



LAKELAND HIGH SCHOOL

STUDENT-ATHLETE HANDBOOK

2018-2019

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

Bob Albaugh

ASSISTANT PRINCIPAL

Jason Schackow

ATHLETIC DIRECTOR

Roman Smith

Lakeland School Corporation will education 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. 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.

ATHLETIC DEPARTMENT VISION STATEMENT

The Lakeland Athletic Department will strive to be a culture whose firm foundation is based upon a growth mindset, above the line leadership, diligent action, and the development of character. With these principles, the entire Lakeland Athletic Department will achieve athletic and academic success. That success will in turn cultivate and create leaders within athletics as well as within our community.

ATHLETIC DEPARTMENT MISSION STATEMENT

Our mission as the Lakeland Athletic Department is to build a recognizable brand that produces success at the interscholastic level of sport and education within the IHSAA. Providing all student-athletes excellent opportunities to learn from coaches, develop their craft, and participate in competitive sport will aid in achievement. By building positive relationships with faculty, staff, and the community, Lakeland's Athletic Department will develop into the premier platform of complete athletic development.

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 thirteen sports that include twenty different teams to over 200 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.

All Physicals must be dated after April 1st for the following school year to be deemed acceptable.

Example: Physical for the 2018-2019 School year must be dated April 1, 2018 or after.

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.

Fall Athletes must pass 70% of their previous Spring trimester (3) in order to be eligible.

Winter Athletes must pass 70% of their previous Fall trimester (1) in order to be eligible.

Winter Athletics will potentially cross-over into the 3rd trimester (Spring Season). In this case, Winter Athletes must pass 70% of their previous trimester grades (2).

Spring Athletes must pass 70% of their previous Winter trimester (2) in order to be eligible.

Incoming Freshmen, previously eighth graders, must have received passing grades and earned credit at the end of their last trimester in middle 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. Failure to do so will result in academic probation during the fall season of his/her freshman year.

Academic Probation – Weekly grade checks with Head Coach and/or Position Coach.

This policy is to ensure that eighth grade athletes place a focus on academics leading into their high school career. This policy is intended to be proactive, and to prepare our new freshmen, not punish.

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. Student-athletes are solely responsible for contacting Lakeland Athletic Director to begin the IHSAA Transfer Process.

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.

SCHOOL SUSPENSION

A participant suspended from school will be ineligible to attend any practice or contest during the term of the suspension. On a day school is not in session, the participant may be permitted to participate in any/all practices but would be ineligible to participate in any interscholastic contests until the suspension is complete.

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
6. Parkview Sports Medicine Consent to Treat Form.
7. Crutch Waiver Form.

POLICY ON ATHLETIC PARTICIPATION AND CO-CURRICULAR ACTIVITY PARTICIPATION

Lakeland High School is a member of the Indiana High School Athletic Association (IHSAA) 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 participating in athletics 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 any vaping, juul, or similar mechanism or paraphernalia for administering substances.
 - c. Found to have used or been in possession of tobacco substances including smokeless tobacco, or
 - d. Involved in any acts which school policy would consider suspend-able.

The following penalties/consequences will be administered:

A. Tobacco

(Definition – the use of any tobacco/tobacco-like products, including but not limited to cigarettes, snuff, chew, vaporizes, e-cigs. Etc.)

Possession, Consumption or Sale

Suspension	Additional Consequences
1st Offense: <i>Self-Report: No Suspension from competition.</i> <i>No Self-Report: 15% of Season</i>	Tobacco Assessment/Education required at students' expense as well as completion of any recommendation resulting from Assessment/Education at student's expense. Practice at coaches' discretion.
2nd Offense: <i>50% of Season</i>	Same as above, plus loss of awards.
3rd Offense: <i>365 Days</i>	Same as above, plus loss of awards.
4th Offense: <i>Life</i>	Possibility of review for reinstatement after 365 Days. No practice/loss of awards.

B. Alcohol

Possession/No Consumption

Suspension	Additional Consequences
1st Offense: <i>Self-Report: No Suspension from competition.</i> <i>No Self-Report: 25% of Season</i>	Alcohol Assessment/Education required at students' expense as well as completion of any recommendation resulting from Assessment/Education at student's expense. Practice at coaches' discretion.
2nd Offense: <i>365 Days</i>	Same as above, plus loss of awards.

