

FINES

All fines must be cleared to participate in a sport, which includes during the sport season.

LOCKER ROOM

Athletes must **NOT** leave anything of value in the locker room lockers at any time.
All valuable items should be given to their coach to be locked in the coaches office.
All locks and lockers must be checked out through the P.E. office. All other locks will be cut.

SPORTS PHYSICALS

A new **Sports Physical** is required every 24 months. An athlete will not be allowed to practice or participate in a contest if his or her sports physical has expired.

We are encouraging parents to get all physicals taken care of in the month of May, so that student athletes can clear for the summer. Lynden Family Medicine provides \$25.00 physicals. The dates and times are advertised in the Lynden Tribune and at school.

Admission Prices to CONFERENCE CONTESTS

You will have to pay for some away events you don't have to pay for at LHS

- Adults, H.S. students without ASB card, M.S. students without appropriate supervision \$6.00
- Visiting H.S. students with ASB card, Elementary & M.S. students with proper supervision \$3.00
- Senior citizens (62+) \$3.00

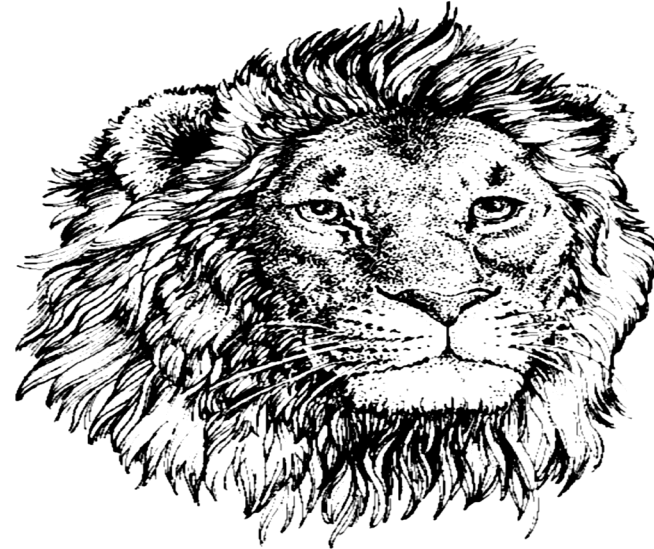
PUNCH CARDS . . . Ten-Game Punch Cards for home contests may be purchased at any home contest for \$50. These are only good for regular season contests.

LYNDEN SPORTS INFORMATION

(<http://www.lynden.wednet.edu/lhs/site/default.asp?>)

LYNDEN ATHLETIC WEB SITE Find athletic schedules, scores and photos on the lyndenathletics.com website.

TEAM PICTURES (Life Touch) adispingno@lifetouch.com



LYNDEN HIGH SCHOOL PARENT FLYER

FALL HEAD COACHES

Cross Country (B&G).....	Layne Hutchins	(354-4401 x5258)
Football	Blake VanDalen	(354-4401 x5223)
Soccer (G).....	Carlos Melendez	(223-8256)
Swim (G).....	Leanne Holleman	(206-948-7875)
Tennis (B)	Trey Ballard	(354-2952 x118)
Volleyball.....	Chris Elsner	(354-4401 x5204)

WINTER HEAD COACHES

Swim (B)	Leanne Holleman	(206-948-7875)
Basketball (B).....	Brian Roper	(354-4401 x5253)
Basketball (G)	Aaron Bogaard	(815-0276)
Wrestling (B)	Hans Henderson	(722-6150)
Wrestling (G).....	Santos Gallegos	(305-1363)
.....	Sally Gallegos	

SPRING HEAD COACHES

Baseball	Cory White	(354-2952 x147)
Fast Pitch	Ed Bomber	(354-4401 x5268)
Golf (B).....	Jesse Weg	(318-4104)
.....	Matthew Skinner	(815-2435)
Golf (G)	Scott Sahagian	(354-4401 x5221)
Soccer (B)	Drew Smiley	(303-5121)
Tennis (G).....	Trey Ballard	(354-2952 x118)
Track & Field (B&G).....	Layne Hutchins	(354-4401 x5226)
Cheer Coach.....	Kellee Wallace	(220-1285)
Dance Coach.....	Karmen Vermulm	(899-2451)
Trainer.....	Duane Korthuis	(354-5387)

