

Lewisburg Area School District



GREEN DRAGON ATHLETICS

Student / Parent Handbook

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Mission & Philosophy of Lewisburg Athletics

Mission

Our mission is to provide a quality middle/high school athletic experience for every student member of our teams. Each student should walk away from our program with a positive experience that will instill values such as teamwork, school pride, self-discipline, and sportsmanship. We want our coaches to inspire their teams to win, but winning at all costs will not be tolerated. It is important to remember that participation in sports is only a small part of a student's overall high school experience.

Philosophy

One man practicing sportsmanship is better than a hundred teaching it."

Knute Rockne, Legendary Football Coach, University of Notre Dame

ATHLETIC STATEMENT

This athletic booklet is designed to inform athletes and their parents or guardians of the rules, regulations and information that helped develop the rich tradition of competition at Lewisburg High School

Participation in high school athletics is a privilege which carries with it varying degrees of honor, responsibility and sacrifice. Since athletic competition on high school teams is a privilege and not a right, those who choose to participate will be expected to follow the Code of Conduct established by the administration and other specific coaches' rules for their sport. Athletes represent their school and student body. Athletes are to conduct themselves in a manner that is acceptable to their family, Lewisburg High School and the community.

Athletic Program Profile

Lewisburg High School supports twenty-three (23) varsity sports for students in grades 9-12 and 10 sports for students in grade 7 - 8 Student-athletes are coached by 60 men and women and participate in over 700 contests per year. Lewisburg has been a member of the Pennsylvania Heartland Conference since the leagues inception in 2008. The league is made up of 20 schools from seven counties.

The Athletic Code Defined

A primary objective of the Lewisburg schools is to provide the best education possible for all students and to instill pride in the school and community.

The purpose of this Athletic Code is to fulfill an obligation of the coaches, school board and administration to athletics at Lewisburg Secondary Schools.

That obligation is to provide the best possible education, part of which are extracurricular programs, including interscholastic athletics. This Athletic Code is a part of that obligation. It will help establish and maintain the high values that will perpetuate winning teams and attitudes.

For purposes of this code, an athlete is defined as any boy or girl who represents Lewisburg Secondary Schools in interscholastic athletics. (Sports teams, managers, student trainers, cheerleaders, etc.) They must adhere to the Extra Curricular Policy #122.

ELIGIBILITY

RESIDENCY REQUIREMENTS

To participate in athletics at Lewisburg Area School District, a student must be properly enrolled and meet Lewisburg Area School District and PIAA participation requirements.

PHYSICAL EXAMINATIONS

Every student-athlete is required by Lewisburg High School and the PIAA to have a physical examination completed and on file with the athletic office before practicing in any sport. Physical exams are the responsibility of the athlete and his/her parents. The school district does offer physical exams 4 times a year for student athletes. In order to be eligible, *the physical exam must be completed and dated after June 1st to be accepted for the following school year.*

STUDENT ACTIVITY FEES

Students in the Lewisburg Area School District are required to pay an activity fee to participate in extracurricular activities. Students may not begin practice unless the fee has been paid. If a student is unable to pay due to financial reasons, the student's parent must contact the school principal to obtain a payment waiver.

WHAT MUST BE DONE BEFORE YOUR FIRST PRACTICE

Before participating in a practice for any team, an athlete and his/her parent/guardian must have all forms required by Lewisburg High School and the PIAA completed, signed and on file in the Athletic Office:

- * Physical examination form
- * Payment of participation fee
- * Emergency medical release form
- * Athletic Contract signed by parent and student athlete
- * If a transfer student--forms beginning the athletic transfer process

Transfer students new to Lewisburg cannot compete in interscholastic contests until an athletic transfer is complete.

ACADEMIC ELIGIBILITY AT LEWISBURG

A student's cumulative academic standing for the marking period as of 4:00 PM on Friday of each week will determine the student's eligibility for participation in extracurricular activities from Sunday through Saturday of the following week. A student must not be failing more than one subject to remain eligible for extracurricular activities. If school is closed on a Friday, the principal will determine if the student meets the eligibility requirements of this section.

A student who is failing more than one planned course at the end of any one marking period will be ineligible for the next 15 school days. At the conclusion of this time period, a student's progress will be examined, and, if he/she is not failing more than one course, the student will be readmitted into extracurricular activities. If a student is still failing more than one course, the student will remain ineligible for the balance of the marking period. A student whose eligibility is determined on the basis of final grades may correct academic deficiencies by successful completion of remedial work in an approved summer school program.

