

**LAKESIDE SCHOOL
DISTRICT**

ACTIVITIES HANDBOOK

FOR

**STUDENTS – ATHLETES – PARENTS
SPONSORS – COACHES**

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Dear Parent(s) and Student(s):

Over the years the extracurricular activities at Lakeside have earned a reputation of excellence. We are proud of the opportunities that are available to our students and appreciate the high level of participation we enjoy. Your continued interest and support are gratifying.

This handbook has been prepared for your use. It clearly defines policies and procedures for the Lakeside School District that include guidelines established by the Arkansas Activities Association relating to the interscholastic activities program. By voluntarily participating in activities at Lakeside, you and your child have assumed certain responsibilities and obligations.

It is the role of the sponsors/coaches to enforce rules that govern the spirit of competitions and participation for the school community. These policies require a broad base of community support, which can be achieved only through communication. It is our hope to accomplish this objective through this activities handbook for parents and students.

We look forward to your participation in our activities program.

LAKESIDE SCHOOL ACTIVITY CORE BELIEFS

The Lakeside School District believes that:

- ❖ Activities/athletics create opportunities for students to develop leadership and teamwork skills, build self-esteem, take risks in meeting personal challenges, and to develop into well-rounded citizens.
- ❖ Activities/athletics provide unique learning experiences for students with the primary focus on academic progress for all participants.
- ❖ Participation in competition fosters academic, physical, emotional, and social growth.
- ❖ Activities/athletics promote positive relationships among schools, coaches, teachers, sponsors, parents, students, and community.
- ❖ School and community cooperation promotes quality activity/athletic programs.
- ❖ An essential element of a strong activity/athletic program is in teaching and modeling character.
- ❖ Quality activity/athletic programs require commitment, organization, and a vision.
- ❖ Students deserve the best coaches/sponsors, facilities, and programs that the school district is able to provide.
- ❖ Good coaches/sponsors are those that develop positive relationships with students and parents, help balance the demands on secondary school students, are role models of integrity, and communicate positively and effectively.
- ❖ Activity/athletic programs are to be provided in the safest possible environment.

SPONSOR AND COACH RESPONSIBILITIES

- ❖ Promote positive relationships with all students.
- ❖ Promote positive relationships with all opponent schools.
- ❖ Be an exemplary model of sportsmanship.
- ❖ Be the teacher of skills, knowledge, and attitudes appropriate for the activity.
- ❖ Operate with the health and welfare of their students as a primary concern.
- ❖ Promote a drug/alcohol/tobacco-free lifestyle with their students.
- ❖ Operate their program in a fiscally sound manner, maintaining accurate inventory and financial records and reporting to the appropriate personnel any program needs.
- ❖ Utilize safe equipment in their activities and be responsible for reporting to the appropriate personnel any safety needs.
- ❖ Involve themselves in opportunities for professional growth.
- ❖ Encourage student participation in a wide variety of school and community activities and/or services.
- ❖ Operate within the rules and guidelines of the Arkansas Activities Association and the policies of the Lakeside School District.

STUDENT/ATHLETE RESPONSIBILITIES

Student/athletes are expected to adhere to the following guidelines:

- ❖ The team's goals and success should always come before individual interests.
- ❖ The student/athlete needs to be in attendance at all scheduled practices and games.
- ❖ The student/athlete must be receptive to sponsor/coaching styles.
- ❖ An activity member is responsible for all issued uniforms and equipment.
- ❖ As an activity/team member, the student/athlete must abide by established activity/team rules.
- ❖ All injuries must be reported to the sponsor/coach.
- ❖ The student/athlete should strive for academic success.
- ❖ The student/athlete should take pride in being a student/athlete at Lakeside.

COMMUNICATION WITH PARENTS AND STUDENT/ATHLETE

Communication is a cornerstone to relationships. This is especially true in the sponsor/coach – student/athlete relationship. Within this relationship difficult issues including discipline, player performance, and player dissatisfaction must be dealt with at times. Proper communication results in the positive resolution of such issues, stronger sponsor/coach – student/athlete relations, and other benefits such as the student's learning how to solve problems.

Parents also have a relationship with their child's sponsor/coach, and communication is equally important to this relationship. Parents can have a profound effect upon the important and delicate balance in the sponsor/coach – student/athlete relationship. While you as a parent may not agree with all decisions that a sponsor/coach may make, how and when you express your feelings can have a decided effect upon your child. If you express a negative opinion in front of your child, you need to remember that he or she may carry your convictions to the next activity, practice or game. Please allow the sponsors/coaches to do the job for which they were hired.

