

# Lakehill Preparatory School Athletic Handbook 2009-2010



## MISSION

Athletic participation is encouraged for all students in grades 6 - 12 who are willing to commit time and effort to practice and play. Program goals include development and growth of teamwork, leadership, game skills, and sportsmanship with the ultimate goal of fostering healthy life habits through activity.

## PHILOSOPHY

Lakehill Preparatory School's Athletic Program is a natural extension of the school curriculum that provides for the growth and development of Lakehill students. Athletics provide a great venue for teaching numerous qualities and life skills that are essential to the development of Lakehill's student-athletes. The program will strive to instill the qualities of **commitment, goal setting, a strong work ethic, competitiveness, discipline, dependability, integrity, and loyalty.**

# **LAKEHILL WARRIORS ATHLETIC DEPARTMENT**

**Phone: 214.826.2931**

**Coaches' Office – ext. 330**

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**Fax: 214.826.4623**

**Mascot: Warriors**

**School Colors: Royal Blue and Kelly Green**

# Lakehill Preparatory School

## Athletic Handbook

This Athletic Handbook has been established to promote the principles of fair play, mutual respect, and ethical conduct. Violations of the athletic policy will result in disciplinary action. Since participation in athletics is voluntary and all groups or organizations must exist within a framework of certain policies, rules, and regulations, Lakehill's Athletic Department has developed the following policy guidelines.

### GOVERNING ATHLETIC ASSOCIATIONS

- Students in 6<sup>th</sup>-8<sup>th</sup> grades compete in the TAPS organization with other like-minded schools.
- Students in 9<sup>th</sup>-12<sup>th</sup> grades compete as members of Texas Association of Private and Parochial Schools (TAPPS) and abide by their guidelines for athletic play.

### ACADEMIC ELIGIBILITY

#### Upper School

A student-athlete:

- must be enrolled in six courses each semester.
- must be passing (above 60) all courses at the mid-point and at the end of each grading period.
- who is failing is placed on academic probation and becomes ineligible to participate in scheduled contests until eligibility is regained. The length of time for ineligibility after a grading check shall be at least one week. The athlete can regain his or her athletic eligibility by achieving passing grades in all courses.

#### Middle School

A student-athlete:

- must maintain passing grades and demonstrate appropriate behavior in all school-related activities as a prerequisite for participation in athletics. Additionally, students must not be failing more than one course at the end of each grading period.
- who is failing more than one course at the end of a grading period is placed on academic probation and becomes ineligible to participate in scheduled contests until eligibility is regained. Eligibility will be at the discretion of the Middle School Coordinator and the Athletic Director.

The Athletic Department communicates frequently with faculty to foster academic awareness among student-athletes and to help reinforce academic standards and proper student conduct. Any student-athlete who continuously fails classes can be removed from athletics.

## STUDENT PARTICIPATION/CODE OF CONDUCT

All students currently enrolled in grades 6 through 12 are eligible to participate in athletics. Participation in athletics is a privilege. Student-athletes have the responsibility to abide by the following rules:

- Before a student-athlete is permitted to engage in any practice, the following forms must be on file with the Athletic Director:
  - Emergency Medical Authorization Form (completed with admission packet)
  - Completed Physical Examination Form (all athletes)
  - Student-Athlete's Pledge (signed)/Parent's Pledge (signed)
  - Team Registration Form (all athletes)
  - Transportation Form (Upper School Only)
  - TAPPS Rules Acknowledgement Form (signed - Upper School Only)
- Student-athletes who quit a sport must clear all responsibilities and obligations with the head coach of that sport. **Quitting during the season may result in dismissal from athletics for the remainder of the school year and must be coordinated through the Athletic Director.**
- Refusal to participate through the end of the season shall result in the loss of any awards or recognition.
- **Dismissal from a game by an official or coach for a major infraction (unsportsmanlike conduct, blatant disrespect, etc.) will result in forfeiting play for the next scheduled contest.** Participation in practice will be required during this time and the coach may administer additional consequences.
- Student-athletes shall abide all school policies including attendance, dress code, and conduct as stated in Lakehill Preparatory School Student/Parent Handbooks. School suspension will result in the student not being able to participate in contests for five school days; however, the student will be expected to practice during that time period.
- Every student-athlete **MUST** wear the school-provided uniform in order to compete in the contest.
- **Every Upper School athlete must participate in weight/agility training two days a week throughout the entire school year.**

