

**Lakehill Preparatory School
Athletic Handbook
2018-2019**



This Athletic Handbook has been established to promote the principles of fair play, mutual respect, and ethical conduct. Violations of the athletic policy will result in disciplinary action. Since participation in athletics is voluntary and all groups or organizations must exist within a framework of certain policies, rules, and regulations, Lakehill's Athletic Department has developed the following policy guidelines.

MISSION

Athletic participation is encouraged for all students in grades 7 - 12 who are willing to commit time and effort to practice and play. Program goals include development and growth of teamwork, leadership, game skills, and sportsmanship with the ultimate goal of fostering healthy life habits through activity.

PHILOSOPHY

Lakehill Preparatory School's Athletic Program is a natural extension of the school curriculum that provides for the growth and development of Lakehill students. Athletics provide a great venue for teaching numerous qualities and life skills that are essential to the development of Lakehill's student-athletes. The program will strive to instill the qualities of **commitment, goal setting, a strong work ethic, competitiveness, discipline, dependability, integrity, and loyalty.**

CONTACT INFORMATION

Phone: 214.826.2931 / Fax: 214.826.4623
Athletic Director – ext. 156 / Coaches' Office – ext. 332
Mascot: Warriors
School Colors: Royal Blue and Kelly Green

SPORTS OFFERED

	Middle School	Upper School
Fall (August - November)	Cross Country 6-Man Football Volleyball	Cross Country 6-Man Football Volleyball
Winter (November - February)	Basketball Coed Soccer	Basketball Coed Soccer **Swimming
Spring (February - May)	Baseball Softball Tennis Track and Field	Baseball Golf Softball Tennis Track and Field
Year-round	Cheerleading *Crew	Cheerleading *Crew

*signifies a club sport

**signifies a sport that Lakehill does not provide coaching for, but will provide individuals the opportunity to participate in district and/or state competition through our governing body (TAPPS)

GOVERNING ATHLETIC ASSOCIATIONS

- Students in 7th - 8th grades compete in the IAA organization with other like-minded schools.
- Students in 9th – 12th grades compete as members of Texas Association of Private and Parochial Schools (TAPPS) and abide by their guidelines for athletic play.

STUDENT PARTICIPATION/CODE OF CONDUCT

All students currently enrolled in grades 7 through 12 are eligible to participate in athletics. Participation in athletics is a privilege. Student-athletes have the responsibility to abide by the following rules:

- Before a student-athlete is permitted to engage in any practice, the following forms must be on file with the Athletic Director:
 - Emergency Medical Authorization Form (completed with admission packet)
 - Completed Physical Examination Form and Medical History (all athletes)
 - Student-Athlete's Pledge (signed)/Parent's Pledge (signed)
 - Concussion and Traumatic Brain Injury Form (signed – Upper School Only)
 - Sudden Cardiac Arrest Form (signed – Upper School Only)
 - TAPPS Rules Acknowledgement Form (signed – Upper School Only)
- Student-athletes who quit a sport must clear all responsibilities and obligations with the head coach of that sport. **Quitting during the season may result in dismissal from athletics for the remainder of the school year and must be coordinated through the Athletic Director.**
- Refusal to participate through the end of the season shall result in the loss of any awards or recognition.
- **Dismissal from a game by an official or coach for a major infraction (unsportsmanlike conduct, blatant disrespect, etc.) will result in forfeiting play for the next scheduled contest.** Participation in practice will be required during this time and the coach may administer additional consequences.
- Student-athletes shall abide by all school policies including attendance, dress code, and conduct as stated in Lakehill Preparatory School Student/Parent Handbooks. School suspension will result in the student not being able to participate in contests for five school days; however, the student will be expected to practice during that time period.
- Middle school student-athletes are expected to model leadership qualities and exemplify good behavior. When these expectations are not met and a student/athlete receives a lunch detention, the following consequence will also be administered for upcoming athletic events (next contest during the week the detention is issued):
 - a. 1st detention in a season will include sitting out one (1) quarter/set/inning/etc.
 - b. 2nd detention in a season will include sitting out two (2) quarters/sets/innings/etc.
 - c. 3rd detention in a season will include sitting out an entire athletic contest

EQUIPMENT

Student-athletes must take appropriate care of all uniforms, equipment, school facilities, and property. **Student-athletes can be charged for the full replacement cost of any lost, damaged, or stolen items.** All debts must be taken care of before semester or final exams can be taken.

GENERAL FACILITY RULES

Only non-marking gym shoes are to be worn in the gym. Cleats may not be worn inside the building. Students will not be allowed to participate in any activity without proper footwear. Bare feet are not allowed.

Students are not allowed in the weight area without the appropriate attire and the supervision of a coach.

Gym lockers and locks will be issued to each student. Lost locks must be paid for before another one can be issued.

Students are strongly encouraged to lock up their belongings at all times. The School cannot accept responsibility for lost or stolen articles.

All lockers will be cleaned out before holiday breaks. Items that are left behind will be collected and kept in lost and found for one month after which they will be donated to a charitable organization.

BASELINE CONCUSSION TESTING

Lakehill proudly utilizes an innovative program called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). All upper school athletes as well as middle school football and soccer athletes will complete testing prior to the sport season. ImPACT is a computerized exam utilized to successfully diagnose and manage concussions. Baseline testing is conducted on the main campus and is required every two years. If an athlete is diagnosed with a concussion in season, another baseline test must be taken prior to the following school year.

SCHEDULE CHANGES/CANCELLATIONS

Parents/athletes will be notified in advance whenever possible of any schedule changes. It is best to always check our website (www.lakehillprep.org) for the most up-to-date athletic news and schedules.

If you have a concern to discuss with a coach:

- The student-athlete and coach should discuss the concern first.
- Parents should call or e-mail the coach to set up a time to meet. **(Never confront a coach before, during, or immediately after a practice or game. These can be emotional times for both the parent and the coach and this does not promote a resolution or an objective analysis.**
- Parents, student-athlete, and coach meet.
- If no resolution: Parents, student-athlete, coach, and Athletic Director meet.
- If no resolution: Parents, student-athlete, coach, Athletic Director, and Assistant Headmaster meet.
- If no resolution, parents should contact the Headmaster for an appointment.

Parent's Pledge

"The main thing is to keep the athlete the main thing."

Cooperation, communication, and support among coaches, athletes, parents, and school personnel are essential if students are to realize the values of athletic participation. Like coaches and athletes, parents must make commitments to assure the success of the athletic program and to ensure that the athlete has a positive and enriching athletic experience.

As a parent of a Lakehill athlete, I pledge to:

1. Be an exemplary role model by displaying good sportsmanship at all times by respecting fans, coaches, officials, directors, and participants.
2. Accompany my child to as many orientation and informational meetings, athletic contests, and special athletic events as my schedule will permit.
3. Work closely with all school personnel to ensure an appropriate academic as well as athletic experience for my child.
4. Try my best to ensure that my child will attend all scheduled practices, games, special athletic events, and team meetings.
5. Help my child understand his/her role on the team and encourage him/her to work hard to fulfill this role.
6. Refrain from using negative statements about the coach or other team members in front of my child and give the coach the opportunity to help resolve any concerns.
7. Help my child handle adversity with dignity, be gracious in defeat, be humble in victory, and always treat others with respect and consideration.
8. Help my child understand that confidence and self-esteem are not based on how others perform but simply on his/her own hard work and effort.
9. Encourage my child to set and work towards achieving individual and team goals.
10. Remember that my involvement and support are vital to my child's overall academic, athletic, and personal success.