Should you have questions or concerns, do not approach the sponsor/coach immediately before or after an event or game. At this time, sponsors/coaches have other responsibilities, and it may be a very emotional moment.

The following guide for sponsors, coaches, parents, student, and athletes provides a chain of communications that will build and maintain positive relationships.

STEP ONE: SPONSOR/COACH – STUDENT/ATHLETE SESSION

If a student/player or his/her parent has an issue or problem with the activity/sport experience, the student/athlete is expected to address the sponsor/coach. The district's expectations of sponsors/coaches include open communications and positive relations.

STEP TWO: SPONSOR/COACH – PARENT/STUDENT/ATHLETE SESSION

If an issue has not been resolved in *Step One*, the next step in the communication process is a meeting with parents. The guideline here is to set an appointment with the sponsor/coach. If the issue is emotional, the appointment should be scheduled at a later time so parties are calm and problem solving can occur. The parent or student should define the purpose of the session when the appointment is set.

STEP THREE: ADMINISTRATOR – PARENT – SPONSOR/COACH SESSION

If an issue is not resolved in *Step Two*, the next step is to set up an appointment with the Activities Director. The meeting may involve the Activities Director, sponsor/coach, parent(s), and at times, the student/athlete.

SPORTSMANSHIP

Sportsmanship is an overt display of respect for the rules and for all others – sponsors, coaches, participants, officials, and fans. It also involves a commitment to fair play, ethical behavior, and integrity.

It is the expectation of the Lakeside School District that everyone in the Lakeside community will conform to and demonstrate good sportsmanship and fair play during all activities and athletic contests.

Since the concept of activities/athletics should be educational in nature, it is important that all parents/students demonstrate good sportsmanship and serve as role models for our students and athletes. This means that:

- ❖ Vulgar or inappropriate language from fans is neither tolerated nor permitted.
- ❖ Taunting or “trash talking” with opponents or with their fans is not tolerated.
- ❖ Spectators may not leave the bleachers or step onto the court/field of play during a game or contest.
- ❖ Fans should be supportive and positive. Cheering should be done for our team, not against our opponent.
- ❖ Fans should not interfere with the opponent’s support groups.
- ❖ Fans should let the officials officiate. Despite disagreement of an official’s call, fans should not harass or taunt game officials. Officials are in charge of the game and have complete authority to have unruly spectators removed.

Please let the players play, the coaches coach, the officials officiate, and the spectators support all participants in the activity.

IMPORTANT PARTICIPATION INFORMATION

The very nature of the athletic competition provides for potential risks and injury to occur. With protective equipment, proper supervision, and sound instruction, injuries still happen. In extremely rare cases, even death could result. All athletes and parents need to be aware of the potential hazards that exist within the athletic arena. We, in the Lakeside School District, will always strive to ensure that our athletes have a safe and healthy athletic experience.

PARTICIPATION REQUIREMENTS

Students/athletes and their parents have certain responsibilities even before participation begins. All of the following requirements must be satisfied before any student will be allowed to try out, practice, or participate in any activity or athletic team at Lakeside.

- ❖ All athletes must have a physical exam before they can participate.
- ❖ All students/athletes and parent(s) must have signed and returned the sheet provided acknowledging that they have received a copy of the activities handbook, have read the handbook, and agree to comply with all the rules and regulations before they can participate.
- ❖ All students/athletes and parent(s) must sign and return the *Drug Testing General Authorization form A* before they can participate.
- ❖ All students/athletes and parent(s) must sign and return the *Acknowledgement of Risk form* before they can participate.
- ❖ All students/athletes and parent(s) must sign and return the *Emergency Medical Permit and Activities Participation form* before they can participate.
- ❖ Students who are absent during either all or part of the day shall not participate in any school activity on that day or night unless permission is granted in advance by the principal. This includes band, choir, athletic teams, and any and all other groups.
- ❖ A student must attend school a least three (3) full classes immediately prior to a practice in order to be able to practice on that day regardless of the time of the practice. This policy includes any and all extracurricular activities and all school performing groups. A student returning to school as approved by the principal will be permitted as an exception to this policy.
- ❖ Participation in competitive interscholastic activities at Lakeside is a privilege, and not a right. Eligibility rules are designed to promote the educational values derived from participation in interscholastic activities. These requirements are aligned with the Arkansas Activities Association (AAA). Students wishing to participate in interscholastic activities shall be eligible for participation when they have met all eligibility rules.