## ATTENDANCE

- Student-athletes should recognize that participating in athletics is a **privilege** that requires a commitment to maintain acceptable academic and athletic standards of achievement.
- Student-athletes are expected to be prepared, ready to work, and on time to all classes, practices, and games.
- Student-athletes are expected to attend all required practices, meetings, and contests. Excessive absences will adversely affect the cohesiveness of the team and **will** limit the student-athlete's participation in scheduled contests.
- A student who is absent more than half of the school day is not permitted to represent the school in an extra-curricular activity on that day without the approval of the Assistant Headmaster. **This does NOT include school-related absences.**
- **Injured or excused athletes must stay for the entire practice, unless they are going to the doctor for injury assessment or treatment.**
- Missed practices or games due to detentions will be considered unexcused absences.
- Athletes who continuously miss practice and/or games for unexcused reasons (coaches' discretion) will face dismissal from the athletic program. Participation in a club or outside league should be considered secondary to the school team.
- Student-athletes shall abide by additional rules and regulations presented by the coaches and/or Athletic Director to the team members of a particular sport.

## PRACTICE WEAR

Student-athletes will be provided with a practice uniform that must be worn at all practice sessions. Parents may purchase an additional set. Student-athletes must provide their own socks, athletic shoes, and any other items as specified by the head coach. Sandals of any type will not be allowed for practice.

Student-athletes are responsible for providing their own deodorant, towel, and other personal hygiene products. Showers are available in the locker rooms.

## EQUIPMENT

Student-athletes must take appropriate care of all uniforms, equipment, school facilities, and property. **Student-athletes can be charged for the full replacement cost of any lost, damaged, or stolen items.** All debts must be taken care of before semester or final exams can be taken.

## GENERAL FACILITY RULES

- Food and drinks are not allowed in the gymnasium at any time. Chewing gum is prohibited. The exception to this rule is during athletic contests in which concessions are being sold.
- **Only non-marking gym shoes are to be worn in the gym. Cleats may not be worn inside the building. Students will not be allowed to participate in any activity without proper footwear. Bare feet are not allowed.**
- Students are not allowed in the weight area without the appropriate attire and the supervision of a coach.
- Gym lockers and locks will be issued to each student. Lost locks must be paid for before another one can be issued.
- **Students are strongly encouraged to lock up their belongings at all times. The School cannot accept responsibility for lost or stolen articles.**
- All lockers will be cleaned out before holiday breaks. Items that are left behind will be collected and kept in lost and found for one month after which they will be donated to a charitable organization.

## TRANSPORTATION

The School provides transportation to and from most athletic contests. Student-athletes are required to use provided school transportation. Athletes may not participate in any away contests if they use alternate transportation without prior permission from the coach.

While the Athletic Department realizes that extenuating circumstances do occur, all athletes **must** secure approval from a coach, and the coach needs **notification in writing** from the parent/guardian of a transportation change.

Under no circumstances are student-athletes allowed to drive or ride with anyone other than parents to or from athletic contests unless specified on the **Transportation Form**.

Each student must have a Transportation Form on file with the Athletic Director in order to drive to RLP.

## SCHEDULE CHANGES/CANCELLATIONS

Parents/athletes will be notified in advance whenever possible of any schedule changes. It is best to always check our website ([www.lakehillprep.org](http://www.lakehillprep.org)) for the most up-to-date athletic news and schedules.

## PARENT – COACH COMMUNICATION GUIDE

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of others and provide a greater benefit to our student-athletes. To be successful, communication is vital and requires involvement, dedication, sacrifice, and commitment from parents, student-athletes, and coaches.

### **Communication you should expect from your child's coach:**

- Philosophy of the coach
- Individual and team expectations
- Locations and times of all games and practices
- Team requirements
- Procedures to be followed should your child be injured during practice or a game
- Any discipline that may result in the denial of your child's participation

### **Communication coaches expect from parents:**

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concerns in regard to a coach's philosophy or expectations
- Support for the program

While your child is involved in athletics at Lakehill, he or she will experience some of the most rewarding and inspiring moments of his or her life. However, it is important to understand that there might also be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

### **Appropriate concerns to discuss with coaches:**

- Ways to help your child improve
- The treatment of your child, mentally and physically
- Concerns about your child's behavior

Coaches are professionals and make judgment decisions based on what they believe is best for the team and all athletes involved. There are certain areas and issues that can and should be discussed with your child's coach. Other things, such as those listed below, should be left to the discretion of the coach.