3rd Offense: <i>Life</i>	Possibility of review for reinstatement after 365 Days. No practice/loss of awards.
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Alcohol Consumption

(Definition – The ingestion of ANY amount of alcohol)

Suspension	Additional Consequences
1st Offense: <i>Self-Report: 25% of Season.</i> <i>No Self-Report: 50% of Season</i>	Alcohol Assessment/Education required at students' expense as well as completion of any recommendation resulting from Assessment/Education at student's expense. Practice at coaches' discretion. Loss of awards for non-self-report.
2nd Offense: <i>365 Days</i>	Same as above, and loss of awards.
3rd Offense: <i>Life</i>	Possibility of review for reinstatement after 365 Days. No practice/loss of awards.

C. Illegal Drugs, Controlled Substances, Steroids, and/or misuse of other substances.

(Including use of another's prescriptions)

Possession (No Consumption) of illegal drugs, controlled substances, or steroids.

Suspension	Additional Consequences
1st Offense: <i>Self-Report: 25% of Season.</i> <i>No Self-Report: 50% of Season</i>	Assessment/Education required at students' expense as well as completion of any recommendation resulting from Assessment/Education at student's expense. Practice at coaches' discretion.
2nd Offense: <i>365 Days</i>	Same as above, and loss of awards.
3rd Offense: <i>Life</i>	Possibility of review for reinstatement after 365 Days. No practice/loss of awards.

Consumption/Use/Misuse:

(The ingestion of ANY amount of illegal drugs or the misuse of any legal substance, including but not limited to prescript drugs, over the counter drugs, inhalants, or any other substances or item use to elicit an intoxicating effect.)

Suspension	Additional Consequences
1st Offense: <i>Self-Report: 33% of Season.</i> <i>No Self-Report: 60% of Season</i>	Assessment/Education required at students' expense as well as completion of any recommendation resulting from Assessment/Education at student's expense. Practice at coaches' discretion. Loss of awards for non-self-report.

2nd Offense: <i>365 Days</i>	Same as above, and loss of awards.
3rd Offense: <i>Life</i>	Possibility of review for reinstatement after 365 Days. No practice/loss of awards.

Selling/Providing of Drugs:

(Illegal drugs and/or prescription drugs.)

Suspension	Additional Consequences
1st Offense: <i>365 days from date of discovery</i>	Assessment/Education required at students' expense as well as completion of any recommendation resulting from Assessment/Education at student's expense. No Practice. Loss of awards for non-self-report. Possibility of review for reinstatement after 365 Days.
2nd Offense: <i>Life</i>	No practice/loss of awards.

D. Misconduct that Results in Criminal Charges

(Students who are cited, arrested, charged, or indicated for unlawful misconduct shall be immediately suspended from all athletics and will be subject to disciplinary consequences under the Code of Conduct even if the charge or indictment does not ultimately result in a conviction. However, if the Athletic Interpretation Committee determines there is sufficient evidence of the student's innocence, a charge alone will not require disciplinary consequences under the Code.)

Suspension	Additional Consequences
1st Offense: <i>Participant immediately suspended from competition.</i> <i>Upon conviction, suspended from the date of occurrence for (1) calendar year.</i>	No Practice. No Practice/Loss of Awards.
2nd Offense: <i>Life</i>	No Practice/Loss of Awards.

E. Publications on the Internet, In Print, or Through Electronic Devices

(The widespread use of the internet and other electronic media/devices has made it increasingly clear that this category needs to be addressed. As a result, students (who participate in athletics) who engage in behavior that is made public through written or photographic means, blogs, emails, webpages, etc., and is contrary to the accepted rules and values of LSC, may be subject to discipline – Profanity; bullying; defamatory or threatening language; nudity; material of sexual nature or sexual innuendo; promotion of alcohol, drugs, tobacco or other such substance; promotion of gangs; and other lewd or socially unacceptable behavior.)

Suspension	Additional Consequences
1st Offense: <i>30% of Season.</i>	Counseling – Cost at student's expense.
2nd Offense: <i>365 Days (or appropriate to the offense)</i>	No Practice/Loss of Awards.

