

# Lakeland High School

## Student-Athlete Handbook

### 2016-2017

Lakeland High School will promote interscholastic athletics that provide life-long learning experiences to student-athletes, enhancing their achievement of educational goals. Through our athletic programs, our goals are to teach the values of teamwork, pride, respect, responsibility, commitment, work ethic, sportsmanship, moral and ethical values, and the development of a positive winning attitude.

Superintendent:       Eva Merkel  
Principal:               Tony Harl  
Assistant Principal:  
Athletic Director:     Tim Gonderman

Lakeland School Corporation will educate and prepare ALL students for career and life success.

#### DISCLAIMER

School rules published in this handbook are subject to such changes as may be needed to ensure continued compliance with federal, state, or local regulations and are subject to such review and alteration as becomes necessary for the routine operation of the school. Not all rules of behavior can be written and inserted in a handbook; however, we expect students to follow reasonable rules that do not violate the rights of others.

# **Handbook for Student-Athletes**

## **Athletic Statement**

This athletic handbook is designed to inform student-athletes and their parents or guardians of the rules, regulations, and information that helped develop the rich tradition of athletic competition at Lakeland High School. Parents or guardians are expected to complete all required Athletic Department forms and return them to the Lakeland High School Athletic Department prior to their son or daughter participating on a school-sponsored athletic team.

Participation in high school athletics is a privilege that carries with it varying degrees of honor, responsibility, and sacrifice. Since athletic competition on a high school team is a privilege and not a right, student-athletes who choose to participate will be expected to abide by all policies established by the administration and Board of School Trustees. They will also be expected to follow specific coaches' rules for their sports. Every student-athlete represents his/her school and student body and is expected to conduct him or herself in a manner that is becoming to their family, Lakeland High School, and the community.

## **Athletic Department Philosophy**

Athletics at Lakeland High School contribute to the development of young men and women towards adulthood. The goal of the Lakeland High School Athletic Department is to provide each student-athlete with experiences that will be positive and memorable and the best opportunities to excel in teamwork, self-discipline, responsibility, and moral character. Interscholastic competition must develop a student-athlete's attitude of good sportsmanship, fair play, and respect for all individuals within a team.

## **Student-Athlete Defined**

The Lakeland High School student-athlete is defined as and includes all young men and women who represent a team in interscholastic competition and further includes cheerleaders, student managers and trainers, cameramen, and statisticians. Anyone eligible to receive an athletic award at the conclusion of a sports season is considered a student-athlete.

## **Athletic Program Profile**

Lakeland High School supports eighteen sports that include thirty-two different teams to over 300 student-athletes in grades 9-12. Student-athletes are coached by over sixty men and women and participate in over 480 athletic contests per year.

Lakeland High School is a member of the Northeast Corner Conference (NECC) whose members include Angola, Central Noble, Churubusco, Eastside, Fairfield, Fremont, Garrett, Hamilton, Prairie Heights, West Noble, and Westview. Each year, the NECC awards an "All-Sports" trophy to the boys' and girls' schools that accumulate the most points in the conference sports. The boys' all-sports trophy is named after Richard Reed who was a coach in the NECC and one of the founders of the conference.

# **Eligibility**

## **IHSAA Pre-Participation Physical Evaluation**

Every student-athlete is required by Lakeland High School and the Indiana High School Athletic Association to have a physical examination completed and on file with the athletic office before practicing for any sport. By signing the form, the parent/guardian acknowledges that it is their responsibility to provide adequate insurance coverage through a private insurance carrier. By signing the insurance notification and waiver form, the parent/guardian understands that in the event their son or daughter is injured as a result of athletic competition or practice, or as a result of other school activities, any medical expenses associated with such injury will be the responsibility of the parents or guardians.

Each student-athlete must also have all other required forms on file in the athletic office prior to participation. Student-athletes must complete ten (10) separate days of organized practice before participating in any inter-school athletic contest. Physical exams are the responsibility of the student-athlete and his/her parents.

## **Academic Eligibility**

Student-athletes must have received passing grades and earned credit at the end of their last trimester in school in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take and must be currently enrolled in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take. An incomplete is considered a failing grade until corrected.

Any student-athlete who has a shortened schedule will jeopardize their eligibility to participate in athletics at Lakeland High School.