Junior High

A student promoted from the seventh grade to the eighth grade automatically meets eligibility requirements for the first semester. The second semester eighth grade and first semester ninth grade student meets the eligibility requirements for junior high if he/she has successfully passed four (4) academic courses the previous semester, three (3) of which shall be in the core curriculum areas specified by the Arkansas Department of Education. Ninth grade students must meet the requirements of the senior high eligibility rule by the end of the second semester in the ninth grade in order to be eligible to participate the fall semester of their tenth grade year. Student promotions at the seventh and eighth grades meet requirement eligibility for participation in competitive interscholastic activities.

Senior High

A student must have passed four (4) academic courses the previous semester and have earned a minimum grade point average of 2.0 from all academic courses the previous semester.

INSURANCE COVERAGE & PROCEDURE

The school district has purchased a group accident insurance program covering students while practicing for, and competing in, interscholastic sports and AAA sanctioned events. Students are covered by the accident policy while they are participating in sports and AAA activities that are school scheduled, school supervised, and school funded during the regular school year and activities that are school sponsored during the summer. Participants are also covered while they are traveling as a sponsored group in school-provided transportation. Individual travel or travel in non-school-provided transportation is not covered by the policy.

Arkansas schools are not required to buy insurance or pay student medical expenses associated with school injuries. The school purchases the accident insurance policy as a public service to assist parents who may be without insurance or need to supplement their own personal insurance program.

The school policy will not provide 100% reimbursement for all medical expenses incurred. The plan has limitations and benefits. The school cannot assume responsibility for payment of medical expenses that are not covered by the accident insurance policy.

If the student is covered by other insurance, a claim must be first be filed with and benefits obtained from that insurance. The school policy is designed to consider payment of the eligible expenses that are not paid by other insurance carriers. A complete description of the policy benefits and limitations are available at the central office.

In the event a student is injured in an extra-curricular activity, the steps should be followed:

- ❖ Contact a coach or building principal to obtain a claim form. You must file on your own insurance policy first, if you have coverage.
- ❖ Make sure the school completes its part of the form.
- ❖ Complete the section as required by the parent.
- ❖ Return the completed form to the coach or building principal. Please keep a copy for your records.

Note: You must file an accident claim within (90) days of the initial injury or the policy is voided for that particular injury.

PARENT/GUARDIAN/STUDENT/ATHLETE SIGNATURE
FORM

ACKNOWLEDGEMENT OF RISK: By signing below, I acknowledge that I have read the assumption of risk statement and am aware that there is a possibility that I/my child may suffer mild, moderate, or severe injury, including paralysis or death due to participation in athletic activities. I further acknowledge any injury incurred may cause life-long disability to joints, muscles, ligaments, tendons, or any of the major vital organs.

EMERGENCY MEDICAL PERMIT AND ACTIVITIES PARTICIPATION

Student Name _____

I, being the parent or guardian of the above named student, agree to permit this student to engage in extra-curricular activities at Lakeside. I give permission to authorized school representatives to act in my absence to authorize members of the medical profession to treat injuries and/or illness incurred while participating in activities sponsored by Lakeside. I shall assume all medical payments and recognize that the Lakeside's medical insurance plan is considered to be supplemental in coverage.

RULES FOR EXTRA-CURRICULAR ACTIVITIES AND ELIGIBILITY REQUIREMENTS

We have read and we understand the eligibility rules and behavior rules expected of students and parents at Lakeside, and our questions have been answered to our satisfaction.

Name of Insurance Company _____

Policy Number _____

Student Signature

Parent/Guardian Signature

Date

Home phone _____

Work phone _____

Cell phone _____

DRUGS AND ALCOHOL POLICY

Any student/athlete found guilty of using, possessing, or being under the influence of drugs, drug paraphernalia, or liquor/alcohol while at school or a school sponsored activity/event will be subject to the following disciplinary actions concerning activities/athletics.

1st Offense

Per school student handbooks, the student will be suspended from school for a period of ten (10) days. The student will be placed on an additional ten (10) day probationary period and will not be allowed to participate in competitions, presentations, or activities, but may practice or participate in off-season activities. The student will be recommended for counseling, and if any charge is incurred, it will be the responsibility of the parent(s). On day twenty-one (21), the student will be allowed to be tested for drugs (at the expense of the parent/guardian). If the result is found to be negative, the student will again become eligible for competitions, presentations, and activities relating to Lakeside Schools. The student must submit to a mandatory drug screen or lab on a monthly basis for the next three consecutive months when school is in session.