ATTENDANCE

A student who is absent from school because of illness or unexcused reasons may not participate in extra-curricular activities on the day of the absence.

- To be eligible to participate in extra-curricular activities on any day, a student must be in attendance from 9:00 am until the end of the school day. The exception to this will be for an excused early dismissal after 9:00 for reasons other than illness.
- A student who has been absent from school during a semester for a total of twenty (20) or more school days shall not be eligible to participate in extra-curricular activities until he/she has been in attendance for a total of forty five (45) school days following his/her twentieth day of absence. This may be waived for the following exceptions: consecutive absences of five (5) or more school days due to a confining illness, injury, death in the immediate family, court subpoena, or quarantine. Attendance at summer school does not count toward the sixty days (60) days required.

ATHLETIC EXPECTATIONS/CODE OF CONDUCT

DISCIPLINE POLICY

Each head coach is responsible for the development of a set of rules of conduct and expectations for his/her squad. **The building principal and the athletic director shall approve the rules.** The rules shall take into consideration the goals of the program, the school district policies, and the needs of the student participants. All team rules shall be written, discussed by the head coach and a copy given to each participant.

In the formation and implementations of such rules, coaches shall exercise responsibility, firmness and consistency. Participants who miss practices or contests due to educational field trips, concert dress rehearsals or concert performances will not be penalized for their participation in these activities that are scheduled and approved by the principal as part of the program of studies of the Lewisburg Area School District. A student may be penalized for unexcused absences from a practice or contest. Each coach will have their own rules, but at a minimum, more than one unexcused absence will result in a conference with the coach and an administrator, which will determine the future of the relationship between the team and the student.

The principal may restrict or remove a student from participation in the athletic program. Students who are suspended out of school are not permitted to participate in contests and practices, nor are they permitted to attend practices or contests. Students who have been assigned to full time in-school suspension are to be treated the same as if they are suspended out-of-school. In the event a student is placed on in-school suspension for part of the school day, the student will be eligible to participate in practices or contests unless specifically restricted by the principal.

CITIZENSHIP

As representatives of Lewisburg Area School District, participants in extra-curricular activities are expected to exhibit exemplary behavior that may be beyond that required of non-participants of extra-curricular activities. Failure to exhibit such behavior may result in suspension or dismissal from extra-curricular activities.

BEHAVIOR

A student may be removed from participation on the basis of behavior that is inconsistent with the objectives of the extra-curricular program. The school principal will decide on the removal of a student and the duration of the student's non-participation. The student's behavior during school and non-school hours, in and out of season, is subject to penalty under this policy.

No student will participate in an extra-curricular activity while serving a suspension from school. It is the intent of this statement to include both in-school and out-of-school suspensions.

Drinking of alcoholic beverages, use or possession of drugs (including tobacco), or other illegal substances, or committed a summary offense, misdemeanor, or felony that violates the spirit of policy #122.

First Offense: Any student who is determined to have used tobacco, smokeless tobacco, electronic cigarettes, alcohol and/or drugs, or committed a summary offense, misdemeanor, or felony that violates the spirit of this policy shall be ineligible for participation in any extracurricular activity or school-sponsored event for thirty (30) calendar days. In the event the violation occurs during the summer vacation period, the thirty (30) calendar day ineligibility period begins with the first day of extracurricular activity.

Second Offense: Any student who commits a second offense involving tobacco, smokeless tobacco, electronic cigarettes, alcohol and/or drugs, or is convicted of a summary offense, misdemeanor or felony that violates the spirit of this policy shall be ineligible for participation in any extracurricular activity or school-sponsored event for one (1) calendar year. The student may be afforded the opportunity for reinstatement after ninety (90) calendar days based on an individual plan developed by the building principal and reviewed and approved by the superintendent.

Third Offense: Any student who commits a third offense involving tobacco, smokeless tobacco, electronic cigarettes, alcohol and/or drugs, or is convicted of a summary offense, misdemeanor or felony that violates the spirit of this policy shall be indefinitely ineligible for participation in any extracurricular activity or school-sponsored event without opportunity for reinstatement.

Use of Steroids: The use of steroids of any type is prohibited by law, by district policy and by P.I.A.A. (Commonwealth of Pennsylvania, Act 93, 1989) (Policy #227 Drugs & Alcohol See LASD Policies - Appendix E)

RESPONSIBILITIES

The school shall notify a student of his/her eligibility. Each student involved in an extra-curricular activity shall sign a form indicating that he/she is aware of and agrees to the provisions of this policy.