## **New Student, Residency, Enrollment, and Age Requirements**

Any student-athlete that is new to the Lakeland School Corporation (e.g. move-ins, foreign exchange students, etc.) must complete the necessary forms required by the IHSAA in order to gain athletic eligibility. Student-athletes must be enrolled at Lakeland High School and must not have been enrolled in more than the allotted semesters/trimesters allowed by the IHSAA. Student-athletes cannot have reached their twentieth birthday prior to or on the scheduled date of the IHSAA State Finals tournament in a sport.

## **Attendance in School**

Daily attendance at school and practice is very important and expected of student-athletes at Lakeland High School. A student-athlete must attend a minimum of one-half day in order to participate in an athletic contest or practice. The Athletic Director needs to approve any exceptions (funeral, dental, doctor, family emergency, etc.). Approved field trips or school activities constitute attending school. A student-athlete who is absent five or more consecutive days because of illness or injury must present a written verification from a physician stating when athletic participation may occur.

## **Participation and Amateurism**

During the IHSAA contest season, student-athletes cannot participate in a sport outside of school while being a member of the school's team in that same sport. Out-of-season participation limits teammates from the same school in basketball and volleyball to three, baseball and softball to five, and football and soccer to six. Student-athletes should consult with their coach or the Athletic Director for clarifications regarding out-of-season and summer participation and participation in non-school camps. Student-athletes must also retain their amateurism by denying any award in recognition of their athletic ability not approved by their principal or the IHSAA.

### **Forms to Complete**

Student-athletes must have the following forms on file in the appropriate administrative office in order to be eligible to participate in athletics at Lakeland High School:

1. IHSAA Pre-Participation Physical Evaluation Form
2. Drug, Alcohol, and Tobacco Testing Program Consent Form
3. Parent and Student-Athlete Informed Consent Forms
4. Emergency Medical Information Form
5. Concussion and Sudden Cardiac Arrest Acknowledgement and Signature Form for Parents and Student-Athletes

## **Policy on Athletic Training and Co-Curricular Activity Participation**

Lakeland High School is a member of the Indiana High School Athletic Association and abides by its by-laws. Student-athletes and members of co-curricular activities are expected to abide by these rules not only for their welfare, but also because they represent all students and the community both on and off the athletic field and at events. In addition, Lakeland High School has the following policy on athletic training and co-curricular activities for student/athletes.

1. If the student/athlete or a member of an co-curricular organization is:
  - a. Found to have used or been in possession of alcohol, or unauthorized illegal drugs,
  - b. Found to have used or been in possession of tobacco substances including smokeless tobacco, or
  - c. Involved in any acts which school policy would consider suspendable,

The following consequences will be administered:

- 1st offense - suspended for ½ of the student's season contests.
  - 2nd offense and all subsequent offenses - suspended from athletics and co-curricular activities for one (1) calendar year (365 days) from the date of offense.
2. If the student's violation is a result of possession or use of any substances outlined in the Random Drug Test Policy (regardless of the student's age), all consequences of the Random Drug Test Policy will be administered in addition to the consequences outlined in the Policy on Athletic Training and Co-Curricular Activities.
  3. If the violation occurs during a time when the student/athlete is not participating in a sport/activity, the penalty will be applied during the next season in which the student/athlete participates.
  4. Students/athletes will not be allowed to use participation in a sport/activity in which they did not participate in the previous year in an effort to circumvent the penalty requirement of this code. In the case of freshmen, any appropriate penalty will be applied to the next season of participation.
  5. At the discretion of the coach/sponsor involved, a student/athlete shall be allowed to participate with the team during the suspension period.
  6. Following the first offense, the student will meet with the involved staff, school administration, and the student's legal guardian(s) to discuss the penalty that will occur.
  7. The following one-time option, throughout high school, will be available to students/athletes after the first violation of the athletic/co-curricular code. The suspension will be reduced from ½ to ¼ of the student/athlete's season contests if a professional assessment from a list approved by the Lakeland High School administration is completed and its recommendations are followed and the student/athlete undergoes mandatory drug testing for one calendar year. It shall be understood that the professional assessment and the needed services that follow, as well as a drug screen, shall be at the parent/guardian expense. After successful completion of this one time option, the 1<sup>st</sup> offense will be removed from the student/athlete's record. If a violation occurs before the 1<sup>st</sup> offense is removed from the student/athlete's record, it shall be considered a 2<sup>nd</sup> offense.
  8. It is the intent of Lakeland High School to assist student/athlete's with developing a responsibility for their actions and to encourage honesty. Therefore, any student/athlete who has never been subject to the penalties of this policy, and who voluntarily reports him or herself to the Principal, Assistant Principal, Athletic Director, Counselor, Coach, or EDGE Teacher as being in violation of this policy before being reported by some other means, will not be assessed a suspension of season contests. This one time self-referral will be permitted if a professional assessment from a list approved by the Lakeland High School administration is completed and its recommendations are followed and the student/athlete undergoes mandatory drug testing for one calendar year. It shall be understood that the professional assessment and the needed services that follow, as well as the first three drug screens, shall be at the parent/guardian expense.
  9. A contest season shall be defined as the total scheduled athletic/co-curricular events contests plus one IHSAA Tournament contest.