3rd Offense: <i>Life</i>	No Practice/Loss of Awards.
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F. Student Hazing & Harassment

(Hazing and harassment are behaviors, by one person towards another that can be insulting, intimidating, humiliating, malicious, degrading, offensive or dangerous. Such behaviors can create negative and uncomfortable feelings for the person, or group of persons, to whom they are directed. Hazing and harassment can take many forms whether physical, verbal, sexual or emotional, and can involve a combination of these elements. Sexual hazing or harassment is unlawful and is a form of sexual discrimination under Title IX of the educational amendments act of 1972.)

HAZING/BULLYING/INTIMIDATION/HARASSENT

In-School or Out-of-School - ANYTIME

Suspension	Additional Consequences
1st Offense: <i>One (1) game/competition, event or activity suspension.</i>	Practice at coaches' discretion.
2nd Offense: <i>33% of Season</i>	Practice at coaches' discretion.
3rd Offense: <i>365 Days</i>	Practice at coaches' discretion. Loss of awards.
4th Offense: <i>Life</i>	No Practice/loss of awards.

The Athletic Interpretation Committee may alter the penalties as appropriate for the particular egregious instances of hazing and harassment.

ATHLETIC INTERPRETATION COMMITTEE

Involved Members - Athletic Director, Principal, Asst. Principal, Guidance Counselor & Non-Involved Varsity Coach

In the event that a situation arises dealing with tobacco, alcohol, illegal drugs, misconduct, publications, and/or student hazing, the Athletic Interpretation Committee will meet and discuss all information involved. These meetings will be held and conducted to interpret the situation at hand. Ultimately, this will allow the committee to make a ruling based on the above mentioned punishments. This committee will be dependable, fair, and consistent with all student-athletes.

PARTIES

If a student who participates in athletics attends a party or is present at any other occasion where alcohol or drugs are available to minors, the student must leave the party immediately and must report his or her attendance at the event to the Athletic Director, Coach, Counselor, and/or Administrator before the end of the next school day. If the party or event occurs over the summer, the student has 72 hours to report to any school official or coach. Leaving a voicemail or email is considered a report. A participant failing to report attendance will be judged to have been in possession unless it can be reasonable proven that consumption did not occur. **LEAVING MEANS LEAVING!**

*****Parent Presence** – *If a student is present where alcohol is available while with parents/guardians, he/she will not fall under the above mentioned policy. Under no circumstance, does a parent presence permit a minor to drink alcohol or use illegal drugs.*

RANDOM DRUG TESTING PROTOCOL

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/Methamphetamines
 2. Barbiturates
 3. Benzodiazepines
 4. Cocaine Metabolite
 5. Opiates
 6. Phencyclidine
 7. Cannabinoids
 8. Ethanol (Alcohol) – Urine Alcohol
 9. Cotinine (Nicotine Metabolite)

10. Oxycodone
 11. Tramadol
 12. Cannabinoids
 13. Suboxone
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 (Policy 5771)
 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. 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 counselor, 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 st offense throughout high school:	33% (SR) or 60% (NSR)	Loss of eligibility for 9 weeks
2 nd offense throughout high school:	One (1) calendar year (365 days)	One (1) calendar year (365 days)
3 rd 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 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. 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.

Any student who is tested, and self-reports himself or herself to the Principal, Assistant Principal, Athletic Director, Counselor, Coach, or EDGE Teacher before results are determined and communicated, 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.

