

LOS ALAMOS PUBLIC SCHOOLS PARENT & ATHLETE HANDBOOK



Revised August, 2016

TABLE OF CONTENTS **Page**

Extracurricular Activities Code	3
Philosophy	3
Definitions	4
Guidelines	5
Eligibility and Participation	5
Class Attendance	5
Los Alamos Middle School	6
Los Alamos Middle School participating at High School	6
Los Alamos High School	6
General Conduct and Appearance	7
Travel	7
Substance use at School, on School Property, or at School Sponsored Activities	8
Use of Alcohol, or Illegal Drugs	8
Alcohol and Drugs Consequences	8
Consequences for Use, Possession, or Distribution of Tobacco	9
Tobacco Consequences	9
Due Process/Appeal	9
Letters/Awards	10
Equipment and School Buildings	10
Eligibility	10
Summer School Classes	11
Transfer Students to Los Alamos	11
Home School Students Eligibility	11
Foreign Exchange Students	11
Dual Participation	11
NCAA Clearinghouse Eligibility	11
NAIA Eligibility Center	12
Physicals	12
Insurance	12
Transportation	12
Admission Policy	12
Athletic Pass Information	13
Schedules	13
Available Sports and Teams	14
Athletic Awards	14
Ejections	14
Sportsmanship	15
Athletic Training	16
Performance Enhancing Substances	18
Concussions	18
Parent/Coach Relationship	18
Smith's Earn and Learn	20
Appendix	21
LAPS Head Coaches and Administration	22
LAPS Websites	23

LOS ALAMOS PUBLIC SCHOOLS EXTRACURRICULAR ACTIVITIES CODE

I. PHILOSOPHY

Athletics have had a significant influence on American culture and society and enjoy unique status in the American value system. The administration believes that participation on an interscholastic athletic team is a worthwhile experience, which all students should have the opportunity to pursue. Athletics is an integral part of the overall educational process. Athletics foster school spirit and enhance the education process for the whole student body. Further, district policies have emphasized a goal of educating the “whole student.” The 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. **However, athletics is a privilege and not a right. Not every student will make a team.**

The positive benefits of participation in athletics include, but are not limited to self-esteem, self-discipline, self-confidence, and the development of team principles. Further, participants learn the values associated with competition and benefit from the experience of both winning and losing. For the participating athletes, these experiences provide an integral part of the foundation needed to be a productive citizen capable of leading a full and enriching life. The Los Alamos Public Schools affirms the right of every student to participate in the interscholastic athletic program without regard to gender, race, religion or creed. We support the regulations and spirit of Title IX legislation and do not limit one sex in the enjoyment of any right, privilege, advantage or opportunity. **However, athletics is a privilege and not a right. Players must earn their playing time by their ability, team work and effort at practice.**

When conducted properly, athletics can positively contribute to intellectual, physical, social and emotional development. Growth is accomplished when an athletic program, conducted by educationally oriented coaches, provides the means to achieving these ends. However, no student is obligated to take part in athletics, nor is participation in athletics required. The athletic program shall be conducted in accordance with existing governing board policies, rules, and regulations. While the governing board takes great pride in winning, it does not condone “winning at any cost” and discourages any and all pressures that might tend to neglect good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way to justify it as an educational activity that contributes to the total program of the Los Alamos Public School District.

Students who choose to participate in our athletic program will be expected to conform to basic standards of conduct and to demonstrate a degree of self-discipline and self-sacrifice for the welfare of their team. Athletes will also be expected to demonstrate respect for the dignity and rights of others, good sportsmanship, and respect for authority. Students earn a position on an athletic team as a result of physical ability, effort, and teamwork. Los Alamos Public School student-athletes are expected to comply with all school and athletic rules and regulations and conduct themselves at all times as representatives of the school and community.

Los Alamos Public Schools encourages athletes to participate in more than one Los Alamos sport. Athletic participation helps students learn how to compete, how to contribute to the success of a team, and how to struggle to achieve a common goal. The school and the athlete benefit greatly when athletes are involved in more than one sport. Summer and off-season programs must be designed to promote student participation in more than one sport, constantly keeping in mind what is best for an athlete. This includes, for example, the athlete being able to work out in another off-season sport on an off day. This decision rests solely on the student and parents, not that of a coach.

In order to more fully realize the educational value of athletics, the athletic program should:

- Promote the physical and emotional well being of all participants,

- Be an integral part of the total educational program,
- Have the same administrative governance as the total education program,
- Be conducted by certified coaches with training in First Aid/CPR/AED,
- Be conducted within the letter and spirit of all applicable rules and regulations.