2nd Offense

A second offense will result in the student being suspended from participating in activities for the remainder of the school year. If the violation is in the spring semester, the student will not be able to participate during the following fall semester.

3rd Offense

A third offense will result in the student being suspended from participating in activities for the remainder of his/her enrollment.

TOBACCO POLICY

Any student/athlete found guilty of using or possessing tobacco products (per the student handbook) will be subject to the following disciplinary actions concerning activities/athletics.

1st Offense

The first offense will result in the student being suspended from participation in activities/athletics for a period of three (3) days.

2nd Offense

A second offense will result in the student being suspended from participation in activities/athletics for a period of five (5) days.

3rd Offense

A third offense will result in the student being suspended from participation in activities/athletics for the remainder of the school year. If the violation is in the spring semester, the student will not be able to participate during the following fall semester.

Each sponsor/coach will have activity/team rules that apply to his/her program and that must be followed.

**MANDATORY DRUG TESTING
STUDENT DRUG TESTING POLICY
LAKESIDE SCHOOLS**

MISSION STATEMENT:

The Lakeside School District recognizes that drug abuse is a significant problem for students, detrimentally affecting the overall health, behavior, learning ability, reflexes, and development of each individual. The Lakeside School District is determined to help students by providing another option for them to say “No.” Drug abuse includes, but is not limited to, the use of illegal drugs, alcohol, and the misuse of legal drugs and medications.

DEFINITIONS:

Drug: Any substance considered illegal by Arkansas statutes or which is controlled by the Food & Drug Administration unless prescribed by a licensed physician.

Activity Programs: Any activity that meets the guidelines of the Arkansas Activities Association or sponsored by the Lakeside School District. These activities are listed below:

Football	Art Club	Math Club
Basketball	Band	Jazz Band
Soccer	Swimming	Golddusters
Track	Beta Club	NHS
Golf	Choir	Spanish Club
Cheerleading	FBLA	Student Council
Volleyball	FCA	Newspaper
Cross Country	Library Club	French Club
Softball	First Priority	Science Club
Baseball	FCCLA	Thespians
Tennis	Bowling	JNHS
Dance Team	GT	DI
Class Officers	EAST	FPS

Others that may be formed.

School Year: From the first day of classes in the fall, unless the activity begins prior to the first day of classes, in which event, from the first day of practice through the last day of classes in the spring.

POLICY STATEMENT:

Lakeside School District is conducting a mandatory drug-testing program for students who choose to participate in an activity program sponsored by the Lakeside School District or drive to school. Its purpose is threefold: (1) to provide for the health and safety of students in all activity programs grades 8-12; (2) to undermine the effects of peer pressure by providing a legitimate reason for students to refuse to use illegal drugs; and (3) to encourage students who use drugs to participate in drug treatment programs.

PROCEDURES FOR STUDENTS:

Consent: Each student wishing to participate in any activity program and the student's custodial parent or guardian shall consent in writing to drug testing pursuant to the district's drug testing program. Written consent shall be in the form attached to this policy as FORM A. No student shall be allowed to participate in any activity program absent such consent.

Students not involved in activities may be allowed to participate voluntarily in the testing pool with a consent form signed by the parent.

Student Selection: At the option of the district, all students in activity programs may be drug tested at the beginning of the school year. In addition, random testing will be conducted bi-monthly during the school year. Selection for random testing will be by lottery drawing from a "pool" of all students participating in activity programs and drivers in the district at the time of the drawing. A single test can be required by a principal from a student for reasonable suspicion. The superintendent or designee shall take all reasonable steps to assure the integrity, confidentiality, and random nature of the selection process including, but not necessarily limited to, assuring that the names of all participating students are in the pool, assuring that the person drawing names has no way of knowingly choosing or failing to choose particular students for the testing, assuring that the identity of students drawn for testing is not known to those involved in the selection process, and assuring direct observation of the process by the least intrusive means possible while assuring brevity and privacy.

SAMPLE COLLECTION:

Samples will be collected at a mutually convenient time on the same day the student is selected for testing or, if the student is absent on that day, on the day of the student's return to school. If a student is unable to produce a sample at any particular time, the student will be allowed to return later that same day to provide the sample. All students providing samples will be given the option of doing so alone in an individual room with the door closed.

TESTING AGENCY:

The district will choose a qualified agency for the purpose of processing sample results and maintaining privacy with respect to test results and related matters.