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. Major Varsity Award** - 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. Minor Awards** - There are two different minor awards, a junior varsity award and a freshman award. The recipients of these two awards will receive a certificate.
- 3. Numerals** - 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 to the student-athlete when he/she has earned a letter jacket.
- 4. Varsity Jacket** - The varsity 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.
- 5. Name Plate** - The name plate maybe purchased by the student-athlete after a second varsity certificate is earned and the student-athlete has been made aware of the honor. Name Plates will NOT be presented at the athletic awards program, but soon after production has completed and the order is delivered (*This process/order can take several weeks*).
- 6. Nine Varsity Letters** - A specific award/trophy/plaque will be presented to any student-athlete that has lettered in nine varsity sport seasons. All awards earned by any student-athlete will be presented during the **Spring Sports awards program of their senior year.**
- 7. Scholar Athlete** - All student-athletes who have a cumulative GPA of 3.5 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, and will also receive a “Scholar-Athlete” Patch, which will be presented by the Lakeland Boosters.
- 8. Three + Sport Athlete** - Any student-athlete who has participated in, and lettered in three sports seasons during their career (Freshmen, Sophomore, Junior, & Senior Years) at Lakeland High School will receive special recognition and a “3/4/5 Sport Patch” at the spring athletic awards program.
- 9. Foreign Exchange Students** - Any foreign exchange student who participates in at least one sport may purchase a jacket at the end of the school year.
- 10. Team Specific Expectations** - 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.
- 11. Transferring of Awards** - Athletic awards from other schools may be transferred, with written proof, to meet the qualifications for the jacket award.
- 12. Patches** – Patches will be presented to NECC regular season championship or IHSAA Sectional, Regional, Semi-State, and State Championship team members. Only one patch, per sport, per year, will be awarded to team members. In the case of multiple championships, one patch representing all championships will be awarded, with the exception of a state championship. All other patches must be purchased by the student-athlete through the athletic office.
Paid for by Athletic Department – NECC All Conference, IHSAA Championships
Paid for by Student-Athletes – NECC All Conference Honorable Mention, All-Area, Coaches Assoc. All-State, HSR Indoor State Qualifier, etc (\$15.00 per patch)

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 programs has allowed the opportunity for scheduling conflicts to occur.

By defining clearly distinct 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.

PRACTICE REGULATIONS

Participants are expected to attend all practices punctually. Illness or other extreme emergencies are the only good reasons for missing practices. The participant or parent should always inform the coach when he/she will be missing from a scheduled practice/contest. Each coach will set the practice/contest attendance policy for his/her sport. Scheduling practices during a vacation period will be left to the discretion of the coach.

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 for \$1.00.

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.

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.

PRACTICES, 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.

ESTABLISHING TEAM ROSTER

Each coach is hired for his/her knowledge and expertise in the particular sport. It is within the coach's discretion to establish who will be the members of a particular team or squad. It may be necessary to cut participants after conducting try-outs for a particular team. It is noted that there is no final cut and that team members may be dropped from a team anytime during the season.

TEAM SPECIFIC GUIDELINES

A coach may establish team guidelines that apply to his/her particular team regarding physical appearance, attendance, tardiness, etc. These guidelines may be more stringent than what other policies require, providing they are reasonable and are not in conflict with school, athletic department, or corporation policies. The head coach will determine the appropriate disciplinary action for the participants violating these guidelines.

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-athletes 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:	Junior Varsity & Varsity Girls' Golf	July 27, 2018
	Freshman, Junior Varsity & Varsity Football	July 30, 2018
	Junior Varsity & Varsity Boys' Cross Country	July 30, 2018
	Junior Varsity & Varsity Girls' Cross Country	July 30, 2018
	Junior Varsity & Varsity Boys' Tennis	July 30, 2018
	Junior Varsity & Varsity Girls' Soccer	July 30, 2018
	Junior Varsity & Varsity Boys' Soccer	July 30, 2018
	Freshman, Junior Varsity, & Varsity Girls' Volleyball	July 30, 2018
	Freshman, Junior Varsity, & Varsity Girls' Cheerleading	Spring, 2018
Winter:	Freshman, Junior Varsity, & Varsity Girls' Basketball	October 15, 2018
	Junior Varsity & Varsity Wrestling	October 29, 2018
	Freshman, Junior Varsity, & Varsity Boys' Basketball	November 5, 2018
	Junior Varsity & Varsity Girls' Gymnastics	November 19, 2018
	Freshman, Junior Varsity, & Varsity Girls' Cheerleading	Spring, 2018
Spring:	Junior Varsity & Varsity Girls' Track	February 11, 2019
	Junior Varsity & Varsity Boys' Track	February 11, 2019
	Junior Varsity & Varsity Girls' Softball	March 5, 2019
	Junior Varsity & Varsity Boys' Baseball	March 11, 2019
	Junior Varsity & Varsity Girls' Tennis	March 11, 2019
	Junior Varsity & Varsity Boys' Golf	March 11, 2019

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 and will admit you to all Lakeland High School regular season athletic events. 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.