The Activity Code (Board Regulation 6145.2R) summarizes the philosophy of the athletic program as follows:

Extracurricular activities are an integral part of the educational process, providing students with opportunities to further develop their unique capabilities, interests and needs beyond the classroom. Participation in these activities is a privilege offered to and earned by students. Because participants are representatives of their school and community, their conduct is expected to exemplify high standards at all times.

II. DEFINITIONS

- A. **Extracurricular Activities** -- School-sponsored activities which are not required by law or Educational Standards of New Mexico Schools and which require time either during or outside the regular school day for practice, meetings, events, performances or interscholastic competition (School Reform Act of 1986). Examples: Interscholastic competition of any type including all athletic/activity competition, music festivals, concert tours, conventions, and performing arts activities which do not adhere to criteria established for co-curricular activities.
- B. **Co-curricular Activities** -- Activities that are extensions of classroom instruction required by law. See Educational Standards for New Mexico Schools or local board policy. Not more than five hours per week or 20 hours per month may be required for practice, meetings, events or performances outside the regular instructional day. Co-curricular activities are required as part of the course work if a student is to receive credit for the course. Co-curricular activities may not require a student to be absent from class other than for the performances/competitions (School Reform Act of 1986). Examples: Vocational or fine arts club activities, field trips.
- C. **Participant** -- A student who is actively trying out for an activity or participating as a member of any school-sponsored activity or team.
- D. **Activity Leader** -- The adult person responsible for directing, leading, planning, implementing, and supervising the extracurricular activity. This is a school representative who is generally a club or group sponsor, coach, or teacher/sponsor, e.g. astronomy club sponsor, track coach, music teacher/sponsor.
- E. **Sport Season or In-season programs** -- The New Mexico Activities Association determines the starting and ending dates of all interscholastic athletic sport seasons. For the purposes of this regulation, a program is considered to be in-season from the first day of official practice as determined by the NMAA calendar until the elimination of that program from state-level competition.
- Activity Season** -- When a participant is involved in any aspect of a non-athletic, extracurricular activity.
- F. **School Representative** -- Any adult, employee or volunteer, who is acting on behalf of or under the auspices of the Los Alamos Public Schools.
- G. **Illegal Drugs** --For this regulation, illegal drugs includes alcohol, controlled substances, prescription drugs used or possessed without a prescription, solvents used for intoxication and those substances possessed, sold, and/or used that are represented to be controlled or illegal substances. Additionally, the Los Alamos Public Schools

prohibits students from being under the influence of, possessing, selling, or giving away alcohol, other illegal drugs, or drug paraphernalia on school property or at school-sponsored activities.

- H. **Referral or Report** – A referral is a report sent to the Juvenile Probation Office. A report is filed by the police department following an incident.

III. GUIDELINES

- A. It is understood that it is impossible to have regulations for every possible circumstance. Activities leaders and administrators shall use discretionary judgment in dealing with individual situations not covered by a specific written regulation.
- B. The Athletic Department is now using InfoSnap an electronic service for all forms. The website is <https://secure.infosnap.com/family/login.aspx?ReturnUrl=%2ffamily%2fdirectaction.aspx>. **Prior to** tryouts, practice, competition, performance and/or participation in extracurricular activities, it is the student's and parent's responsibility to sign the ***Authorization for Medical Services form, the Permission to Participate form*** (which acknowledges their understanding and compliance with the code; assures that the student abides by all regulations and procedures; and enforces all regulations and Procedures), and (if necessary) the ***Permission Form for Administering Medication in Schools. In addition, athletes and parents need to complete the forms for Sports Related Medical History, Acknowledgment of Injury Risks, Authorization for Health Care Service, and Personal Medical Notification.***
- C. Participants who engage in disruptive or negative behavior including, but not limited to, hazing, harassment, and intimidation related to the school and during its activities are subject to suspension or removal from participation. The school administrator or designee, upon conferring with the activity leader, will determine any necessary disciplinary action, concerned with removal from an activity or any suspension from school. If it is necessary because of code infractions to send the student home from travel, the expense will be the parents' responsibility.
- D. It is the responsibility of the activity leader to explain the Extracurricular Activities Code and Board Policy 5131R to each student in his/her activity and to answer questions concerning this document. The activity leader will share regulations with participants and parents at a mandatory meeting prior to the first competition or travel. In addition, the activity leader is the first line of enforcement for the regulations while students are under the activity leader's supervision.

