

Lawrence School District Interscholastic Athletic Handbook for Parent and Students



Jason Supple
District Director of Physical Education,
Health & Athletics

Table of Contents

1. Welcome Statement	Page 2
2. District Philosophy of Athletics	Page 3
3. Philosophy by Athletic Level	Page 3&4
4. Code of Ethics	Page 4
5. Sportsmanship Code for Spectators	Page 4
6. Sportsmanship for Student-Athletes	Page 5
7. Academic Eligibility Standards	Page 5
8. Discipline and Attendance	Page 5
9. Physicals	Page 6
10. Injuries	Page 6
11. Risk Factors in Sports	Page 6
12. Communication Guidelines	Page 7&8
13. Drug and Alcohol Policy	Page 9
14. Smoking / Vaping	Page 9
15. Hazing	Page 9
16. Issuing of School Clothing and Equipment	Page 9
17. Transportation	Page 9
18. College Information	Page 10
19. Basic Athlete Academics	Page 10
20. Parent and Student-Athlete Contract	Page 11

Lawrence School District Interscholastic Athletics Handbook for Parents and Student-Athletes

Welcome

Dear Parents and Student-Athletes:

Welcome to the Lawrence Interscholastic Athletic Program. This handbook has been prepared to be used as a reference by our student-athletes and their parent/guardian in an effort to define responsibilities as they pertain to the rules and regulations, as well as the policy and procedures for participation in our interscholastic athletic program.

I am very pleased that you have shown an interest in this phase of our school program and it is my belief that participation in athletics is a privilege and honor and provides an opportunity for developing life-long skills that may not necessarily be attainable in an academic classroom. Our goal is to provide 'first class' experiences that promote team and individual growth in a safe and healthy environment as well as fostering social emotional skills such as self-awareness, responsible decision making, and relationship building, both on and off the athletic field.

When a student chooses to participate in our athletic program, we feel that they have committed themselves to certain responsibilities and obligations. This handbook will acquaint you with some of the specific policies/rules that are necessary for a well-organized and successful athletic program.

The Lawrence Interscholastic Athletic Program is governed by the regulations of the New York State Commissioner of Education's basic code for extra class athletic activities. In addition, Lawrence is a member of the New York State Public High School Athletic Association, and Section VIII (Nassau County) Public High School Athletic Association.

Please feel free to contact me at (516) 295-8082 if you have any questions or concerns regarding the Athletic Program. I look forward to working with you to ensure that you take advantage of the tremendous opportunities athletics can provide.

Yours Truly,

Jason Supple

Jason Supple

District Director of PE, Health & Athletics

Lawrence School District

Philosophy of Athletics

The Lawrence School District believes interscholastic athletics provides opportunities for students with regard to fair play, responsibility, cooperation, concern for others, leadership, respect, good citizenship, loyalty, and tolerance.

Winning games has often been considered the measure of success. However, at Lawrence, we feel that winning is only a small part of what interscholastic athletics is all about. This is not to say that the will to win is not important. It is very much a part of the total development of an athlete, but of considerably greater importance is the development of the person, and affording each student the opportunity of becoming all that they are capable of being. Thus, the athletic program is centered on the welfare of the students, and is a vital part of the total school curriculum.

The Lawrence Interscholastic Athletic Program:

- Is regarded as an integral part of the total educational program and is conducted so that it is worthy of such regard
- Is subject to the same administrative control as the total educational program
- Is conducted by persons with adequate training in either physical education or through coaching certification programs
- Is conducted that the physical welfare and safety of participants is protected and fostered
- Is conducted in accordance with the letter and spirit of the rules and regulations of the section, state, and national athletic associations

Philosophy by Athletic Level

Grade 7/8 (Modified)

This level of competitive athletics focuses on the fundamentals of the game and team play; rules, training, and basic skills. At this introductory level, a large emphasis on academics, sportsmanship, healthy lifestyle, and social-emotional growth, along with maximum participation.