It is the responsibility of the teachers, coaches, advisors, and support staff to cooperate in the application of this policy both in its restrictive and supportive aspects.

DUE PROCESS PROCEDURES

In the event an athlete is accused of team rules:

- A. The charges against the athlete will be clearly explained to the athlete by his/her coach.
- B. The athlete will be afforded the opportunity to respond to the charges in writing.
- C. Should it be determined by the coach that disciplinary action is to be taken, said action should be taken solely on the evidence presented in this matter and consistent with previously communicated team expectations, rules, and consequences.
- D. Disciplinary action taken is to be communicated by the coach to the athlete's parents, the athletic director, and building principal.
- E. Disciplinary action may be appealed to the building principal.

In the event an athlete is accused of the use of tobacco, smokeless tobacco, electronic cigarettes, alcohol, drugs, or a violation of the law:

- A. The charges against the athlete will be clearly explained to the athlete by the building principal or designee.
- B. The athlete will be afforded the opportunity to respond to the charges in writing.
- C. Should it be determined by the building principal or designee that disciplinary action is to be taken, said action should be taken solely on the evidence presented in this matter and consistent with Board of School Directors Policy 122.
- D. Disciplinary action taken is to be communicated by the building principal or designee to the athlete's parents, the athletic director, and superintendent.
- E. Disciplinary action may be appealed to the building principal in the event the action was taken by his/her designee. If the action was taken by the building principal, the appeal is made to the superintendent whose decision will be considered final.

Any identifiable image, photo, or video that implies an athlete has used or been in the possession of alcohol or drugs or is the act of a crime shall be considered confirmation of a violation of the code of conduct. Since there is often no way to establish a timeframe when or location where an image was taken, it shall be a responsibility the athlete must assume. It is also understood that persons may attempt to implicate an athlete in a situation where he or she might be in violation of the code of conduct. This is further rationale for expecting athletes to not place themselves in the presence of illegal alcohol or drug use or criminal activity.

Athletic Code Parameters and Protocol

- A. Coaches will make recommendations for each of the sports. Coaches will discourage students from unhealthy approaches to weight gains or losses.
- B. Attention to dress and grooming will be stressed. A team member should keep himself/herself and clothes neat and clean. Dress for days of games and for out of town games will be determined beforehand by the coach and players.
- C. All athletes will be urged to do their best in the classroom and also to display a common sense attitude in their conduct throughout the school and community. As an athlete, they are constantly in the eye of the public, and thus should be aware of setting a good example at every opportunity. Any conduct unbecoming an athlete as determined by the coach or level principal will result in disciplinary action. Use of tobacco products is prohibited.
- D. An athlete must be in school attendance by 9:00 AM to practice or participate in an athletic event. The school determines whether a student is legally present or not. If an athlete cannot be in school for reasons other than illness, the parents should notify the school office, and it is recommended that they also call the coach so that he/she is aware of the problem. **Athletes are expected to be at school on-time the day after competitions.**
- E. Any athlete who uses profanity or obscene language on a habitual basis will not be allowed to represent the Lewisburg Secondary Schools in athletics.
- F. Athletes should inform the coach of any special problems or medical history. Example: Epilepsy, Asthma, Allergies, etc. Information will be confidential.
- G. Injuries should be reported before an athlete leaves practice or an athlete returns home. Parents should use their discretion on the need for doctor's care. The injury should be reported to school personnel the next day and they should fill out a school accident report. Students will attend practice sessions while injured, unless excused by the coach.
- H. Each athlete is expected to take excellent care of his/her school issued uniform and equipment and respect all school property. The original equipment issued to the athlete must be returned at the close of the season. Athletes are responsible for any damaged, lost or misplaced equipment. It will be the responsibility of the player to reimburse the school the full replacement value of each item damaged. Players must also make coaches aware of any problems with equipment or uniforms. Failure to turn in a uniform or equipment or to reimburse the school the cost of the uniform or equipment may result in the student not being able to participate in another extra-curricular activity. Athletes will not be allowed to wear issued equipment for their physical education classes or other school functions, unless advised by the coach.
- I. Any athlete who quits or is removed by the coach or administration for a sport cannot begin the next sport season until the official PIAA starting date for the practice or the starting dates approved by the coaches. Winter Sports -- November -- Spring Sports -- March.

- J. Officials - All athletes are to respect the decisions of officials and to address all officials in a respectful fashion. Any verbal or physical abuse of an official will result in disciplinary action.