10. If a student/athlete is both a member of an athletic team and a co-curricular organization, then the student/athlete will serve the consequences in both athletics and co-curricular activities.

## **Random Drug Testing Policy**

The Lakeland School Corporation recognizes the health risks and dangers associated with unlawful “substance abuse,” which is a threat to the safety and health of all Lakeland High School students.

The Lakeland School Corporation encourages student participation in all of its activities but believes the opportunities for such participation is not an absolute right but a privilege offered to students.

Therefore, it is mandatory that each student who participates in any athletic program, co-curricular activity, or drives to school at Lakeland High School sign and return a “Random Drug Consent Form” prior to participation in any sport, co-curricular activity, or driving to school. The implementation of this program will not affect the policies, practices, or rights, of Lakeland High School in dealing with unlawful substance use, or where reasonable suspicion is obtained by means other than the random sampling provided in the program.

### **PURPOSE**

The purpose and goals of this program are to:

1. Provide another means of educating students about the risk and dangers associated with the use of unlawful substance abuse.
2. Make every student aware that when he/she graduates from high school, we have done everything possible to ensure they are “drug-free”.
3. The program is not intended to be punitive; rather its purpose is to encourage “drug-free” participation.

### **CONSENT**

It is mandatory that each student who participates in the athletic programs, involved in co-curricular activities, or drives a vehicle to Lakeland High School signs and returns a “Random Drug Consent Form” prior to participation in any sport, activity or drive to school. Failure to comply will result in non-participation. The implementation of this program will not affect the policies, practices, or rights of Lakeland High School in dealing with unlawful substance use or where reasonable suspicion is obtained by means other than the random sampling provided in the program. Students over the age of eighteen will be screened for all substances (including nicotine) as outlined in this policy. Only substances that are illegal to possess or use will determine driving privileges to Lakeland High School. Use of nicotine/tobacco detected by the Random Drug Test will determine athletic, co-curricular, and co-curricular eligibility for all participants regardless of legality of possession and use. (Refer to Policy on Athletic Training)

## **DEFINITIONS**

The following definitions are applicable to this policy:

1. Program - refers to random drug and alcohol testing for all high school interscholastic sport participants, co-curricular activities, or those who drive a vehicle to school.
2. Students - any individual who becomes a member of any Lakeland interscholastic athletic team, co-curricular activity, or drives a vehicle to school.
3. Drugs - (Athletic Drug Profile) these drugs are those that will be screened in the testing. They are listed below:
  1. Amphetamines
  2. Barbiturates
  3. Benzodiazepines
  4. Cocaine
  5. Opiates
  6. Phencyclidine
  7. Cannabinoids
  8. Ethanol (Alcohol)
  9. Cotinine (Nicotine Metabolite)
4. Laboratory - is a certified laboratory with which the Board shall contract to provide services for the testing of all first and second test urine samples, clear and consistent communication with the Medical Review Officer (MRO), methodology and procedures for conducting random tests for controlled substances and alcohol and general implementation of the technical aspects of this policy.
5. Positive Test - this term shall mean a verified positive for drugs as defined herein.
6. Zero Tolerance - the Lakeland School Corporation has a Zero Tolerance Policy concerning controlled substances and alcohol. Therefore, any athlete who tests positive for drugs as defined herein will be subject to the consequences detailed in this policy.
7. Medical Review Officer (MRO) - the laboratory shall provide a Medical Review Officer.
8. Chain of Custody - procedure for maintaining control, and accountability from point of collection to final disposition of specimens.