IV. ELIGIBILITY AND PARTICIPATION

The Los Alamos Public Schools recognizes that a student's first priority must be to the academic program. Since participation in the athletic program requires a significant commitment of time, parents are encouraged to monitor their child's academic progress. It is the responsibility of the athlete to get any assignments before they miss a class and then get the assignment into the teacher in the allotted time. It is important that the athlete and parent understand that their child may miss class for games and contests. If the athletes are falling behind in classes he/she need to make their coach aware of the situation, so the student-athlete can get themselves back in good standing in the classroom. If an athlete becomes ineligible, they will be allowed to practice but not compete or travel with the team. At the high school level the athlete will not be eligible to play again for nine (9) weeks, and at the mid-school level the athlete will not be eligible to play for nine (9) weeks. To be eligible they would have to meet the grade standards of the NMAA. All high school and mid school eligibility is governed by the New Mexico Activities Association under Section 2.1 B.

Statutory Requirements -- Any student who meets the requirements of the New Mexico Activities Association and the State of New Mexico and whose conduct conforms to Los Alamos Public Schools' policies may participate in the activities program.

- A. **Class Attendance** -- In order for students to participate in an extracurricular activity, they must attend all classes the day of the activity up to the departure time set by the activity leader. Participants must attend all classes on Friday in order to participate in an activity on the weekend. Unusual circumstances will be handled on an individual basis with the school administrator. No student shall be absent from school for school-sponsored extracurricular activities in excess of 15 days per semester, and no class may be missed in excess of 15 times per semester (School Reform Act of 1986 - SB 106). Waivers for excess days may be granted in compliance with the State Superintendent's directive of September 4, 1986.
- B. **Los Alamos Middle School** - The Los Alamos Middle School athletic program addresses the physical, social, and emotional needs of the student-athlete. The approach to athletics is more inclusive, with opportunities to participate expanded in recognition of the physical, mental, and social changes middle school students are experiencing. Participation is not based solely on athletic ability. Students are encouraged to participate in this program that includes:
- a. Four sport seasons to allow for exposure to more athletic activities
 - b. A cut policy is in place for all sports.
 - c. Extended time contests (5th period) to allow for more participation, when possible
- C. **Los Alamos Middle School students who participate in Los Alamos High School extracurricular activities** must meet eligibility requirements for both schools. Eighth grade students may participate at the High School level if there is not a same sport activity program available at the Middle School. In addition, eighth graders may compete at the high school level in middle school offered sports if they:
- a. Compete at the high school varsity level with permission of coaches and athletic director
 - b. Have completed their season at the middle school level. Seventh graders may not compete in any level of Los Alamos High School activities.
- D. **Los Alamos High School**- Athletic participation and expectations at the C, JV & Varsity level is more competitive than the Middle School program. The requirements for each of the programs will be clearly defined by the individual head coaches. Varsity competition is based on ability and participation in this program requires a significant commitment of time as well as adherence to more stringent team and Athletic Department rules. There are cut policies for all 3 levels of competition. In order to fully appreciate a family's commitment to C/JV/Varsity competition and to avoid miscommunication and unrealistic expectations, parents and students must understand that:
- Practices/contests are often scheduled on Saturdays and during vacation periods. Athletes are required to participate in all practices/contests unless excused by the coach. Excessive unexcused absences will result in disciplinary action which might include dismissal from the team.
 - Squad selection is based on ability and "cuts" are made at the discretion of the coach.
 - Playing time" is based on ability and substitutions are made at the discretion of the coach.
 - Athletes who fail to complete a season may not be awarded a letter/certificate or receive credit for the season.
 - C, JV is a developmental program for the varsity level. It is not all about winning. Playing time does not have to be equal, but all should be given an opportunity to play (if the attitude is appropriate and they have been at attendance at practices).

- Any tournaments for the C and JV level you can play to win. Not every athlete will need to play.
- The varsity level is NOT EQUAL PLAYING TIME. Each head coach will determine how much time an athlete is given. At this level we are playing to win.

E. **Seasonal Sports** -- Students may participate in only one interscholastic seasonal sport at a time. Athletes shall enjoy as many sport seasons that the students/athletes and their parents wish them to participate in without influence from coaches to specialize in one sport. All coaches should encourage participation in other sports. Although athletes may choose the sport they wish to enjoy, once the season has started, no athlete shall change sports without the consent of each coach involved. Athletes cut from one sport may try out for another sport providing that the athlete was not cut from the first sport for disciplinary reasons.

