performance Enhancers Policy

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, CIAC 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.

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 doing (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.

## III. Checklist for Student Eligibility

Although there are exceptions\* to many of the following rules, this list is the basic guideline we follow in determining whether your child is eligible to participate in high school athletics.

1. Enrolled in minimum of four full time courses
2. Passed four classes, earning ¼ unit of Carnegie Credit (2<sup>nd</sup>-4<sup>th</sup> marking period) or having earned four Carnegie units of credit toward graduation in the preceding school year (1<sup>st</sup> quarter eligibility for returning students).
3. Is an enrolled student in the school for which he/she is playing.\*
4. Has never dropped out of school.\*
5. Has not changed schools without parents moving to another school district or school service area.\*
6. Has not played more than four seasons of the same sport after starting high school (8 semester rule).
7. Will not turned 20 years of age before or during the season in question.
8. Has not played or practiced the sport with another team during the high school season for the sport.\*
9. Has not been on more than one school team in the same season nor represented more than one school in the same season at the same time.
10. Has not received a salary or personal economic gain for playing the sport or competed under an assumed name.
11. Has not been recruited to attend this high school for athletic purposes.
12. Is an American citizen.\*
13. Is a foreign exchange student registered with the Council on Standards for International Educational Travel [CSIET].

**AIP Program:** For student-athletes who have a weighted GPA falls below a 2.0 at any of the published reporting periods, the student-athlete is required to participate in the Academic Intervention Program and will abide by all requirements. Failure to follow through with the AIP requirements will result in suspension from game play until the requirements are met.

## IV. Good Sportsmanship and Good Behavior

To emphasize our commitment to good sportsmanship, the coaching staff is asking you to structure your behavior around the following ideas.

1. The roots of good sportsmanship are traced from one word: "respect". Respect for officials, opponents, coaches and spectators. Respect means I will never argue make verbal comments or visual gestures that indicate disagreement.
  2. I will learn the rules of the game thoroughly.
  3. I will not bait, anger, embarrass, ridicule or demean other players, coaches, spectators or game officials. This is called taunting and may result in disciplinary action, including, but not limited to game suspension.
  4. I will treat opponents with the respect that is accorded a guest or friend.
  5. If I receive a technical foul or are sent off by an official, I will be immediately removed from the game. The length of time I spend on the bench will be determined by the severity of the infraction and my immediate reaction to the foul. If I cannot control my emotions after being removed from the game, my length of time on the bench will be increased. I realize that observed negative actions such as verbal comments and physical gestures will not be tolerated by the coaching staff and may result in further disciplinary action.
  6. I understand that hazing of any kind is wrong and will not be tolerated.
  7. I will follow all guidelines and expectations set forth in the Student Handbook. I understand that rules infraction or negative faculty involvements during the school day are not acceptable and may result in disciplinary action, including suspension or removal from the team.
  8. I will participate in all Wellness Class activities on practice and game days. In the event that I am unable to participate in Wellness Class without prior instructor permission, I will not be able to participate in practice or games on that day.
- In addition, the following regulations exist to ensure that our athletic teams comply with what is considered to be acceptable and appropriate behavior.

1. Any student-athlete who physically assaults an official, coach, opposing player or spectator before, during or after a contest or practice will be immediately suspended from the team pending an investigation. Further disciplinary action may result.
2. If a student-athlete verbally harasses or taunts an official, player, coach or spectator, a one game suspension is mandatory and upon review by the school administration, further disciplinary action may result.
3. If a student-athlete has 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 from the team for any length of time and/or loss of captain's responsibilities.

#### V. Policy on Team Selections

The following policy is to insure that all candidates trying out for teams at Lewis Mills understand our team selection process. Please understand that previous participation does not guarantee a place on the team.

**PLEASE NOTE:** In order to try out, **ALL** players turn in a valid **Blue/Red card** along with the **Notification of Online Access** to the LSM Student-Athlete Handbook form, **Emergency Medical Authorization form**, **Athletic Policy and Permission forms** to the coach prior to the first practice they participate in.

1. There must be a minimum of three tryout opportunities before cuts are made. Any change from this policy needs the approval of the Director of Athletics. A student who does not have forms turned in does not qualify to request an extension of the tryout period.
2. Coaches may have a no cut policy. The coach will provide this information to the athletes at the start of the tryout period.
3. If you are cut, you are encouraged to talk this decision over with the coach if you wish to do so.
4. If you become sick or injured during tryout session, an additional tryout can be requested. Other legitimate reasons will be considered for extending the try-out period. Family vacation will not generally be an acceptable reason.
5. The following criteria will be used for selection:  
Skill, speed, strength, etc., motivation, attendance, knowledge or understanding of the sport, intangible qualities that may benefit the team, anticipated playing time and grade level.

In addition, all coaches will keep a rating chart so that an objective evaluation can be made for each athlete.

### Lewis Mills Athletic Policy and Permission Form

I have read the Chemical Health Policy, Performance Enhancers Policy, Good Sportsmanship, Athlete Selection, and Student Eligibility Rules and I agree to these regulations while involved in athletics in the Region 10 School System and give my son/daughter permission to participate. This form must be given to the head coach for **each season during the 2015-2016 school year.**

SPORT

Date

Parent/Guardian Printed Name

Parent/Guardian Signature

Year of Grad

Student Printed Name

Student Signature