

Lancaster County Public School Student/Athlete Handbook



2020-2021

Academics + Athletics = Success

“All warriors are winners, but not all winners are warriors. The simple commitment to personal excellence, high standards, and an ethereal quest to be better than the day before makes a warrior a winner.”

By “Reed Maltbie”

LANCASTER COUNTY PUBLIC SCHOOL ATHLETIC RULES & EXPECTATIONS

Principals-Tara Booth & Heather Evans
Assistant Principals- Mary Catherine Jones & Dave Curran
Dean of Students Jim Padlock & Keith Burdette
Athletic Directors-Dave Zeiler & Megan Broske

Parents: This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. We believe that participation in sports provides a wealth of opportunities and experiences, which will assist students long after graduation. We are concerned with the educational development of the athletes during their tenure here at Lancaster County Public Schools and will provide all the necessary for attaining their goals while attending our school. It is our intent to conduct a program that is educationally sound in purpose and will enhance each student's personal growth.

The overall objective of the athletic program at Lancaster County Public Schools is to provide an opportunity for student participation in properly supervised and controlled activities under the guidelines set forth by the Virginia High School League and the Lancaster County School Board.

Student Eligibility criteria as set forth by the Administration of Lancaster County Public Schools:

1. A completed VHSL Physical form.
2. * Student/Athlete must follow VHSL grade requirements. ie:Scholarship Rule (PM 28A-5-1)
3. * Students must comply with Lancaster High School grade policy.
4. *Student/Athlete convicted of a criminal act in or out of school is considered not in "good standing" with the school..

Missing any of these criteria will result in the student/athlete to be considered "Ineligible" at Lancaster County Public Schools and will be considered ineligible for a period of time to be determined by the Administration.

- *1. No VHSL Physical form.
- *2. Semester by VHSL ruling.
- *3. Academic Probation/ Academic Suspension.
- *4. Remain ineligible until considered to be in "good standing" of the school.

VHSL: Scholarship Rule (28A-5-1) *High school only!

The Virginia High School League (VHSL) is a member of the National Federation of

State High School Associations. All rules and regulations governing secondary boys' and girls' interscholastic athletic contests and practices are established by the VHSL, the Lancaster County School Board, and the Lancaster High School Administration.

To be eligible to represent the school in any VHSL sponsored interscholastic contest a student shall abide by those requirements:

PM 28A-5-1 SCHOLARSHIP RULE/Block Scheduling (5-94)-When a school offers four classes each semester (block scheduling), students must pass three of these four classes to be eligible for the following semester. There is no yearly eligibility option (combine first and second semester passing grades), since this block scheduling is on a "stand alone" semester grade basis.

FOR BLOCK SCHEDULING-STUDENTS MUST TAKE AT LEAST THREE PER BLOCK AND PASS THREE PER BLOCK

Lancaster High School Academic Eligibility

Lancaster High School will follow the VHSL policy as stated and to insure academic integrity, the following strategies will take place:

- 1) The athletic director (AD), or designee, will monitor student/athletes academic progress weekly (beginning week three of the semester) and maintain a "watch list" of student/athletes with failing grades.
- 2) Those student/athletes who have failing grades will continue to participate, but will be put on "Academic Probation".
- 3) Student/athletes on "Academic Probation" will be required to attend tutoring sessions in the academic wing at least twice a week until the grade is no longer failing.
- 4) The AD will inform parents and coaches of their student/athletes on probation as to the progress of the student/athletes. Also, the AD will communicate with teachers and school administration regarding student/athletes who may need tutoring or further academic coaching.
- 5) Student/athletes will begin a season on probation if, though VHSL eligible, there are failing grades(s) at the end of the previous semester. These students will be required to attend tutoring sessions until interim grades are released with no failing grades.
- 6) Coaches will be encouraged to provide time to complete homework assignments. Coaches may, however, choose to begin practice early to end early enough so student/athletes have time to complete assignments following practice.

Any Lancaster Middle School 8th grade student/athlete trying out for junior varsity athletics at Lancaster High School must be approved by LMS administration. Eighth grade students who are prohibited from participating in LMS athletics due to academic or behavior difficulties will be

prohibited from participating in LHS athletics per administrative consult. Eighth grade student/athletes are subject to the same strategies in place for high school student/athletes with failing grades during a season.

After two weeks of “Academic Probation”, if the student/athlete still has a “F” in the same subject they will be placed on “Academic Suspension” until the “F” is gone. During this time the student/athlete continues to attend tutoring afterschool, reports to practice after tutoring, but will not participate in any games.

General Expectations

1) Lancaster County Public School student/athletes are expected to attend all scheduled practices and games. The coach will meet with the athletic director to determine how specific violations of this policy will be handled.