PRESCRIPTION MEDICATION:

Students who are taking prescription medication may provide a copy of the prescription or a doctor's verification, which will be considered in determining whether a "positive" test has been satisfactorily explained. That documentation will be forwarded to the testing coordinator to consider the student's use of such medication to assure the accuracy of the result. Students who refuse to provide verification and test positive will be subject to the actions specified below for "positive tests."

SCOPE OF TESTS:

The drug screen tests for one or more illegal drugs. The superintendent or his designee shall decide which illegal drugs shall be screened, but in no event shall that determination be made after selection of students for testing. Student samples will not be screened for the presence of any substances other than an illegal drug or for the existence of any physical condition other than drug intoxication. As a quality control measure, the school reserves the right to send any urine sample that appears unusual in color and/or consistency to a laboratory for testing and confirmation or non-confirmation.

LIMITED ACCESS TO RESULTS:

The results will be reported only to the superintendent or to such person as the superintendent may designate in the event the superintendent is absent.

PROCEDURES IN THE EVENT OF A POSITIVE RESULT:

Whenever a student's test result indicates the presence of illegal drugs ("positive test"), the following will occur:

If the sample tests positive, a custodial parent or legal guardian will be notified and a meeting will be scheduled with the superintendent or his designee, the student, the custodial parent or legal guardian, and the student's principal and head coach or sponsor.

FIRST POSITIVE RESULT:

For a positive result, the student will be placed on probation and not be allowed to participate in competitions, presentations, and activities of Lakeside Schools for a period of twenty (20) calendar days. A student may practice or attend an organization's meetings, but may not compete, dress out for competition, or take part in a clubs scheduled event beyond meetings. The student will be recommended for counseling; if any charge is incurred, it will be the responsibility of the parents.

On day twenty-one (21), the student will be allowed to be retested (at the expense of parent-guardian). If the test results are found to be negative, the student will again become eligible for competitions, presentations, and activities relating to Lakeside Schools. However, the student must submit to a mandatory drug screen or lab test on a monthly basis at the expense of the parent/guardian for the next three consecutive months when school is in session.

SECOND POSITIVE RESULT:

A second positive result in the 24-month period following the first positive test will result in the student's being suspended from participating in activities for the remainder of the school year. If this positive test is in the spring semester, the student will not be able to participate during the following fall semester.

THIRD POSITIVE RESULT:

For the third positive result, the student will be suspended from participation in activities for the remainder of his/her enrollment with the school.

NON-PUNITIVE NATURE OF POLICY:

No student shall be penalized academically for testing positive for illegal drugs. The results of drug tests pursuant to this policy will not be documented in any student's academic records. Information regarding the results of drug tests will not be disclosed to criminal or juvenile authorities absent legal compulsion by valid and binding subpoena or other legal process, which the district shall not solicit. In the event of service of any such subpoena or legal process, the student and the student's custodial parent or legal guardian will be notified as soon as possible by the district.

OTHER DISCIPLINARY MEASURES:

By accepting this policy the district is not precluded from utilizing other disciplinary measures set forth in the Student Discipline Policy. Likewise, this policy does not preclude the district from following its disciplinary procedure and resulting action when founded upon reasonable belief and suspicion that a student has participated in drug-related activities.

LAKESIDE SCHOOL DISTRICT
HOT SPRINGS, ARKANSAS

DRUG TESTING POLICY
GENERAL AUTHORIZATION FORM A

I understand that my performance as a participant and the reputation of my school are dependent, in part, on my conduct as an individual. I have read and understand the contents of the Lakeside School District Drug Testing Policy. I hereby agree to accept and abide by the policies, standards, rules, and regulations set forth by Lakeside School District Board and the sponsors for the activity in which I participate.

I also authorize Lakeside School District to conduct a breath scan or a urinalysis to test for drugs and/or alcohol use. I also authorize Lakeside School District to conduct random tests during the school year(s). I authorize the release of information concerning the results of such a test to the Lakeside School District and to the parents and/or guardians of the student.

This shall be deemed a consent pursuant to the Family Education Right to Privacy Act for the release of above information to the parties named above.

Student Name (Printed)

Student Signature

Date

Parent/Guardian Signature

Date

Signatures indicate permission given to be tested during the year(s) the student is involved in activities designated for drug testing. The parent/student will notify the drug testing coordinator if the student drops out of all activities that require the student to be drug tested so his/her name will be removed from the drug testing list.