With the approval of parents, coaches and the athletic director, a student may participate in the season of one school sport and the off-season of another school sport concurrently. Students who wish to participate in a school and a non-school sport concurrently must have the school principal's approval for participation in the school sport.

F. A complete copy of NMAA eligibility regulations is available in the LAPS athletic office or online at www.nmact.org.

V. GENERAL CONDUCT AND APPEARANCE

Students involved in the Los Alamos Public Schools' extracurricular activities are expected to:

- Conform to state and local laws, New Mexico Activities Association regulations, LAPS regulations, and the specific regulations of the activity. Acts of unacceptable conduct such as, but not limited to, disrespect, hazing, immorality, unsportsmanlike conduct, theft, vandalism, or any violation of the law, tarnish the reputation of every person associated with the LAPS athletic program and will not be tolerated. Students who are charged with a criminal act that requires police investigation may remain with their team and participate in practice, but will be suspended from competition and/or performances until that investigation reaches a resolution.
- Adhere to standards of personal appearance determined by the activity leader for the activity;
- Display sportsmanlike conduct; and
- Act in a mature manner.

Disciplinary action for infractions will be considered on an individual basis and will be determined by the activity sponsor/coach, in conjunction with the school administrator. Infractions involving specific board policies (such as but not limited to sexually harassment or substance use/possession) must be referred to the site administrator.

VI. TRAVEL

Students must follow all school and transportation regulations, public laws, and regulations of any place being visited; and must obey the activity leader, chaperones, bus drivers, and adults working at any place being visited.

- Private vehicles shall not be used to transport a student to or from school-sponsored activities outside the boundaries of Los Alamos Public Schools, except by the student's parents. Parents must sign their student(s) in or out at the site of the activity or at another prearranged site. Carpooling is prohibited except within the boundaries of Los Alamos Public Schools. Private vehicles may be used to transport students to after-school, school-sponsored events taking place within the boundaries of Los Alamos Public Schools, with the approval of the other

students' parents, the site administrator, or the Athletic Director. An activity school bus must be used any time the school-sponsored activity involves more than eighteen passengers including sponsors and coaches or would require more than two vehicles to transport students. Only school employees are permitted to drive school vehicles when transporting students.

- B. If a student has two school-sponsored events on the same day, a prearranged written release of custody from the activity leader to the parent must be signed and turned in to the Athletic Director's/Activities Director's Office before the activity.
- C. On the rare occasion that the student is unable to travel to the activity with the team, it will be necessary for the parent to send an email to the athletic director 36 hours in advance of the event. The parent assumes personal responsibility to see that the student is delivered to the activity site and released to the activity leader.
- D. Students shall not be permitted to leave the area of supervision of the activity leader to visit friends or relatives. Relatives such as parents, aunts, uncles, etc., may visit the student in the presence of the group or in places where the group is eating. Students may be released only to their parents while on an extracurricular activity trip. Parents must sign their child out with the sponsor or coach.
- E. On overnight trips, students shall stay in assigned rooms and observe all curfews (lights out and quiet). The activity leader is the only person who can change room assignments. Persons of the opposite sex are not permitted in the same motel/hotel bedroom unless an adult sponsor is present.
- F. Students shall understand that the activity leader and/or chaperones, with reasonable cause, may examine student rooms and personal belongings such as luggage.

VII. SUBSTANCE USE AT SCHOOL, ON SCHOOL PROPERTY, OR AT SCHOOL-SPONSORED ACTIVITIES

Students are expected to follow all regulations as defined in LAPS Board Policy and Regulation 5129 and 5129R. Violations of this policy and regulation can incur school and extracurricular code disciplinary consequences.

VIII. USE OF ALCOHOL, OR ILLEGAL DRUGS

- A. As a condition of the code, students participating in or being at activities/athletics are prohibited from using, possessing, or distributing alcohol and other drugs at any time. This includes being present at or remaining at a social gathering where minors are using or possessing alcohol or illegal drugs.
- B. A violation of the LAPS extracurricular code may be confirmed by any one or more of the following:
 - A police arrest, report, or referral.
 - Identification of the violation by district or school personnel or activity chaperones on school grounds or at school-sanctioned events.
 - Evidence, which lends credibility to a student's use of alcohol or illegal drugs or attendance at a social gathering where minor are using illegal drugs or alcohol.
- C. **ALCOHOL AND ILLEGAL DRUGS CONSEQUENCES:**
 - 1. Use, Possession, Under the Influence, Suspicion of Being Under the Influence, or Possession of Drug Paraphernalia:

