LAKE HAMILTON SCHOOL DISTRICT

ATHLETE – PARENT HANDBOOK

Please sign, detach this page and return to your head coach after you and your parents have read this booklet.

I have read the following Lake Hamilton Athletic Handbook and agree to follow the guidelines set forth to be a Lake Hamilton athlete.

_____

Signature of Athlete

_____

Signature of Parent

Parents:

If you do not have primary insurance coverage on your student, it would be beneficial to you to get some type of coverage.

I agree to be responsible for the return in good condition of any athletic equipment issued to the above named student.

I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THE ABOVE STATEMENT.

_____

Signature of Parent/Guardian

_____

Signature of Athlete

NOTE: This form must be signed and returned to the Coach before an athlete may take part in any athletic sport. Please fill out and sign the form.

LAKE HAMILTON PUBLIC SCHOOLS
ATHLETIC DEPARTMENT
ATHLETIC CONSENT FORM

I do hereby consent for _____
to compete in interscholastic sports and related practice session, and to go with the coach on trips. I acknowledge that even with the best of coaching, use of the most advanced protective equipmen, and strict observance of the rules, injuries are still a possibility. I understand that the district or its employees will not be liable if an accident occurs. I also give my consent, if an injury does occur, for the coach to secure treatment at the best medical facility available.

The Lake Hamilton School District has purchased an excess benefits accident insurance policy. The policy is designed to coordinate with your own accident policy. For those with no insurance, this policy will become the basic policy. However, I strongly urge you to have some other accident policy because our policy is not designed to be a basic policy. If you have no other insurance, the benefits may not be adequate to cover the FULL COST of medical treatment.

There are some areas in which the school policy is limited, one is Physical Therapy. We have tried to imporve this but the cost is very high.

Your child should always inform his/her coach prior to visiting a doctor, so the coach may advise and and also get the paper work started. Anytime you go to a doctor you should sign for the visit as if it was a personal visit, then call our office for an insurance form. I understand that the Lake Hamilton School does not pay any medical bills. Do not have a bill sent to the school; it is the parent's responsibility to start the insurance process.

SOMETHING TO REMEMBER

STUDENT ATHLETIC HANDBOOK

I. Introductions

A. To the parent

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. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assists students in personal adjustments.

We who are concerned with the educational development of boys and girls through athletics feel that a properly controlled, well-organized sports program meets with the students' needs for self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

Parents should recognize that there is a special relationship that exists between coaches and student athletes. From time to time coaches may employ practices aimed at challenging athletes to reach a higher level of performance. For this relationship to be successful, parents are encouraged to be as positive as possible. If a student/athlete is getting negative feedback at home, it will probably serve to drag him/her down. If you have questions, please call the coach. A parent who is vicariously reliving his/her athletic career is doing their son/daughter a real injustice. The parent should realize that this is their child's career and not theirs. Please be an encourager.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct means exclusion from the squad. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our athletes to compromise with mediocrity.

We feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the department of athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parents. It is our hope to accomplish this objective through this athletic publication for students and parents.

B. To the athlete

Being a member of a Lake Hamilton varsity athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of Lake Hamilton High School, you have inherited a wonderful tradition, a tradition you are challenged to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our schools and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years our squads have achieved more than their share of league and tournament championships. Many individuals have set records and won All-American, All-State and All-Conference honors.

It will not be easy to contribute to such a great athletic tradition. When you wear the maroon and gold, we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

1. RESPONSIBILITIES TO YOURSELF: The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your academic studies, your participation in other extracurricular

activities as well as in sports, prepare you for your life as an adult.

RESPONSIBILITIES TO YOUR SCHOOL: Another responsibility you assume as a squad member is to your school. Lake Hamilton cannot maintain its position as having an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on the athletic squad. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Make Lake Hamilton proud of you, and your community proud of your school, by your faithful exemplification of these ideals.

RESPONSIBILITIES TO OTHERS: As a squad member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability every day, and that you have played the game "all out", you can keep your self-respect and your family can be justly proud of you.

The younger students in the Lake Hamilton School system are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

II. Athletic Philosophy

A. Statement of Philosophy

The Lake Hamilton Athletic Program should provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone "winning at any cost". It discourages any and all pressures which might tend to neglect good sportsmanship and good mental health. At all times the athletic program must be conducted in such a way as to justify it as an educational activity.