## **PROCEDURES**

At the direction of the Principal's designee, a designated person will make a random draw. The selection of student to be tested will be done randomly. Each student will be assigned a number, and the Principal or designee will maintain one cross-reference list of names and numbers. A verifiable system of random selection shall be employed for testing. Each student will be required to provide a sample of his or her urine in a verifiable manner, but the collection of the sample shall not be physically observed. The student's number and date shall be written on the sample bottle and the student and school nurse and/or designee shall then be responsible for turning over the samples to the testing laboratory. Each sample will be tested for tobacco, alcohol and "street drugs" (which may include all drugs listed as controlled substances under the laws of the State of Indiana). If the student is taking any over-the-counter or prescription medications which may contribute to a "positive" test result, the student should inform the school nurse and/or designee of this fact at the time the urine sample is taken. The student will be given a form to list such drugs. This form may be taken home to parents. The parents will have 24 hours to return this form to the Medical Review Officer at LaGrange Community Hospital. A competent laboratory through urinalysis shall do testing. The School Corporation will pay for testing done at its request.

## **NOTIFICATION PROCEDURE**

The Lakeland High School Principal or designee will be notified of all negative tests. Only numbers will be confirmed.

In the event of a positive test, the lab will contact the Principal or designee to determine if the positive test was a result of over-the-counter or prescription drugs.

The participant, parents, guidance director, and coach will be notified. The student and parents will be advised of help resources.

## CONSEQUENCES

Consequences of validated use will be as follows:

	<u>Athletics</u>	<u>Co-Curricular Activities/ Driving to School</u>
1 <sup>st</sup> offense throughout high school:	½ of the season's eligibility	Loss of eligibility for 9 weeks
2 <sup>nd</sup> offense throughout high school:	One (1) calendar year (365 days)	One (1) calendar year (365 days)
3 <sup>rd</sup> offense throughout high school:	Ineligible to Participate In Athletics, Co-Curricular, or Driving to School	

Any student with a documented positive will be required to submit evidence of a negative urine drug screen that meets the chain of "custody requirement" as well as the standards that Lakeland's designated laboratory employs prior to participation in athletics, co-curricular activities, or driving to school. This test will be provided at the student's/parent's expense.

It is the intent of Lakeland High School to assist students with developing a responsibility for their actions and to encourage honesty. Therefore, any student who has never been subject to the penalties of this policy and who voluntarily reports himself or herself to the Principal, Assistant Principal, Athletic Director, Counselor, Coach, or Seminar Teacher, as being in violation of this policy before being reported by some other means will not be assessed a suspension of season contests. This one time self-referral will be permitted if a professional assessment from a list approved by the Lakeland High School administration is completed and its recommendations are followed. The student must undergo assessment and the needed services that follow. The first three drug screens shall be at the parent's/guardian's expense.

## CLARIFICATION

Any student, who is randomly selected but not present, during the "testing window", will be placed at the front of the random list for the next testing session. This applies to all students absent from attendance or attending an off campus program or event.

A student who is in non-compliance with the policy by refusing to provide the requested sample shall be deemed "positive" and subject to the procedures as outlined.

Notification of students selected by random draw for testing shall be by the Principal or his designee.

Parents will be notified in writing of the results of the test.

The definition of a student for Random Drug Testing is one who is a member of the team and must meet established eligibility requirements recognized by the Athletic Awards System, such as players, managers, statisticians, etc.; those students who are involved in any approved co-curricular activity sponsored by Lakeland High School; or any student who drives a vehicle to school.

# **Athletic Awards**

The purpose of the athletic award is to reward the student-athletes for their work and dedication in a sport and to provide visible proof of their accomplishment in a sport. Lakeland High School issues the awards and will designate on what they are to be worn.