- a. First Offense – suspension from participating in activities for 30 calendar days during the season in which the student intends to participate from the date of the infraction. The student will be allowed to practice or participate during class time or after school. Students in activities other than athletics should be given outside assignments by the sponsors to allow them the opportunity to earn credit for the activity class, if competitions or performances are missed. Students who violate this rule will be required to complete a Substance Abuse Intervention Plan with the Prevention Specialist. Students who violate this rule may be referred to a Student Assistance Team meeting. A student in violation of this code must meet with the Athletic Director before and at the end of the suspension, in order to ensure that the student meets all the requirements of the suspension. In addition the student must view and complete the course, The Life of an Athlete located on the NMAA’s sponsored website, www.lifeofanathlete.com. Details of access and registration are available from the Athletic Director. Verification of course completion is required before the student is allowed to return to participation.
 - b. Second Offense – student ineligible to participate in extracurricular activities beginning at the date of the infraction for a calendar year. Students who violate this rule will be required to complete a Substance Abuse Intervention Plan with the School Counselor. Details of the plan are available on the LAPS website at www.laschools.net or by contacting the Prevention office at 663-2783. Students who violate this rule may be referred to a Student Assistance Team meeting. A student in violation of this code must meet with the Athletic Director before and at the end of the suspension, in order to ensure that the student meets all the requirements of the suspension.
 - c. Third Offense—no longer eligible to participate in activities and athletics at Los Alamos Public Schools for the remainder of the student’s school career.
2. Sale, Dealing, Trading, Manufacturing, or Distribution of Controlled Substances or Drug Paraphernalia
- a. First Offense -- student ineligible to participate in extracurricular activities for one year (365 days) from the date of infraction.
 - b. Second Offense -- no longer eligible for activities and athletics at Los Alamos Public Schools for the remainder of the student’s school career.

Any suspension as a result of violation of this code will be effective from the date of discovery of the violation by the activity leader or school administrator. Violations that take place over school breaks will be effective the date of the return of students to school. These offenses are cumulative from year to year and do carry over from the middle school to the high school. Any violations that incur the consequences listed in the Extracurricular Code: Rules of Conduct, will accumulate, whether they take place in the middle school or the high school.

IX. CONSEQUENCES FOR USE, POSSESSION, OR DISTRIBUTION OF TOBACCO

A. TOBACCO CONSEQUENCES:

Use or Possession:

- a. First Offense -- suspension from one game/event and a No-Use Contract.

Students who violate this rule will be required to complete a Tobacco Cessation Program through the LAPS Tobacco Cessation Program. Students who violate this rule may be referred to a Student Assistance Team

meeting. A student in violation of this code must meet with the Athletic Director before and at the end of the suspension, in order to ensure that the student meets all the requirements of the suspension

b. Second and Subsequent Offenses -- suspension from school activities and athletics for 30 calendar days from the date of the infraction. The student will be allowed to practice (athletics) or participate during class time (activities). Students in activities other than athletics should be given outside assignments by the sponsors to allow them the opportunity to earn credit for the activity class if credit is issued. Students who violate this rule will be required to complete a Tobacco Cessation Program with the LAPS Tobacco Cessation Program. Students who violate this rule may be referred to a Student Assistance Team meeting. A student in violation of this code must meet with the Athletic Director before and at the end of the suspension, in order to ensure that the student meets all the requirements of the suspension.

Any suspension as a result of violation of this code will be effective from the date of discovery of the violation by the activity leader or school administrator. Violations that take place over school breaks will be effective the date of the return of students to school. These offenses are cumulative from year to year and do carry over from the middle school to the high school. Any violations that incur the consequences listed within **the** Extracurricular Code: Rules of Conduct will accumulate, whether they take place in the middle school or the high school.

X. DUE PROCESS/APPEAL

The procedure for appeal of a decision involving participation involving extracurricular activities and athletics participation is separate and different from that outlined in Policy 5129 and 5129R for appeals of academic suspension and expulsion. Violations of the Extracurricular Code of Conduct which occur off school grounds and may not be subject to academic discipline are nevertheless subject to the requirements of this Extracurricular Activities Code.