III. Governances

The Board of Education

The Board of Education, responsible to the people, is the ruling agency for the Lake Hamilton Public Schools.

The Board of Education is responsible for the following areas:

Interpreting the needs of the community.
Developing policies in accordance with state statutes and mandates and in accordance with the educational needs and wishes of the people of Lake Hamilton School District.
Approving means by which professional staff may make these policies effective.
Evaluating the interscholastic athletic program in terms of its value to the community.

B. The Arkansas Activities Association

All schools are voluntary members of the Arkansas Activities Association and compete only with member schools. As a member school district, the secondary schools of Arkansas agree to abide by and enforce all rules and regulations promulgated by this Association.

The primary role of the state association is to maintain rules and regulations that ensure equity in competition for the student athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations.

The state association attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

C. The Athletic League Conference

Lake Hamilton High School is a member of the 6A South Conference. This conference was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort.

Member schools:
1. Lake Hamilton
2. Texarkana
3. J.A. Fair**
4. El Dorado
5. Benton
6. Watson Chapel
7. Sheridan
8. Pine Bluff**

Members of the Central Arkansas Jr. High Conference

Members South Division	Members North Division
1. Lake Hamilton	1. Greenbrier
2. Benton	2. Morrilton
3. Catholic	3. Searcy
4. Conway Blue	4. Vilonia
5. Sheridan	5. Russellville East
6. Bryant	6. Russellville West
7. Cabot South	7. Cabot North
8. North Little Rock	8. Conway White

D. Arkansas Activities Association Rules

(See state handbook for pertinent regulations)

To be eligible for interscholastic athletics, a high school student must meet the following state regulations:

1. Enrollment:
2. Age:
3. Physical Examinations:
4. Seasons of Competition:
5. Semesters of Enrollment (Scholarship):
6. Residence Requirements:
7. Transfers:
8. Guardianship:
9. Awards:
10. Amateur Practices:
11. Participation on Independent Teams:
12. Undue Influence (Recruiting):

IV. Requirements for Participation

A. Physical Examination

A yearly physical examination is required. The physical card must be completed by the physician and submitted to the coach prior to participation. The physical covers all sports for the entire school year. The form will be kept on file in the office.

B. Emergency Medical Authorization

Each athlete's parent shall complete an Emergency Medical Authorization Card giving permission for treatment by a physician or hospital when the parent(s) are not available. The card will be kept in the medical kit for availability at all practices and contests. This form is included in the consent form on page 2.

C. Parental Acknowledgement of Athletic Policies

Upon entering high school or at the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics.

Each parent or guardian shall read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the school district. This signed document will be filed in the office.

D. Insurance

The school district does carry insurance to cover student athletic injuries. Parents will need to sign the insurance acknowledgement waiver. This insurance is secondary or excess and may not cover all claims.

E. Scholastic Eligibility

In order to participate on a Lake Hamilton athletic team, each athlete must have satisfied all of the scholastic eligibility requirements prior to participation.

F. Risk of Participation

All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. Lake Hamilton School District will use the following safeguards.

1. Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
2. Instruct all athletes and parents about the dangers of participation in the particular sport.

G. Financial Obligations and Equipment

1. Equipment — All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty.

V. Athletic Codes of Conduct

A. Conduct of Athletes

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration.

B. Individual Coaches Rules

Coaches may establish additional rules and regulations with the approval of the Athletic Director and Principal for their respective sports. These rules as pertaining to a particular sport must be given in writing to all team members and expalined fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the coach.

VI. Scholastic Eligibility

To be eligible to participate in interscholastic athletics all students will be required to meet requirements of Arkansas Department of Education and Arkansas Activities Association.

All high school students must make a 2.00 grade point average per semester and pass 4 core subjects to maintain eligibility. A student who does not make a 2.00 but passes four

subjects may be remediated to keep his eligibility. To be eligible for 7th grade and first semester of 8th grade a student must be promoted. For the second semester 8th grade and first semester 9th grade a student must pass 4 subjects, 3 core courses.

VII. Basic Athletic Department Policies

A. Participation: An athlete may participate in more than one sport per season, with permission of both coaches.

B. Dropping or transferring sports: Quitting is an intolerable habit to acquire. A quitter may lose the privilege of participating in athletics. On occasion however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

1. Consult with your immediate coach and then the head coach.
2. Report your situation to the Athletic Director.
3. Check in all equipment issued to you.