Transportation

All members of athletic teams are expected **to travel to and from contests** by means of school-arranged transportation. Part of the educational process of athletics is sharing the joy of victory and the agony of defeat after contests. This is a part of team unity. When an athlete has a situation where it is necessary to travel to or return from a contest by means other than that provided by the school, the student may ride home from an event with a parent. The **parent/guardian** (not the student) must present a signed note to the coach indicating they are taking their student home. That athlete must travel with **only** his/her parent or a designated parent. The student is not permitted to ride with another student. The district wants to stress that this should be the exception not the norm. A school bus is one of the safest modes of transportation and as mentioned earlier, the ride is part of the experience as well as team chemistry.

Practice Sessions

All practice sessions will be attended on time unless there is some valid reason for missing such as illness, death in family, or unforeseen emergencies. In such case, the coach should be notified beforehand. For unexcused absences, the coach will administer disciplinary action.

Students who need academic help after school will not be penalized if they contact the coach beforehand.

Flexing with Band and Other School Organizations

The arts are a critical part of our overall educational program. The Athletic Director will try to eliminate conflicts between athletics and our music programs. However, players and coaches must communicate when a potential conflict may arise.

General Rules for Athletic Letters

Coaches will submit to the Athletic Director the minimum requirements for a letter award. Coaches shall have these in writing and share these with team members early in the sports season.

SPORTSMANSHIP

True champions and quality individuals display sportsmanship at all times.

- Sportsmanship is the cornerstone of Green Dragon Athletics.
- Coaches will model exemplary sportsmanship.
- Students and coaches will at all times show respect for officials, coaches and other athletes.
- Coaches will take immediate corrective action if a player exhibits any unsportsman-like conduct.
- Students will be recognized for promoting good sportsmanship ideals.

- On the rare occasion that a coach needs to question an official's call, it will be done with respect, class, and self-control.

HAZING

Hazing and initiations are always destructive and detrimental to students. Any form of hazing or initiation is strictly forbidden. **All coaches, advisors, teachers and students are hereby notified that any act of hazing will not be tolerated under any circumstances. Acts of hazing will be treated as serious violations of individual civil rights and will be subject to appropriate discipline including removal from a team, club or organization.**

COACH / PARENT / STUDENT COMMUNICATION

A vital part of Lewisburg Area High School educational program is the interscholastic athletic program. The purpose of such a program is to develop desirable attitudes and habits towards sports in particular and life in general; to promote good citizenship and sportsmanship; to promote unity and cooperation among athletes, coaches, parents, and administrators, and to better prepare young people for post-school competition in society. Our purpose is not to develop college or professional players, but to allow students the opportunities to experience all the excitement and thrills scholastic athletics can offer.

PARENT / COACH RELATIONSHIPS

Both parenting and coaching are extremely rewarding, but sometimes difficult vocations. By establishing an understanding of each other's positions, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad (i.e. what is your child's role on the team).
3. Locations and times of all practices and contests (realizing that flexibility is necessary).
4. Team requirements, i.e., fees, special equipment, off-season conditioning, level of skill required.
5. Procedure should your child be injured during the participation.

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflict well in advance.
3. Specific concerns in regard to a coach's philosophy and/or expectations.
4. Schedule conflicts will become increasingly evident, and choices between activities will have to be made by the student and family with clear communication to the coaches.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior

It is very difficult to accept your child not playing as much as you hope. Coaches are professional. They make judgment decisions based on what they believe to be best for all students involved and are not out to harm any child. As you have seen from the list above, certain things can be discussed with your child's coach. Other things must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student athletes.

SUGGESTIONS TO ALLEVIATE CONCERNS

1. Have a frank discussion with your child concerning **their** goals for the upcoming season
2. Compare and discuss openly their goals and your expectations
3. As a parent gain a true understanding of your child's expectations in participating

PROCEDURES FOR RESOLVING CONCERNS

As your children become involved in the programs at Lewisburg they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes.

The first step in resolving issues with a coach is to see if your student athlete can resolve the issue. Often a discussion with a coach resolves miscommunication or other issues. Remember, part of the process of education and growing up is conflict resolution. Student athletes should be the first step in the process. If this step fails or it is simply a matter that needs adult/parent attention, then parents should move to step 2.

Sometimes a situation will require a conference between the coach and the parent. These conferences are encouraged if there is a problem. It is important that both parties involved have a clear understanding of the other's position. When conferences are necessary, the following procedure should be followed to help promote a resolution of the issue of concern.

- Call to make an appointment with the coach
- If the coach cannot be reached, the Athletic Director will assist you in making the appointment.
- **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.**

WHAT CAN A PARENT DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION?