After the Athletic Director has determined the consequences for any violation of the code, if an extracurricular participant denies allegations of the Extracurricular Code of Conduct, s/he will be given the opportunity to present information relevant to the incident on his/her behalf to the principal of the school administration to whom the report was made. Such presentation must be in writing and submitted to the principal within 72 hours of the verbal or written notification by the Athletic Director. The participant's parents will be invited to the hearing. The participant and his/her parents will be notified of the decision within 5 business days of the hearing, whenever possible. If a parent or student contests the decision of the principal, they may submit a written appeal to the Superintendent or designee within 72 hours. Written notification may be submitted by e-mail to a Los Alamos Public Schools address. Appeals at this level are heard within 5 business days. Parents may appeal the Superintendent's decision within 72 hours by submitting written notification by e-mail or hard copy to the Superintendent or designee indicating their intention to appeal for a hearing with the School Board. Such hearings by the School Board will be conducted in Executive Session within twenty calendar days of receipt of the intention to appeal. Decision of the School Board is final.

Regulation Revised 5/94, 9/95, 1/9, 12/01, 4/02, 7/03, 8/09, 9/09, 10/11, 1/13 _____

XI. LETTERS/AWARDS

Students competing for the Los Alamos Public Schools who meet the standards presented for each extracurricular activity will be awarded a letter/award. The block “LA” will be awarded to a student only once in his/her high school career. Certificates/pins may be awarded for each extracurricular activity when the student meets requirements for a letter/award. In order to receive a letter/award, the student must complete the prescribed standards established by the activity leader for that activity. The standards are available to each student and their parent/guardian in written form upon request. Managers will receive letters and/or certificates on satisfactory completion of requirements established by the activity leader.

XII. EQUIPMENT AND SCHOOL BUILDINGS

- A. A student is responsible for personal equipment issued at any time during the activity and must return it at the end of the activity or when requested. Students must pay for equipment that is misused, lost, stolen, or damaged beyond normal usage.
- B. Students are to use school buildings only under the supervision of an activity leader or designated adult. Students who violate this policy will be restricted from use of these buildings or subject to other disciplinary measures as set forth in the secondary schools student handbook.

ELIGIBILITY

The Los Alamos Public Schools follow all eligibility criteria established by the New Mexico Activities Association for participation in extracurricular activities. Basic eligibility standards are outlined on pages 6 and 7 of the LAPS Extracurricular Activities Code. Students must have at least a 2.0, pass four classes and cannot fail more than one (1) subject. A student is eligible or ineligible for a nine (9) week period (this is for Mid and High School students). If a student is ineligible they CANNOT compete or travel, but may practice during the time of being ineligible. Further standards are outlined in the NMAA Handbook, sections 6.1 to 6.20. The handbook is available on the NMAA website at www.nmact.org.

SUMMER SCHOOL CLASSES

Only one (1) course may be made up in summer school and the grade has to be posted by the first (1st) day of school. (If a Nova Net class is taken, please understand it may not be acceptable for NCAA eligibility). This requirement is in the NMAA Handbook under Eligibility 6.1 to 6.20. The handbook is available at www.nmact.org

TRANSFER STUDENTS TO LOS ALAMOS

If you are a transfer student to Los Alamos (new to Los Alamos)—you have additional paperwork that is required. You must come to the athletic office and fill out the Form C that is required by the NMAA office and then the athletic transfer paperwork required by our office. NO transfer student is allowed to play in a game until we receive notification from the NMAA that you are eligible to participate. You are allowed to practice as long as you have a physical on file, but NO games until cleared by the NMAA. A transfer student is anyone NEW to the Los Alamos School District.

HOME SCHOOL STUDENTS ELIGIBILITY

A Home School Student may participate in three (3) sports or activities during the school year. You must bring the following to the athletic office before the student is allowed to participate in any activity or sport.

1. Prove you are residents of the district—2 forms of identification
2. A copy of latest transcript
3. A copy of the student's schedule
4. Department of Education number
5. Must meet all other NMAA eligibility requirements
6. Beginning of each year and at the end of each grading period—need an updated transcript and a copy of report card.

FOREIGN EXCHANGE STUDENTS

All Foreign Exchange Students must fill out the Form C which can be obtained through the athletic office. According to NMAA rules, Foreign Exchange students may participate at any level of competition for one year only.

DUAL PARTICIPATION

An athlete that has committed to a high school sport is governed under the NMAA dual participation rule. The rule has two components:

1. According to the NMAA handbook, athletes are allowed to participate in a specific number of scrimmages and contests. An athlete who participates in more than the mandated number of contests will cause his/her team to suffer consequences outlined by the NMAA that may include suspensions or forfeitures. The athlete cannot play more games than allowed by the NMAA.
2. During an interscholastic sport season, athletes are not to participate in outside sports without the permission of the coach and written permission from the principal. That means that during the school year, while participating in football, an athlete must have permission to participate in any outside program.
3. The parent must put in writing to the Principal and Athletic Director requesting dual participation. This has to be approved by the principal.