C. Equipment: School equipment checked out by the student/athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation.

D. Missing practice: An athlete should always consult his/her coach before missing practice. Missing practice or a game without good reason will be dealt with severely.

E. Travel: All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department unless previous arrangements are made by the parents for exceptional situations.

1. Athletes will remain with their squad and under the supervision of the coach when attending away contests.
2. Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
3. All regular school bus rules will be followed.
4. Dress appropriately and in good taste.

F. College recruitment policy: In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. Inform your coach of such a contact as soon as possible. College recruitment information is available in the athletic office. NCAA standards are available in the athletic office.

G. Conflicts in extracurricular activities: An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of conflict of obligations.

The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.

Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise.

When a conflict arises the sponsors/coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the principal will make the decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. How long each event has been scheduled.
5. Talk with parents.

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by either faculty sponsor/coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he should withdraw from that activity.

H. Attendance: Students who miss school or check out on the day of an athletic event will not be allowed to participate, unless they missed for an emergency or the prinicpal or athletic director excuses the absence.

I. Release from class is the responsability of the athletes to see their teacher the day before the classes they miss beacuse of an athletic event

J. Grooming and Dress Policy: A member of an athletic team is expected to be well-groomed. "He shows up best who shows off least." Appearance, expression and actions always influence people's opinions of athletes, the team and the school. Once you have volunteered to be a member of a squad, you have made a choice to uphold certain standards expected of athletes in this community.

The following grooming and dress rules will be adhered to by team members:

1. Hairstyles are to be maintained in a neat and clean manner so as to present a positive image for both the team and the school.
2. An athlete shall dress presentably at all times, on trips, or at assemblies or banquets.
3. Only uniforms issued by the department of athletics will be permitted to be worn for contests.
4. Athletes will not be permitted to participate until deviations of the above rules are satisfactorily corrected.
5. Dress for practice should be in good taste and conform to school dress codes as closely as possible.

K. Squad Selection: In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport.

L. Cutting Policies: Choosing the members of athletic squads is the sole responsibility of the coaches of those squads.

Prior to trying out, the coach shall provide the following information to all candidates for the team:

1. Extent of try-out period
2. Criteria used to select the team
3. Number to be selected
4. Practice commitment if they make the team
5. Game commitments

When a squad cut becomes a necessity, the process will include three important elements. Each candidate shall have:

1. Competed in a minimum of five practice sessions.
2. Performed in at least one intrasquad game.
3. Been personally informed of the cut by the coach, including the reason for the action.

Coaches will discuss alternative possibilities for participation in the sport, or other areas in the activities program.

M. Reporting of Injury: All injuries which occur while participating in athletics should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed. Once athletes are treated by a physician, the athlete must obtain the doctor's permission to return to the activity.

Anytime an athlete visits a doctor the parents assume financial responsibility. Every athlete is covered by an injury policy purchased by the Athletic Department that covers students/athletes while they are participating in extracurricular activities. The policy is designed to be a secondary coverage, not primary coverage; thus we strongly urge every parent to have their own insurance and then our insurance will cover any deductibles and charges not covered by your carrier, within the confines of the policy.

N. Locker Room Regulations:

1. Rough-housing and throwing towels or other objects is not allowed in the locker room. Hazing of other players is not allowed.
2. All showers must be turned off. The last person to leave the shower room is expected to check all showers.
3. No one except coaches and assigned players is allowed in the locker room.
4. No **glass** containers are permitted in locker rooms.
5. All spiked or cleated shoes must be put on and taken off outside of the locker room in extreme or muddy weather conditions. No metal or hard-plastic spikes or cleats are ever allowed in any other part of the school building.

O. Parent-Coach Relationship

Coaches must place the interest of the team above individual interests. Parents often are more interested in their own children, so periodically differences may arise. Coaches are available for conferences during the day. A parent may call for an appointment in advance. Coaches are not available for conferences after practice or after contests. Our interest here is to resolve any and all problems in a setting conducive to resolution and enlightenment. After practice and games is not the proper time for a meeting with a coach.

Parents are expected to honor the wishes of a coach as to when they are permitted in the dressing room or at practice.

P. Donations

Donations to the Athletic Department are very much appreciated. If donations are made for a specific item, make the check payable to Lake Hamilton Athletics and we will earmark the money for that specific item.