Junior Varsity (JV)

The junior varsity (JV) level of competition is the program where there is an increased emphasis placed upon team play, physical conditioning, and refinement of basic skills. Winning at the JV level is considered important and participants should be taught how to cope with game situations and how to win and lose with dignity.

Varsity

The varsity level of athletic competition is the culmination of the high school athletic program. Team play, sportsmanship, individual physical ability, motivation, and mental attitude are very important aspects of competition at the varsity level. The team plays to win each contest, but varsity contestants should accept the fact that important lessons are learned from losing as well. There continues to be an emphasis placed on academics, sportsmanship, healthy lifestyle, community service, and social-emotional well-being.

Code of Ethics

IT IS THE DUTY of all concerned with school athletics:

- To emphasize proper ideals of sportsmanship, ethical conduct, and fair play
- To eliminate all possibilities which tend to destroy the best values of the game
- To stress the values derived from playing the game fairly
- To establish a friendly relationship between visitor and host
- To show courtesy to visiting teams and officials
- To respect the integrity and judgment of officials
- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility
- To encourage leadership, use of initiative, and good judgment by participants
- To recognize that the purpose of athletics is to promote physical, mental, moral, social and emotional well-being of each player
- To remember that an athletic contest is only a game, not a matter of life and death for a player, coach, school, official, fan, or community

Sportsmanship Code for Spectators

- Cheer positively! Profanity and/or degrading language/gestures are prohibited
- Avoid actions that offend visiting teams, individual players, and/or officials
- Show appreciation of good play by both teams
- Treat all visiting teams and officials in a respectful, professional, and appropriate manner
- Abide by all rules and regulations of the game
- Accept victory and defeat with grace and dignity
- Recognize that improper behavior reflects negatively on yourself, your school, your team, and your community

Sportsmanship Code for Student-Athletes

- Demonstrate self-control and respect for other athletes, officials, coaches, and spectators at all times
- Remember that participation in athletics is a privilege that is not to be abused by unsportsmanlike conduct
- Treat all opponents with respect. Shake hands after the event and congratulate them on their performance
- Respect the integrity and judgment of the officials
- Remember that you are a representative of your school. Improper behavior reflects negatively on yourself, your school, your family, and your community
- Understand and abide by all rules and regulations of the game
- Accept victory and defeat with grace and dignity
- Remember that the use and/or abuse of drugs are a detriment to the game and its participants, and are therefore strictly prohibited

Academic Eligibility Standards

- Students in grades 7-12 are ineligible to participate in Interscholastic Athletics if their overall average falls below 65% for a quarter, or if they fail (below 65) two or more subjects
- Students may regain eligibility by completing daily progress reports over a period of time, showing improvement in courses they have failed. Until such time as a student shows improvement, they may watch practice and not participate, if approved by the Athletic Director, School Administration, and Coach

Discipline and Attendance

- Students placed in ISS (in school suspension), will not be permitted to participate in athletic activities on that day
- Students on home suspension will not be permitted to participate in any athletic activity on that day
- A student who is absent from school for any reason, other than educationally excused, on the day of a practice or competition, will be ineligible to participate on that day

Physicals

A student who participates in interscholastic athletics must receive a health examination and health history update during every school year. An athlete may not practice or participate without the approval of the school medical officer. A medical examination by the district physician will be conducted multiple times throughout the school year. Parents and guardians may elect to use their own physicians, but must have the Lawrence Public Schools Medical Examination forms filled out by said physician. Final clearance to practice or compete will still rest with Lawrence District's physician.

Injuries

It is extremely important to report any injuries an athlete suffers immediately to their coach. Medical expenses resulting from injury must first be submitted to your own insurance carrier. Any remaining balance can be submitted to the school's accident insurance carrier by processing a claim form.

Risk Factor in Sports

Participation by a student in athletic activities involves a certain degree of risk of physical injury. Such physical injury can occur in any type of activity, be it a 'contact' or 'non-contact' sport. Further, many injuries are truly accidental in nature and by volunteering to participate in a school-sponsored athletic activity, a student and their parent/guardian assume the risk for injuries to occur.