2) Lancaster County Public School students may participate in two activities during a sports season provided one activity is a team sport and one is an individual sport. Students are also allowed to participate in two academic activities. Participants in the above mentioned dual activities must meet criteria set forth by the athletic director, the high school principal and the agreement of both coaches involved.

3) Unsportsmanlike conduct will not be tolerated. **Unsportsmanlike conduct** (also called **unsporting behaviour** or **ungentlemanly conduct** or **bad sportsmanship**) is a **foul** or offense in many **sports** that violates the sport's generally accepted rules of **sportsmanship** and participant conduct. Examples include verbal abuse or taunting of an opponent, an excessive celebration following a scoring play, or feigning injury. The official rules of many sports include a catch-all provision whereby participants or an entire team may be penalized or otherwise sanctioned for unsportsmanlike conduct. Students who exhibit this type of behavior during a game and/or practice will be removed immediately from the game and/or practice and will not be allowed to re-enter. The coach, Athletic Director, and Principal will discipline students who exhibit this type of behavior during practice/game. Repeated Unsportsmanlike conduct may result in action up to and including removal from the team.

4) Fighting Policy- Any athlete who in protest lays hands on or attempts to lay his/her hands on an official may be declared ineligible by the League or by his/her principal for up to one year. Any athlete who strikes an opponent, coach, or a spectator during or following an athletic event may be declared ineligible by the league or his/her principal for a specific period of time up to one year depending on the seriousness of the offense. The basis for this policy statement is that a member school shall not be represented by any student whose conduct reflects discredit upon his/her school.

5) No student will be allowed to leave the area of an athletic event (home or away) without the approval of the coach responsible for the student. Parents are required to sign-out their child with the coach on away trips.

6) No student will be allowed to participate in a practice session or game unless they have attended school for at least one-half day. Extenuating circumstances may be presented to the athletic director or principal.

7) All Lancaster County Public School students must be transported to away athletic events on buses or in cars provided by the school board. All team personnel must return to the school in the same manner. EXCEPTION: - Team personnel may ride home with their parents or the parents of another team member (with a parental written note). The coach in charge must be notified, in person, in either case.

8) Lancaster County Public School student-athletes will be responsible for uniforms and equipment issued to them and must return these items within three (3) days after the conclusion of their season. Students will be charged for missing equipment/uniforms and will not be allowed to participate in other sports until their account is paid in full.

9) Student-athletes who quit a team during practice or a game have a 24 hour “cool off” period to allow time to reconsider and discuss the issue with the coach. If, however, after the first regular season competition a student-athlete decides to quit following the “cool off” period, he/she **will not** be allowed to try out for a sport in the following season. Spring athletes who quit will need permission from the athletic director and principal to be a on a fall team.

SCHOOL WIDE DISCIPLINE POLICY

Any student assigned OSS, may not participate in practice or games on the day(s) they have been assigned to serve OSS. The following guidelines apply to ISS and OSS.

1. ISS - up to one full day (1/4 game or 2 innings)
2. Multiple days of ISS - up to three (1/2 game or 3.5 innings)
3. Three or more days of ISS or up to three days of OSS (1 game, plus games missed while in ISS or OSS)
4. Four or more days of OSS (2 games plus games missed OR dismissal at the principal's discretion)
5. Chronic discipline problems - cumulative totals for games missed will be kept for each sports season and a player will be dismissed from the team when his/her total reaches three games.

Final decisions rest with the AD and the principal.

Drug-Free Expectations:

Lancaster County Public School student/athletes are expected to refrain from using and/or possessing alcohol, drugs or tobacco products. The following consequences will be administered if violations occur in these areas:

I. Possession/Use of Tobacco Products

On School Grounds:

- A. Team Suspension – 5 days (team suspension starts **after** student returns from any school suspension)
- B. 10 hours athletic service

Off School Grounds: (Violation must be witnessed by coach or Lancaster School employee and reported to the athletic director)

- A. Team Suspension – 2 days
- B. 5 hours athletic service

II. Drug/Alcohol – Use or Possession

On School Grounds (including trips, etc.):

- A. Dismissal from team
- B. No athletic participation for 60 days (team suspension starts **after** student returns from any school suspension)
- C. Referral to school administration

Off School Grounds: - (Violation must be witnessed by coach or Lancaster County School employee and reported to athletic director)

- A. Team suspension – 10 days (team suspension starts **after** student returns from any school suspension)
- B. 20 hours of athletic service

III. Students guilty of drug/alcohol violation must successfully complete and provide proof of attendance at a drug/alcohol seminar in order to continue to participate in Lancaster athletics. The cost of the seminar is the responsibility of the student and his/her family and not Lancaster County Public Schools.