**Notification of Violation of
Drug Screen Testing Policy**

I, _____, am the custodial
parent/legal guardian of _____,
a student in the Lakeside School District. I have been notified by officials of Lakeside School that
_____ (student's name) has tested positive during the drug
test administered under the provisions set by the Lakeside School District.

I understand that the above-named student is hereby recommended for counseling; if any charge is incurred, it will be my responsibility. The named student will also be placed on probation and not be allowed to participate in competitions, presentations, activities or drive onto the Lakeside campus for a period of twenty days (20).

On day twenty-one (21), the above-named student will be allowed to be retested (at my expense) under the guidelines set forth in the Drug Screen Test Policy. I, the custodial parent/legal guardian, understand that if the test results are found to be negative, the so-named student will again become eligible for competitions, presentations, activities and driving onto campus. I also understand that there will be a mandatory drug screen or lab test for three consecutive months at my expense.

If the test results are positive, the so-named student will be suspended from competition, presentations, activities and driving onto the Lakeside campus for the remainder of the school year. If the positive test is in the spring semester, the above-named student will not be able to participate during the following fall semester. In addition to the suspension, the so-named student will be immediately referred for professional counseling and rehabilitation at my expense.

Custodial parent/ legal guardian

School Official

Student

Date

**Notification of Second Positive Results of
Drug Screen Test**

I, _____, custodial parent/legal guardian
of _____, a student in the Lakeside School District, was
notified on _____ (Date) of the first positive drug screen test results of the
so-named student by _____ (School Official). At that time, I
understood that the above-named student would be on probation and not be allowed to participate
in competitions, presentations activities or driving on the Lakeside campus for a period of twenty
days (20). I understood that on day twenty-one (21), at my own expense, I could request a second
test administered under the guidelines set forth in the Lakeside School District's Drug Screen
Policy. I, custodial parent/legal guardian of the so-named student, was notified of the second
positive test results on the date of _____ (date) by _____ (School
official).

I understand that under the Lakeside School District's Drug Abuse Policy, which I, the
custodial parent/guardian consented to when I signed the consent form, the so-named student will
be suspended from competitions, presentations, activities and driving on the Lakeside campus for
the remainder of the school year. If this positive test is in the spring semester, the so-named
student will not be able to participate during the fall semester. I also understand that I should seek
professional counseling and rehabilitation for the named student.

Custodial parent/legal guardian

School Official

Student

Date

TRAVEL REGULATIONS

All students/athletes are expected to travel to and from events in school-provided transportation. Exceptions may be made to allow a student/athlete to ride home after the activity/event with his/her parent(s). Exceptions must be approved by the sponsor/coach and follow procedures established by the sponsor/coach. It should be noted that individual travel or travel in nonschool-provided transportation is not covered by the district insurance policy.

TRAVEL AND MEAL ALLOTMENT

When an event or contest is more than ninety (90) miles (one way) from campus, meals may be provided through the activity/sport budget. The district will provide payment of meals when students/athletes are participating in state events.

AWARDS POLICY

Football	Sr. High – must play a minimum of 16 quarters Jr. High – must play a minimum of 12 quarters
Volleyball	Sr. High – must play a minimum of 7 matches Jr. High – must play a minimum of 5 matches
Cross Country	Must compete in all scheduled meets (unless excused by coach) and continue to show improvement
Tennis	Must play in at least $\frac{1}{2}$ of the scheduled matches
Golf	Must compete in at least 4 matches
Basketball	Sr. High – must play a minimum of 28 quarters Jr. High – must play a minimum of 20 quarters
Swimming	Must compete in at least $\frac{1}{2}$ of the scheduled meets
Soccer	Must play a minimum of 15 halves
Baseball	Must have a minimum of 25 plate appearances or 5 appearances as pitcher
Softball	Must play a minimum of 5 varsity games
Track	Sr. High – must enter and compete in at least $\frac{1}{2}$ of the scheduled season meets Jr. High - must enter and compete in at least $\frac{1}{4}$ of the scheduled season meets
Bowling	Must participate in a minimum of 1 varsity match

A coach will use his/her own discretion in awarding letters to injured players or players showing exceptional dedication to their sport.

TITLE IX

The Lakeside School District believes in the rights of all students. The district goal is to give equal opportunity to all students. No person connected with Lakeside School District shall, on the basis of race, creed, color, religion, sex, national origin, or disability, be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity. The district's Title IX coordinator is Steve Scoggins, who can be reached at 501-262-1880.