Communication Guidelines **for** **Parent / Coach / Student-Athlete**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide great 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 for the coach of your child's program.

Communication you should expect from your child's coach

- Philosophy of the coach and program
- Expectations the coach has for your child, as well as for the team
- Locations and times of all practices and contests
- Team requirements, i.e. special equipment, off season expectations, etc.
- Procedures should your child be injured during participation

Communication coaches should expect from parent

- Concerns expressed directly to the coach only after the student-athlete has talked with the coach
- Notice of any scheduling conflicts well in advance
- Specific concern in regard to a coach's philosophy and/or expectations

As your children become involved in programs at Lawrence, 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 and your child wish. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

It is very difficult to accept a lack of playing time for your child. Coaches are professionals and they make judgment decisions based on what they believe to be the best course of action for the team. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches

- Playing time
- Team strategy and/or play calling
- Other student-athletes (except in situations of abusive behavior to other athletes or themselves)

There are situations that may require a conference between the coach and the parent. These are to be encouraged. Healthy, open communication is likely to lead to a clear understanding of each party's position. When the conferences are necessary, the following procedures should be followed to help promote a respectful resolution to the issue of concern.

Procedures to discuss a concern with a coach

- Student-Athlete is to contact the coach first in an attempt to resolve the situation. Call or email to set up an appointment with the coach
- If resolution is not reached, the parent is to contact the coach to set up an appointment
- If the coach cannot be reached, contact the Athletic Office at (516) 295-8082 or email the Athletic Director at jsupple@lawrence.org to assist in arranging a meeting
- The Athletic Director may be present at any meeting if deemed necessary by coach or parent
- **Please do not attempt to meet with 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 may not produce the most beneficial resolution**

The next step parents should take if the meeting with a coach did not provide a satisfactory resolution

- Call the Athletic Office to set an appointment with the Athletic Director, if they were not in the original meeting. The parent/guardian and the AD will meet privately to discuss the problem
- At this meeting, the appropriate next step can be determined

We hope the information provided will help make your child's experience with the Lawrence School District's Athletics Program less stressful, more enjoyable, and as rewarding as possible for all parties.

Drug and Alcohol Policy

A student shall not knowingly possess, use, transfer, or be under the influence of any drug or alcohol substance on school grounds at any time or any off-school grounds activity, function, or event which is conducted under the direction and supervision of the school district. The use of a drug authorized by a medical prescription from a licensed physician and in the manner prescribed by said physician should not be considered a violation of this rule.

Smoking / Vaping

Smoking / vaping will not be permitted on school grounds or any off-school grounds activity, function, or event which is conducted under the direction and supervision of the school district. Vaping, smoking or holding a lit cigarette, cigar pipe, or open flame may result in suspension from school for a period of time up to the legal limit provided by the law, with appropriate follow-up procedures.

Hazing

The Lawrence School District strictly prohibits any form of hazing. 'Hazing' includes any action or situation which recklessly or intentionally causes embarrassment to a student, endangers the student's mental or physical health, or involves the forced consumption of food or other matter, alcohol or drugs by a student for the purpose of initiation into or association with an organization or team.

Issuing of School Clothing and Equipment

It is the responsibility of the athlete to return all clothing and equipment issued during the season. Failure to do so will result in the athlete paying for the missing articles and/or forfeiting their right to receive any school clothing or equipment in the next sports season.

Transportation

All student-athletes are to be bused to and from athletic contests by the Lawrence School District. In extreme cases, a parent may request in writing to the Athletic Director, permission to drive their child to and/or from an athletic event. Such requests need to be presented to the AD in writing at least 24 hours prior to the contest for approval. Final approval will rest with the AD. On all overnight trips, student-athletes must remain within reasonable proximity of the coaching staff at all times. Student-athletes are representatives of the district, and at all times must conduct themselves with high moral character. Sneaking away from the group, visiting sites of low moral character, and engaging in irresponsible behavior will result in a suspension from the team and school.