From Mike McKee

Lynden School District - mckem@lynden.wednet.edu
Athletic / Activities Director - 360.354.4401 x5276



Mike McKee

so _____

I am very pleased that your son or daughter has chosen to participate in Lynden's athletic program. We will strive to do all we can to provide a positive experience for every athlete. Possibly the most important ingredient toward achieving this goal is ensuring that lines of communication are developed which allow for free and easy resolution of questions before they become issues. As a parent, you have a right to know what expectations are placed on your son/daughter. This brochure is intended to spell out all levels of communications that parents, coaches, and athletes are aware of the steps they have available to resolve anything they think is or might become an issue. This brochure also outlines the Lynden School District's policies for attendance, academics, and eligibility.

PARENT CODE OF CONDUCT

- Make sure your child understands that, win or lose, you love him or her.
- Be realistic about your child's physical ability.
- Help your child set realistic goals. Be helpful, but don't coach.
- Teach them to enjoy the thrills of competition.
- Don't relive your own athletic past through your child.
- Don't compare your son/daughter to other team mates
- Control your emotions at games and events. Good sportsmanship must be emphasized.
- Be a *cheerleader* for your child and other athletes on the team.
- Respect your child's coaches. Communicate with them in a positive way. Encourage others to do the same.
- **BE A POSITIVE ROLE MODEL!**

PARENT/COACH COMMUNICATION

What a Coach Expects from a Parent/Athlete

- First express concerns directly to the coach.
- Notification of any schedule conflicts well in advance.
- Specific concern in regard to a coach's philosophy and/or expectations.
- Talk with the coach at an appropriate time.

Appropriate Concerns to Discuss with a Coach

- Treatment of your son or daughter, psychologically or physically.

Steps to Take with a Concern

1. Assistant Coach (*if applicable*).
2. Head Coach.
3. Athletics / Activities Director.
4. Principal.

(continued)

Inappropriate Concerns to Discuss with a Coach

- Playing time - Team strategy - Play calling - Matters concerning other student athletes.
NOTE: All letters or e-mails to coaches come straight to the athletic director.

ATTENDANCE REQUIREMENTS

- All students under the Lynden High School Activity Code must be in attendance all periods of the day.
- An absence may be excused for the following reasons: Doctor/Dentist appointment, pre-arranged legal appointment (includes drivers test), school related absence, or family emergency, which must be approved by an administrator. A written note or a phone call from the legal guardian must be provided for all absences to be considered excused.
- Any unexcused absences of any period on the day of an activity or practice will cause a student to miss that days activity, contest or practice.

ACADEMIC STANDARDS

- Students must pass 7 out of 8 classes at each grade check. Grade checks will take place every 3 weeks throughout each semester .
- Student who have failed to pass 7 out of 8 classes at each grade check shall be placed on academic probation until they are passing 7 out of 8 classes. During this time, students must practice, but will be ineligible from participating in activities / contests. A form must be signed by the teacher stating they are passing, and signed by the student and a legal guardian, and given to the athletic director before they are eligible to compete. An incomplete is treated as a failure for purposes of eligibility and will result in ineligibility until the incomplete is satisfied or a new eligibility period is reached and courses successfully completed.

IN SEASON EXPECTATIONS FOR OUTSIDE ACTIVITIES

- Each coach sets their own in-season expectations for outside activities.
- These expectations must be approved by the athletic director and communicated by the coach to the athletes before the season starts.
- An athlete may not miss high school practice for an outside activity. Exceptions to this rule must be approved by the coach and the athletic director.

ELIGIBILITY REQUIREMENTS

Paperwork needed on file before any athlete may participate.

- Completed eligibility packet (on-line through Final Forms)
<http://www.wpastatic.com/attach/posts/11385/FinalFormsParentRegistration.pdf>
- Up to date physical form (good for 24 months).
- ASB card - \$35.00 payed in the LHS main office.

PRACTICES CANCELLED DUE TO WEATHER

- If an athlete can't get to a practice safely due to the weather, they need to contact their coach and let them know they will not make it to practice. They will not be penalized for doing so.