It is the responsibility of the coach to be familiar with the NMAA handbook and inform all members of the program about their obligations under the dual participation role.

NCAA CLEARINGHOUSE ELIGIBILITY

NCAA Clearinghouse Eligibility information for Los Alamos High School is accessible on the LAHS website at <https://web1.ncaa.org/eligibilitycenter/common/> by clicking on the athletics link. This information is also available in the LAHS registrar's office. Athletes intending to register with the NCAA should complete their applications prior to their senior year. Registration materials are also available in the LAPS athletic office or from Mrs. Connie Goette (663-2595) in the IMC. Further information can be found online at http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp
NOTE: The high school code for Los Alamos High School for all testing and NCAA purposes is 320-405.

NAIA ELIGIBILITY CENTER

The NAIA offers 23 National Championships in 13 sports in addition to the emerging sports of competitive cheer and dance and men's volleyball. Use the School Search to find NAIA institutions that sponsor these varsity sports. The link can be found on the LAHS Athletic website at <http://www.playnaia.org/> Every student who plays in the NAIA for the first time must have their eligibility determined through the NAIA Eligibility Center.

PHYSICALS

All athletes who intend to participate in athletics must have a physical before ANY participation takes place. Physicals for the current school year must always be dated after 4/1. The current physical will always be good until the end of the school year and through the summer. All physical forms are available on the Athletic Website with the Extracurricular Code. <http://laschools.net/site/Default.aspx?PageID=4760>

Please keep a copy of your physical. REMEMBER NO STUDENT CAN PARTICIPATE WITHOUT HAVING A PHYSICAL.

INSURANCE

All athletes and participants must have insurance prior to tryouts or preseason training. Individual homeowner's policies and medical coverage usually covers high school athletics. It is a parent's responsibility to check their policy for what is and is not covered. If a student is not covered under a family policy or plan, the family must purchase insurance. Forms are available through the LAPS athletic office for group insurance rates for high school athletes and students. All costs incurred due to injury are parent's responsibility—LAPS DOES NOT pay any medical costs.

If you are interested in purchasing insurance or to have as supplemental insurance we have packets available through the school district. You can pick up this information in the athletic office.

TRANSPORTATION

All students are expected to ride in school vehicles to and from contests. This is in a bus or suburban. As a parent you may request 36 hours in advance from the Athletic/Activities Director to take your child to a contest, but this would need to be for a specific reason.

All students can be signed out from the trip with the coach or sponsor by the parent or legal guardian. If you are having someone other than the parent or legal guardian sign the student out—then must also be approved 36 hours in advance by the Athletic/Activities Director. The request must be in writing to the Athletic/Activities Director. The Athletic/Activities Director will then either approve or not approve and will let you know. They will then forward it to the coach/sponsor letting them know.

ADMISSION POLICY

All students are admitted free to all **HIGH SCHOOL** events with their student ID (our home events).

Exceptions are to any district tournament and state events that we host—then students would have to pay to get into the events.

Middle school students get in free to all **MIDDLE SCHOOL** events with their student ID (Middle School home events).

They will have to pay to get into High School events or they may purchase a pass for \$15.00 that will allow them in to all high school games with the exceptions of the district tournament and state events.

Please check the Athletic website for all information concerning Athletic Passes and ticket prices.

Athletic Pass Information:

- \$150.00 Family Pass—2 Adults and 2 Students
- \$75.00 1 Adult Pass
- \$30.00 Senior Citizens or 2 for \$50.00 (65 and up)
- \$30.00 Students or 2 for \$50.00 (K-6)
- \$15.00 Mid School Athletes (7-8) for admittance into High School Games
- \$10.00 High School Athletes (9-12) for admittance into Mid School Games
- \$40.00 Football Pass only
- \$50.00 Basketball Pass only (Boys and Girls)

Staff Members with badge are admitted free—they may purchase additional passes at reduced prices—first pass \$20.00 all other passes \$15.00. (WE ASK THAT YOU PLEASE ADHERE TO THIS POLICY AND PURCHASE A PASS FOR ANY FAMILY MEMBERS THAT WILL BE ATTENDING GAMES). The money we make from passes and tickets supports the Athletic Program.