The athletic award system used by Lakeland High School is as follows:

1. The varsity major award letter is a six-inch, three-dimensional block “L” in the colors of Columbia blue, scarlet, and white which comes sewn on the letter jacket earned by the student-athlete. For every additional major award earned in an athletic career, the student-athlete will receive a chevron to place on the sleeve of the jacket.
2. There are two different minor awards, a junior varsity award and a freshman award. The recipients of these two awards will receive a certificate. Freshman team members will receive numerals representing their expected year of graduation. Only one set of numerals will be awarded to a student-athlete throughout the course of his/her athletic career and they will be presented after the student-athlete has received a letter jacket.
3. The award jacket maybe purchased by the student-athlete after a second varsity certificate is earned. Jackets will be presented no earlier than the athletic awards program after the season in which the student-athlete qualifies.
4. A blanket will be awarded to any student-athlete that has lettered in nine varsity sport seasons. All blankets earned by any student-athlete will be presented during the spring sports awards program of their senior year.
5. All student-athletes who have a cumulative GPA of 3.0 or above or a current trimester GPA of 3.0 or above at the time of the Athletic Awards Night will be designated a “Scholar-Athlete” and will receive special recognition in the Athletic Awards Night program.
6. Any graduating senior who has participated in a minimum of one sport during their senior year and who has a cumulative GPA of 3.0 or above after eleven trimesters will receive a special “Scholar-Athlete” award during the Spring Athletic Awards Night.
7. Any student-athlete who has participated in three sports seasons during their senior year will receive special recognition and an award at the spring athletic awards program.
8. Any foreign exchange student who participates in at least one sport may purchase a jacket at the end of the school year.
9. Athletic Award expectations will be explained to team participants by their coaches at the beginning of the season. In general, any team member should participate in approximately one-third of the regular season contests in order to receive an award at any level. Any student-athlete who is not allowed to participate in athletic contests at the end of a sports season because of academic ineligibility or athletic suspension will forfeit all letters and awards for that season.
10. Athletic awards from other schools may be transferred, with written proof, to meet the qualifications for the jacket award.
11. Patches will be presented to NECC regular season championship or IHSAA Sectional Championship team members. Only one patch, per sport, per year, will be awarded to team members. In case of multiple championships, one patch representing all championships will be awarded. All other patches must be purchased by the student-athlete through the athletic office.

# **Other Information for Student-Athletes**

## **Accidents/Injuries**

All accidents or injuries, home or away, are to be reported immediately to the coach and a report written on the appropriate form and submitted to the Athletic Director.

## **Athletic Awards Program**

An athletic awards program will be held after the completion of each sports season. It is requested that all student-athletes being honored be in attendance, neatly dressed, and respectful to their teammates as teams are being introduced.

## **Athletic Booster Club**

The Adult Athletic Booster Club recognizes all student-athletes and provides financial assistance to all sports at Lakeland High School. Improved parental involvement is needed to continue the original objectives set forth by the founders of the Adult Athletic Booster Club. Meetings will be held each month during the school year. All parents/guardians of student-athletes should join the Adult Athletic Booster Club and attend as many meetings and help out in any way possible. Two senior student-athletes will also be selected to be members.

## **Automobiles**

Automobiles are to be parked in accordance with all regulations of traffic control. Student-athletes will not be treated in a special way.

## **Conflicts with Other Co-Curricular Activities**

Lakeland High School believes that it is important that students participate in a wide range of school-sponsored activities. Expanding co-curricular and co-curricular programs has allowed the opportunity for scheduling conflicts to occur.

By defining clearly defined guidelines, staff members, students, and parents will be able to communicate with each other in an atmosphere of fairness and consistency. The purpose of the following guidelines is to bring about this atmosphere. The following basic guidelines will be used in determining appropriate resolutions to conflicting performance schedules:

1. Scheduled State Athletic Association Tournaments and State Association Division of Student Activities Contest, including travel time, shall have preference. If a conflict exists between two of these types of activities, the student shall make the choice without penalty.
2. Regular scheduled games and major performances beyond item #1 shall be second priority. If a conflict exists between two of these activities, the student shall make the choice without penalty.
3. The importance of the student's participation in the success of the total group's performance is the third priority. The sponsor and the Assistant Principal shall determine this.
4. A previously scheduled event on the office school calendar will take precedent over practices.
5. Regular scheduled games, performances, and activities will take precedent over practices.

No penalty will be assessed to the student participant if he or she properly communicates the decision to all parties. Any student penalty assessed must be done with the approval of the Principal. All decisions will be adhered to; however, if unusual circumstances do occur at a later date, the student may request a change by filing his or her request in writing to the sponsor and the Assistant Principal prior to the activities and/or the athletic event.

