

LEWIS S. MILLS HIGH SCHOOL



STUDENT-ATHLETE HANDBOOK

Revised 2023

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.

Lewis Mills High School

26 Lyon Rd. Burlington CT 06013

Tel (860) 673-0423

Athletic office: ext. 4

Chris Rau: Principal

Jenn Otte: Assistant Principal

Jay Pelchar: Director of Athletics

Tug Drysdale: Dean of Students

Kathy Wasseluk: Nurse

Christine Weaving, ATC: Athletic Trainer

TABLE OF CONTENTS

Introduction.....3
Registering to Participate.....3
Board of Education Philosophy3
Athletic Department Core Values and Beliefs4
Description of Program.....4
Athletic Department Policies4
Athletic Code of Conduct5
Admission Fees to Home Games6
Athletic Awards6
Athletic Booster Club7
Athletic Trainer (ATC)7
Blue Cards/Red Cards and Athlete Physicals8
Captains.....8
Chemical Health Policy9
Due Process.....10
Eligibility Rules - CIAC/Lewis Mills.....10
Ejection Policy - CIAC11
Forms of the Athletic Department11
Fund Raising.....11
Lightning Policy.....11
Lockers and Locker Rooms11
NCAA Eligibility11
Nondiscrimination/Equal Employment/Equal Education.....12
Out of Season Participation12
Parent Support: Key to Athletes Success.....12
Procedure for Contacting Athletic Department Personnel12
Sexual Harassment.....13
Team Specific Rule and Expectations13
Travel13
Uniforms and Equipment.....13

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, CIAC 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. Some programs can only support a designated number of athletes and some might require an existing skill set. In these circumstances, tryouts will be held to determine roster spots.

Students who choose to participate in athletics are making a choice that requires self-discipline, personal organization, and commitment. For this reason, we place a strong emphasis on 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 must be aware that involvement in athletics is a privilege, not a right. Student-Athletes are expected to act as role models and always represent themselves, their teams and their school in a positive manner both on and off the playing field.

REGISTERING TO PARTICIPATE

Any student-athlete interested in trying out for any of the Lewis Mills Athletic teams will need the following items on or before first tryout date:

1. Proof of a **current physical** (State Health Form) on file with the school nurse: Athletes must visit the school nurse to obtain a Blue Card or Red Card that they will bring to their coach on/before the first practice date. The card serves as proof that the athlete has met this requirement. Blue cards signify that the date of the physical is good for the season, a red card indicates that the athlete's physical will expire during the season and they will have to get an updated physical before that expiration date in order to continue participating.

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

2. **Registration** and completion of all forms/consent agreements on FamilyID, which can be found on the Athletics page of the Lewis Mills website.

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

LSM Athletics has adopted the following core values and beliefs that define the scope and purpose of athletics:

- Academic Excellence: Achieve at or beyond potential
- Balanced Perspective: Play for the love of the game and be a role model for others
- Commitment: Team comes first
- Sportsmanship: Win and lose with dignity and respect for others
- Competitive Excellence: Always give maximum effort and attention
- Teamwork: 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 or requisite skill requirements, some teams have cuts at the conclusion of the tryout process. Athletes may participate in only one sport program in a sport season.

Tryouts: 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 CIAC, currently enrolled students will not be allowed to gain membership to any team.

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. Any exception due to extenuating circumstances are at the discretion of the School Administration and/or the Director of Athletics, and requests for such exceptions must be made 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 coach or 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.

Attendance: Practice and Games

Attendance at all practice sessions and/or games (including tournament and vacation periods) for all team members is expected. Any absences or tardies for practices/games should be communicated proactively to a member the coaching staff. Individual team rules may clarify team expectations regarding absences along with consequences. 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. Practices may be held any day of the week including Sunday, however any Sunday family commitments take priority.

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 athletic administration and coaching staff believe high standards of conduct and citizenship are essential to an athletic program. With that, athletes are expected to adhere to the following:

1. Athletes will conduct themselves in an appropriate manner both on and off the playing field. They must understand that at all times they are representing their school and their community.
2. Acts of unacceptable conduct such as, but not limited to removal from class by a teacher, theft, vandalism, inappropriate behavior in class, or any violation of school policy will result in disciplinary action.
3. Detentions/suspensions from school may result in suspension or dismissal from the team.
4. Verbally harassing or taunting an official, player, coach or spectator will not be tolerated. Disciplinary action will be at the discretion of the coaching staff and school administration.
5. 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.
6. 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, taunting, harassing or bullying of student-athletes by other team members are never acceptable and will not be tolerated. Actions 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

dignity and respect at all times. 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 playing field 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.

Fighting

Involvement in physical altercations by Lewis Mills' athletes will not be tolerated for any reason. Sanctions can include suspension from school and suspension/dismissal from the team.

In addition, any student athlete who physically assaults an official, coach, opposing player 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. 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.

ADMISSION FEES TO HOME GAMES

The following admission fees will be in place for the school year:
Adults: \$5, Students (grades 5-12) \$2, Senior Citizens \$2, Under 10 free.