### **Issues not appropriate to discuss with coaches:**

- Playing time
- Team strategy
- Play calling
- Other student-athletes

When situations arise that may require a conference between the coach and the parent, parents are encouraged to follow the procedures listed below to resolve their concerns.

**If you have a concern to discuss with a coach:**

- The student-athlete and coach should discuss the concern first.
- Parents should call or e-mail the coach to set up a time to meet. **(Never confront a coach before, during, or immediately after a practice or game. These can be emotional times for both the parent and the coach and this does not promote a resolution or an objective analysis.**
- Parents, student-athlete, and coach meet.
- If no resolution: Parents, student-athlete, coach, and Athletic Director meet.
- If no resolution: Parents, student-athlete, coach, Athletic Director, and Assistant Headmaster meet.
- If no resolution, parents should contact the Headmaster for an appointment.

## **Student-Athlete's Pledge**

*"Ability can take you to the top, but it takes character to keep you there!"  
-John Wooden*

As a student-athlete of Lakehill Preparatory School, I pledge to:

1. Find time to satisfy my academic and athletic responsibilities in order to maintain my academic standing and eligibility status.
2. Be a worthy representative of my school, teammates, and coaches, abide by school and community expectations, and reflect my team's values of commitment, good sportsmanship, and hard work.
3. Exemplify the highest standards of ethical behavior, dignity, and integrity throughout my daily life.
4. Display appropriate behaviors at all times, and refrain from the use of profanity and unsportsmanlike conduct.
5. Be present, prepared, and on time to all practices, games, meetings, and special athletic events and demonstrate being a responsible team member by notifying the coach in a timely manner if I am unable to do so.
6. Reflect the knowledge that a commitment to victory is nothing without the commitment to hard work and remember that success isn't always measured according to the final score.
7. Accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
8. Develop healthy lifestyle habits by refraining from the use of any harmful substances including alcoholic beverages, tobacco products, and illegal drugs.
9. Foster positive relationships with teachers, classmates, coaches, and family.
10. Follow all reasonable requests made by the Athletic Director and coaches, especially those involving practice, diet, rest, and competition.

**Sign and return the Pledge and Rules Acknowledgement Form.**

## Parent's Pledge

*"The main thing is to keep the athlete the main thing."*

Cooperation, communication, and support among coaches, athletes, parents, and school personnel are essential if students are to realize the values of athletic participation. Like coaches and athletes, parents must make commitments to assure the success of the athletic program and to ensure that the athlete has a positive and enriching athletic experience.

**As a parent of a Lakehill athlete, I pledge to:**

1. Be an exemplary role model by displaying good sportsmanship at all times by respecting fans, coaches, officials, directors, and participants.
2. Accompany my child to as many orientation and informational meetings, athletic contests, and special athletic events as my schedule will permit.
3. Work closely with all school personnel to ensure an appropriate academic as well as athletic experience for my child.
4. Try my best to ensure that my child will attend all scheduled practices, games, special athletic events, and team meetings.
5. Help my child understand his/her role on the team and encourage him/her to work hard to fulfill this role.
6. Refrain from using negative statements about the coach or other team members in front of my child and give the coach the opportunity to help resolve any concerns.
7. Help my child handle adversity with dignity, be gracious in defeat, be humble in victory, and always treat others with respect and consideration.
8. Help my child understand that confidence and self-esteem are not based on how others perform but simply on his/her own hard work and effort.
9. Encourage my child to set and work towards achieving individual and team goals.
10. Remember that my involvement and support are vital to my child's overall academic, athletic, and personal success.

**Sign and return the Pledge and Rules Acknowledgement Form.**

**Lakehill Preparatory School**  
**Athletic Handbook**  
**Student and Parent Pledge and Rules Acknowledgment Form**

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\_\_\_\_\_  
Student's Full Name

\_\_\_\_\_  
Current Grade

Your signature acknowledges that you have received a copy of the Lakehill Athletic Handbook including the Code of Conduct, Rules, and Communication Guidelines. Your signature acknowledges that you agree to follow these guidelines and expectations as a member of Lakehill's Athletic Program.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date