## **Ejections**

Any student-athlete ejected from a contest for an un-sportsmanlike act shall be suspended from the next inter-school contest at that level of competition and all other inter-school contests at any level in the interim and must successfully complete the NFHS Sportsmanship course before returning to competition.

## **Equipment**

All student-athletes should care for all equipment as though it was his/her own personal property. If equipment is destroyed through practice, it will be replaced by the school. If equipment is lost or stolen, the student-athlete will fulfill his/her responsibility by paying for the replacement of the items.

## **Gymnasium Usage and Lockers**

Greater care needs to be given to the gymnasium and locker area as they represent a considerable investment of money, time and energy. If any area is dirty, clean it. Athletic lockers should always be secured to prevent theft. Students are responsible to secure their personal property; the school will provide them with a lock.

## **IHSAA Rule 8: Conduct, Character, & Discipline**

It shall be recognized that the Principal, by the administrative authority vested in him/her by the Lakeland School Corporation, may exclude any student-athlete from representing Lakeland High School if his/her conduct in or out of school reflects discredit upon Lakeland High School or the IHSAA or creates a disruptive influence on the discipline, good order, moral, or educational environment at Lakeland High School. Improper use of technology or other media devices may be a reason to impose IHSAA Rule 8.

## **Insurance**

The Lakeland School Corporation and the Lakeland High School Athletic Department do not carry insurance for student-athletes. While the school provides the opportunity for participation in athletics, the parent retains the right of denial of such participation and must carry the responsibility for providing medical care and insurance coverage for their son or daughter.

## **Limiting Student-Athletes to One Sport Per Season**

Student-athletes may participate in more than one sport per season. A meeting of both coaches and the Athletic Director prior to the first contest shall take place. All practice schedules and athletic contest participation shall be determined at this meeting. At the conclusion of this meeting, all participants must agree to the terms; that would include coaches, the student-athlete, and the Athletic Director. If an agreement is not reached, then the student-athlete is limited to one sport per season.

## **NCAA Clearinghouse**

If you wish to attend college and participate in collegiate athletics at the Division I or Division II level, you must contact a guidance counselor to obtain and complete information pertaining to the NCAA Initial-Eligibility Clearinghouse. This should be done in the student-athlete's junior year.

## **Officials**

Contest officials deserve respect. All must realize that officials do not lose a game or contest. Officials are for the purpose of insuring both teams a fair contest.

## **Parties**

We all know what can and does happen at parties. Attendance at social events such as dances, parties, etc. is up to the student-athlete and parent or guardian. Student-athletes are expected to leave social events immediately where the use of illegal drugs, alcohol, or tobacco is in use. Don't be guilty by association.

## **Pets**

Pets are prohibited in athletic field areas unless individuals with disabilities are being accompanied by their service animals according to Lakeland School Corporation Board of School Trustees Policies 8390 and 9160.

## **Pictures on the Wall**

Team and individual pictures will be placed on the wall to honor those who have distinguished themselves and Lakeland High School by advancing in IHSAA competition. A picture will be placed on the wall for all teams that win an IHSAA sectional, regional, semi-state, or state championship or qualify to participate in the IHSAA State Finals competition. A picture will be placed on the wall for all individuals that win an IHSAA sectional, regional, semi-state, or state championship, participate in the IHSAA State Final competition, or are recognized as a member of an Indiana All-Star Team. The school issued uniform is the only acceptable attire to be worn for a picture to be displayed on the wall in the gym. Please note that if an individual qualifies to have his/her picture placed on the wall the same year as the team qualifies, only the team picture will be placed on the wall. The Varsity Club is in charge of the NECC Wall of Fame pictures.

## **Practices: Regular, Vacation, & School Closing**

All team members are expected to attend all regularly scheduled practices. However, student-athletes shall be excused from practice without being disciplined on the day's proceeding and following family-type vacations such as Thanksgiving, Christmas, and Easter for the purpose of family commitments and travel. It shall be the student-athlete's responsibility to prearrange the absence with a note or phone call from the parent/guardian. No practice shall be scheduled on Good Friday from 12:00 noon to 3:30 p.m. Practices during a school closing time (snow, etc.) are often held and attendance at these practices is considered voluntary.

## **Quitting a Team**

A student-athlete who quits a team shall not be restored to that team or any other team for the remainder of that sport's season unless by mutual consent and agreement of both coaches involved, the Athletic Director, and the student-athlete.