In the event of the above occurring, the parent can call the Athletic Director to make an appointment to discuss the situation. At this meeting, the appropriate next step can be determined.

PARENT/FAN DECORUM

At a time when society is experiencing increased incidents of physical confrontations and unmanaged anger, often associated with youth sports, Lewisburg High School wishes to state a philosophical stance of keeping our athletes, coaches, and fans safe; insisting on proper behavior, and promoting our positive reputation in regards to sportsmanship.

In as much as our coaches have certain standards of expected behavior (Coaches Handbook), our student athletes are governed by the Student-Athlete Behavioral Code, and regular students are subject to school rules at athletic events; it becomes incumbent upon us to set standards for the behavior of our adult fans and parents.

Lewisburg High School supports the PIAA rules and emphasis on good sportsmanship. We embrace this fully by definition and in spirit of intent. Proper human courtesies, kindness and decorum must apply to all relationships and situations, and sports are no exception. High school sports exist to build character, allow students to express themselves through physical exertion, and as entertainment. There is no place for poor behavior toward anyone.

In conclusion, we commend those parents who have always exhibited exemplary behavior and who, by such, have served as positive role models for our student-athletes. We encourage our parents to volunteer, to become involved with the teams, and to be supportive of the attempts of the entire community to educate our youth. By working together, we will establish Lewisburg High School and athletics as a “class” act. We sincerely want to strive to make sportsmanship at Lewisburg an expectation...

Where we let players play, coaches coach, officials officiate, and let fans be positive.

P.I.A.A. Fundamentals of Sportsmanship

The PIAA and its member schools are strongly emphasizing the importance of GOOD SPORTSMANSHIP. Hopefully the following will help everyone to understand their responsibilities at a Contest.

1. GAIN AN UNDERSTANDING AND APPRECIATION FOR THE RULES OF THE CONTEST.

The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, or administrative decisions. The spirit of GOOD SPORTSMANSHIP depends on conformance to a rule's intent as well as to the letter of a given rule.

2. EXERCISE REPRESENTATIVE BEHAVIOR AT ALL TIMES.

A prerequisite to good sportsmanship requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

3. RECOGNIZE AND APPRECIATE SKILLED PERFORMANCES REGARDLESS OF AFFILIATION.

Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents GOOD SPORTSMANSHIP but also reflects a true awareness of the Contest by recognizing and acknowledging quality.

4. EXHIBIT RESPECT FOR THE OFFICIALS.

The officials of any Contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the Contest are a part of the Contest. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of GOOD SPORTSMANSHIP is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

5. DISPLAY OPENLY A RESPECT FOR THE OPPONENT AT ALL TIMES.

Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team, or family. This fundamental is the Golden Rule in action.

6. DISPLAY PRIDE IN YOUR ACTIONS AT EVERY OPPORTUNITY.

Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, athlete, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you

CONCLUSION

Since research indicates that students who participate in athletics receive higher grades and have a greater chance for success in adulthood, we consider athletics an important part of the total educational process. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. With all that has been said in this section, the school takes the stance that good communication begins at home between parent and child. It is most definitely a two-way street. We hope the information provided here makes both your child's and your experience with the Lewisburg Area Athletic Program an enjoyable one.



LEWISBURG AREA HIGH SCHOOL Athletic Contract

STUDENT'S NAME: _____

Please print

Check the box and sign after you have read all the information.

I have read the attached information (3 pages) concerning the insurance coverage provided by the Lewisburg Area School District for my child who will be participating in the Interscholastic Sports Insurance Program. I am aware that the coverage provided excess coverage and that in the event of any injury a claim should first be filed with primary insurance.

I hereby give consent to the release to the PIAA and coaching staff of any portion of my child's school record files beginning with the seventh grade.

I, the parent of a member of a Lewisburg Secondary athletic team, have read the athletic code described herein, and understand the STEROID ACT. I will attempt to aid my son/daughter in observing it and realize that if he/she cannot comply with it, he/she will lose the privilege of representing a Lewisburg Secondary School in athletics.

I, a member of a Lewisburg Secondary School athletic team, have read the athletic code described herein, and understand it. I realize that if I cannot or will not comply with it, I will lose my privileges of representing a Lewisburg Secondary School in athletics.

We, the parent and athlete by signing below, have read, understand, and agree to follow the guidelines concerning concussions and traumatic brain injuries. We have read and understand the symptoms and warning signs associated with sudden cardiac arrest.

Signature of Parent

Date

Signature of Student

Date