College Information

Student and Parent Responsibilities

- Look into the NCAA and become familiar with the rules, www.ncaa.org/eligibility
- Complete the NCAA clearinghouse form in a timely manner
- Make contact with the coaches after July 1 of the student-athlete's junior year. College coaches in general are not permitted to speak to student-athletes prior to July 1 after their junior year. Student-athletes can and should send an email resume to college coaches in their junior year.
- Student-athletes are encouraged to promote themselves on social media (instagram, twitter, etc) through the use of highlight films and live game film
- Ask your coach(es) to send recommendations to college coaches. Provide the coach with your resume and the name and email address of the college coach
- Look into financial aid and learn how it works
- Fill out college applications and financial aid forms in a timely manner. Call the guidance office at Lawrence High School for assistance with financial aid forms
- Make visits to colleges of interest
- Learn from the NCAA what an official and Unofficial visit is

Basic Athlete Academics

- You are ultimately responsible for making sure you have the courses you need for the NCAA. NCAA rules change from time to time; make sure you are up to date with current academic rules. The NCAA always has final say on eligibility approval
- Take the most difficult courses you can take and successfully complete. Being a wonderful athlete with terrible grades will not get you into your college of choice. Waiting to focus on improving your grades until your junior or senior year may be too late to improve your GPA enough to be able to compete at your college of choice
- Take the PSAT early in your sophomore and/or junior year
- Take the SAT in your junior year and again in your senior year if you are not happy with the results



Lawrence High School Student-Athlete Participation Contract

I realize that it is a privilege to participate in interscholastic athletic activities. Accordingly, I hereby agree to obey the following regulations.

These rules and regulations shall govern any and all athletes that represent Lawrence High School in any kind of interscholastic competition. They are designed to promote the ideals of sportsmanship, teamwork, citizenship, responsibility, and pride in representing Lawrence High School and its community.

1. To be eligible for any team, the student must meet Lawrence High School eligibility requirements. Students failing more than 2 core subjects may be deemed ineligible for participation. Eligibility may be earned back by submitting daily progress reports and showing improvement in academic standing. Eligibility will be checked multiple times each semester.
2. All athletes must pass a physical examination and have a copy on file with the school nurse. The athlete and parents must sign all pertinent documents regarding participation in interscholastic athletics. These forms need to be submitted to the coach before the student is allowed to compete.
3. An athlete may change from one sport to another only if he/she has permission from both coaches. An athlete is not allowed to quit a sport from one season to go out for another sport the next season.
4. Should an athlete be removed from a team by their parents, be dismissed by the coach or quit a team the athlete will not be allowed to attend any further practices or games related to that sports program.
5. An athlete MUST attend practices in order to play in the games. It is up to the coach of the individual sports program to determine the discipline for missed practices.
6. An athlete MUST ride on the transportation provided by the school in order to participate in a game being held on that day. If the athlete chooses to waive the district transportation, the coach and athletic director must be notified 24 hours in advance of each contest.
7. A student athlete will immediately become ineligible and could lose all playing privileges for that season of sport for any of the following reasons:
 - A. Quitting a sport without a justifiable reason or consent of the coach.
 - B. Smoking, drinking, and/or the use of illegal drugs.
 - C. Acting in a manner that may bring dishonor or shame to the community or school.
 - D. Fighting or coming off the bench or sideline during any fight on the

playing area.

E. Consistent discipline, academic and/or attendance issues.

**Eligibility may be earned back at the discretion of administration in
conjunction with the coach.

8. Show respect for teammates, opponents, officials and coaches.

9. The athlete is personally responsible for all school athletic equipment checked out, and
will return the equipment in good condition and on time. Failure to do so may result
in ineligibility for the following sports season and/or disciplinary action such as
detention or suspension from school.

10. Know and follow all state, section and school athletic rules and regulations as they pertain to
eligibility and sports participation.

11. Win with character, lose with dignity.

I, (print name) _____, have read, understand, and
agree to follow the Lawrence High School Student Athlete Contract.

Student Signature

Date

Parent Signature

Date