IV. Subsequent Violations:

A second violation of the above policy will result in doubling the first time offense consequence. A third violation will result in termination from participating in any athletic program for a full calendar year beginning on the date of the 3rd violation.

Guidelines and Rules for Student/Athletes: Social Media

These guidelines are intended to provide a framework for student-athletes to conduct themselves safely and responsibly in an on-line environment. As a student/athlete at Lancaster County Public Schools you should:

1. Be careful with how much and what kind of identifying information you post on social networking sites. Virtually anyone with an email address can access your personal page. It is unwise to make available information such as: full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Facebook and other sites provide numerous privacy settings for information contained in its pages; use these settings to protect private information. However, once posted, remember the information becomes the property of the website.
2. Be aware that potential current and future employers and college admissions offices often access information you place on social networking sites. You should think about any information you post on Facebook or similar directories potentially providing an image of you to a prospective employer or school. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
3. Do not respond to unsolicited emails asking for passwords or PIN numbers. Reputable businesses do not ask for this information in emails.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The online social network sites are NOT a place where you can say and do whatever you want without repercussions.
5. Remember photos put on the social network site's server become their property. You may delete the photo from your profile but it still stays on their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

Things student athletes will avoid:

1. Using derogatory language or making negative remarks about teammates or coaches; other Lancaster student athletes, teachers, or coaches; student-athletes, athletics administrators or representatives of other schools.
2. Demeaning statements about or threats to any third party (e.g., teammates, classmates, students from other schools, etc...).
3. Incriminating photos or statements depicting violence; bullying; hazing; sexual harassment; vandalism, stalking; underage drinking; selling, possessing, or using controlled substances; or any other inappropriate behaviors.

4. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
5. Indicating knowledge of an unreported felony theft or felony criminal damage to property.
6. Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

One of the biggest lessons social network users can learn is that anything you post online enters the public record. You never know who may be looking. For instance, there have been cases where minors were cited for underage drinking or breaking the rules of an apartment lease after pictures of wild parties were posted on social networking sites. Kids posting photos bragging of graffiti have been arrested by police.

Although not every Facebook misstep makes the national news, users should always be sensitive to how others might perceive their profiles. A private joke isn't so private when it's accessible to millions across the internet, and it can easily offend someone who doesn't understand the context. If that isn't enough to make you think twice about posting an inappropriate picture or off-color comment, consider your future. High school and college students should carefully consider their Facebook profiles and ask themselves how they would look to a future college admissions officer or potential employer.

**LANCASTER COUNTY PUBLIC SCHOOLS
ATHLETIC PLEDGE AND SIGN-OFF SHEET**

SPORT _____ **ATHLETE NAME** _____

Lancaster County Schools Athletic Pledge:

By signing this pledge, the Lancaster County Schools student-athlete and his/her parent/guardian affirms they have read and fully understand and agree to comply with and adhere to all the rules, regulations, and expectations listed in the Philosophy of Lancaster County Schools Athletics. It is also understood that, if a situation arises, parents and student-athletes will meet with coaches at the appropriate time concerning the athletic policy to help insure a mutual understanding of the philosophy, conduct and eligibility expectations.

The signatures below also indicate that we agree that the athlete **will attend all practices and games** in which his/her high school athletic team participates. This implies that the school team's activities take precedence over any club, recreational, or non-school events. (Extenuating circumstances must be brought before the coach and AD prior to the absences.)

Injury/Danger Warning:

The signatures on the Athletic Pledge also indicate that the student-athlete and his/her parent/guardian have been advised that participation in interscholastic practice and competition can be dangerous. Furthermore, it is understood that no amount of protective equipment will eliminate potential injury. Even under the safest and most secure conditions, some athletic activity can result in serious, and possibly fatal, injuries. If a student-athlete exhibits unusual symptoms, he or she should immediately stop playing and report these conditions to the coach, athletic trainer, and his/her parents. The student-athlete must not return to a game or practice until all symptoms are eliminated and the athlete has received medical clearance. Ignoring this warning may lead to more serious or fatal injury. **Remember, anyone deciding to compete in the Lancaster County Schools Athletic Program does so with a clear understanding of the risk of injury.** Additional questions about such risk should be directed to the coach or athletic director prior to participation in practice or competition.

Lancaster County Schools does have secondary insurance, the parent must fill out the paperwork from the coach and resubmit to school nurse within 90 days from the date of incident.

Thank you for your support of Lancaster County Public School Athletics!

Student/Athlete Signature Date

Parent/Guardian Signature