## **Risk of Athletic Participation**

All student-athletes and their parents/guardians should realize that trying out, practicing, playing, or any other form of participation in any sport could be a dangerous activity involving many risks of injury. The dangers and risks of participating in any sport include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular-skeletal system, concussions and head injuries, and serious injury or impairment to other aspects of body, general health, and wellbeing. Please be advised that due to Indiana Codes 20-34-7 and 20-34-8, schools are now required to distribute information sheets to inform and educate student-athletes and their parents of the nature and risk of concussion and head injury and sudden cardiac arrest to student-athletes, including the risks of continuing to play after a concussion or head injury. Those information sheets are included as addendums to this handbook.

Student-athletes and their parents/guardians should also understand that the dangers and risks of playing or practicing for any sport may not only result in serious injury, but in a serious impairment of the student-athlete's future abilities to earn a living, to engage in business, social, and recreational activities and generally to enjoy life.

Because of the dangers in participating in any sport, student-athletes should recognize the importance of listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules.

## **SAT and ACT Conflicts**

Student-athletes should recognize that the SAT and ACT college entrance exams are an important part of the application process for colleges and universities. Since these tests are offered several times during the school year and athletic contests may conflict with the testing dates and times, great care should be taken when selecting a testing date.

## Shuttle Buses

Shuttle buses are available and are scheduled according to the needs of the Lakeland Middle School student-athletes. The shuttle buses will not run on evenings in which there are parent-teacher conferences held at Lakeland Middle School and Lakeland High School.

## Sport Offerings by Season and Start Date

Fall:	Freshman, Junior Varsity & Varsity Football	August 1, 2016
	Junior Varsity & Varsity Boys' Cross Country	August 1, 2016
	Junior Varsity & Varsity Girls' Cross Country	August 1, 2016
	Junior Varsity & Varsity Boys' Tennis	August 1, 2016
	Junior Varsity & Varsity Girls' Soccer	August 1, 2016
	Junior Varsity & Varsity Boys' Soccer	August 1, 2016
	Freshman, Junior Varsity, & Varsity Volleyball	August 1, 2016
	Freshman, Junior Varsity, & Varsity Cheerleading	Spring, 2016
Winter:	Freshman, Junior Varsity, & Varsity Girls' Basketball	October 17, 2016
	Junior Varsity & Varsity Wrestling	October 31, 2016
	Freshman, Junior Varsity, & Varsity Boys' Basketball	November 7, 2016
	Junior Varsity & Varsity Gymnastics	November 21, 2016
	Freshman, Junior Varsity, & Varsity Cheerleading	Spring, 2016
Spring:	Junior Varsity & Varsity Girls' Track	February 13, 2017
	Junior Varsity & Varsity Boys' Track	February 13, 2017
	Junior Varsity & Varsity Softball	March 6, 2017
	Junior Varsity & Varsity Baseball	March 13, 2017
	Junior Varsity & Varsity Girls' Tennis	March 13, 2017
	Junior Varsity & Varsity Boys' Golf	March 13, 2017

## Ticket Prices for Lakeland High School Students

All Lakeland High School students are expected to pay admission to athletic events in which they are not participating. A student all-sports pass will be offered in the fall, winter, and spring for \$20.00 (per season) and will admit you to all Lakeland High School regular season athletic events. **A FULL YEAR ALL-SPORTS PASS COSTS \$40 AND IS YOUR BEST BUY.** This ticket will not be transferable to NECC or IHSAA athletic tournament events.

## Training Room

The training room is located off the east end of the auxiliary gymnasium. Student-athletes are not permitted in this room without adult supervision. Only student-athletes requiring treatment are permitted in this room.

## Transportation to Co-curricular Events

Lakeland students of all grade levels who are participating in any program requiring furnished transportation shall use transportation provided by the school. Exceptions may be made only under unusual circumstances, and arrangements must be made ahead of time with school officials. A written release signed in the presence of a school official by the parent or guardian will be required. Student-athletes will be allowed to ride home with a parent/guardian from an athletic contest if permitted by the coach and a written release is provided. If seat belts are provided, they must be worn at all times.

## Weight Room

The weight room is available for use by teams when supervised by a member of the coaching staff. No student shall use the weight room without proper adult supervision.

Approved May 23, 2016