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

ATHLETIC AWARDS

The varsity letter award shall be awarded to varsity athletes who complete the season (as defined by the CIAC) as a team member in good standing and make a significant contribution to the varsity team throughout the season. Typically, this is defined as playing in 50% of the available periods of play at the varsity level, or the various equivalents listed below. However, coaches have discretion in awarding letters and the criteria below serve as guidelines. In particular a coach will have the prerogative to award varsity status to a senior who has not met these criteria.

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: Awards are determined by the coaching staff

Awards

Junior Varsity and non-varsity letter recipients will be recognized with certificate awards.
 1st year varsity letter award: chenille varsity "M" letter
 2nd year varsity letter award in the same sport: sport pin
 3rd year varsity letter award in the same sport: silver bar pin
 4th year varsity letter award in the same sport: gold bar pin
 Captains receive a captain's pin; Managers receive a manager's pin
 Senior Special Achievement Award: Awarded to seniors earning 10 or more varsity letters:
 CCC Scholar-Athlete Award: Given to athletes earning a varsity letter who achieve High Honors for the given reporting period.
 Lewis Mills Scholar-Athlete Award: Given to non-varsity letter recipients who achieve High Honors for the given reporting period.

Injuries: 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. 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 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 wellbeing of our student-athletes, the ATC and/or the school nurse may directly contact physicians providing treatment.

Injures, 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 requires 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 will make the final determination 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

All student athletes are required to take a baseline ImPACT test at the initiation of their athletic careers unless an opt-out form is submitted during athletic registration. This is typically conducted in the athlete's freshman year.

For additional ImPACT information, please see the "Impact Testing Information" document available during the registration process.

Emergency Action Plan

Up-to-date copies of the emergency action plan are available through the Lewis Mills Athletic Department.

ATHLETE PHYSICAL EXAMINATIONS

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. 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.

A sports physical examination is valid for 13 months.

CAPTAINS

The position of Captain is a privilege requiring the utmost in leadership skills and the understanding 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 become 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 Spartan Captain's Pledge, the Athletic Department and/or the team may lead to dismissal as captain.

Captains may not conduct practices in the absence of a coach. The CIAC stance forbidding Captain's Practices is addressed in section 4.5.D of the CIAC Handbook.

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 CIAC 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.

Performance Enhancers

The Lewis Mills Athletic Department in no way endorses the use any 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 Rule 4.12.I Performance Enhancing Drugs Minimum Penalty** specifies the following:

A student-athlete who has been determined to have used, in or out-of-season, androgenic/anabolic steroids or other performance enhancing substances (as defined in 4.12.J.) shall be declared ineligible for all CIAC-controlled activities for one hundred eighty (180) school days on each occurrence. The 180 school day period of ineligibility commences on the day the CIAC Board of Control makes such determination.

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.

All CIAC 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.

4.12.J. Performance Enhancing Substances and Practices Subject to this Policy

Includes but are not limited to the following:

1. Anabolic Agents, Diuretics, Peptide Hormones and Analogues
2. Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes.
3. Substances and practices identified as banned by the NCAA and the USOC.

Lewis Mills High School will periodically provide preventive and intervention educational programs for students. 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. Intervention programs will be determined on a case by case basis by the appropriately

involved parties.

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 CIAC controlled game or contest.

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 CIAC 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 - CIAC/LEWIS MILLS:

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

Course and Grade Requirements:

1. A student must have passed at least four (4) units or the equivalents at the last regular marking period with the exception of Fall eligibility. Incomplete 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 CIAC rule in Appendix B 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 CIAC season of that sport. (Grades 9 through 12). See complete rules in section 3 of the CIAC Handbook.

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 CIAC sport.

EJECTION POLICY - CIAC

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. See complete rules in section 4.6.A of the CIAC Handbook.

FORMS OF THE ATHLETIC DEPARTMENT

All potential student-athletes and their parents/guardians must complete all required forms located on the Athletics website under "Family ID" before they may tryout or participate in any practice sessions. There will not be any exceptions to this rule.

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 and obtain a copy of the 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 CIAC. Student-athletes may only participate with their high school team during the specified CIAC season. No other formal contact is allowed between the coaching staff and the athletes outside 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 CIAC 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.

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. Give 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. Students who drive themselves to school may drive themselves (no passengers) to daily off-site practice locations.

1. When traveling to contests, athletes will remain with their team and under the supervision of the coach.
2. Athletes who need to request their own travel to a contest must receive their coach's permission ahead of time. A written request (note or email) from the parent must be submitted to the coach prior to the contest.
3. Parents may request to pick up student-athletes from an away contest by making the request in writing (note or email) to the coach prior to the contest. The parent must then make contact with the coach at the time of the release.
4. Athletes may not transport themselves or other student-athletes to any contests without prior written approval from the administration. A parent must fill out an Alternate Transportation Form (available on the LSM Athletics website) and have it signed by the Principal or Director of Athletics. Upon approval, the form will be forwarded to the coach.

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.