We will be charging for all home events at the mid school and high school. These locations are Sullivan Field, Mesa Field, Griffith Gym, Brousseau Gym (Mid School Gym) and the Mid School Football/Soccer Field.

Ticket Prices for High School Athletic Events

- **\$5.00 for Varsity Football Games (Kindergarten-Adults)**
- **\$5.00 for all other Sports**
- **\$3.00 for all other Sports (Students K-12)**

Ticket Prices for Mid School Athletic Events

- **\$3.00 for Adults all Sports at the Mid School Events**
- **\$1.00 for Students at Mid School Events**

SCHEDULES

All schedules can be found at:

<http://www.district2-4anm.org/g5-bin/client.cgi?G5genie=472>

You can sign up for updates as schedules are changed. You can also access MaxPreps at:

[http://www.maxpreps.com/high-schools/los-alamos-hilltoppers-\(los-alamos,nm\)/home.htm](http://www.maxpreps.com/high-schools/los-alamos-hilltoppers-(los-alamos,nm)/home.htm)

AVAILABLE SPORTS AND TEAMS

The Los Alamos Public Schools offers participation opportunities in all sports sanctioned by the NMAA. The following sports and competition teams are offered:

Fall Season

Football	Varsity, C-team, 7&8
Boys/Girls Soccer	Varsity, Junior Varsity
Boys/Girls Cross Country	Varsity, Junior Varsity, C-Team, 8, 7
Volleyball (Girls)	Varsity, Junior Varsity, C-Team, 8, 7
Tennis	8, 7

Winter Season

Boys/Girls Basketball	Varsity, Junior Varsity, C-Team, 8, 7
Boys/Girls Swimming/Diving	Varsity, Junior Varsity
Wrestling	Varsity, Junior Varsity, 7&8

Spring Season

Boys/Girls Track & Field	Varsity, Junior Varsity, 7 & 8
Baseball	Varsity, Junior Varsity
Softball	Varsity, Junior Varsity
Boys/Girls Tennis	Varsity, Junior Varsity
Boys/Girls Golf (Fall/Spring)	Varsity, Junior Varsity

Year Round Sport

Cheerleading	Varsity, Junior Varsity, 7 & 8
--------------	--------------------------------

ATHLETIC AWARDS

All sports sanctioned by the NMAA are sponsored and offered by the Los Alamos Public Schools. Athletes must complete a season in good standing in order to be eligible for a letter or earn special recognition. The criteria for receiving a varsity letter are established by each head coach and are available from them upon request.

EJECTIONS

NMAA Game/Contest Ejection Policy 2016-2017

This is a summary of regulations pursuant to NMAA bylaw 7.7.2 and components from the NMAA Sportsmanship Initiative- "Compete with Class" and NFHSLearn courses.

Parent/Fan Ejections

- Local school/district may establish policies for removal/restriction of parents/fans from games/contests in addition to game management requests from game/contest officials
- Local school/district may establish sanctions/guidelines for return to attendance, NMAA recommends inclusion of NFHS Learn courses "Sportsmanship" and "Positive Sport Parenting"

Participant—First Ejection

- One game/contest suspension—same level, may not participate at any level until all sanctions are completed
- Complete the NFHS Learn “Sportsmanship” course, submit certificate of completion to the school athletic director

Participant—Second Ejection

- Two game/contest suspension—same level, may not participate at any level until all sanctions are completed
- Attend a meeting with the NMAA Executive Director/designee
- A local sanction as determined by the local school athletic director and approved by the NMAA

Participant- Third Ejection

- Student Athlete is removed from athletic competition for 180 school days/365 calendar days
- Attend a meeting with the NMAA Executive Director/designee prior to participation, if applicable.

Coach/School Personnel—First Ejection

- One game/contest suspension—same level, may not participate at any level until all sanctions are completed
- Complete the NFHS Learn “Teaching and Modeling Behavior” course (personal payment of course fees, currently \$20.00), submit certificate of completion to the school athletic director for submission to NMAA (Chris Kedge)

Coach/School Personnel—Subsequent Ejections

- Two game/contest suspension—same level, may not participate at any level until all sanctions are completed
- \$100.00 fine paid by the school/district
- Attend a meeting with the NMAA Executive Director/designee
- A local sanction as determined by the local school athletic director and approved by the NMAA

Multiple Ejections of students and/or coach/school personnel—same school, same school year

- Athletic Director completes the NFHS Learn “Teaching and Modeling Behavior” course (personal payment of course fees--\$20.00), submit certificate of completion to the school principal and NMAA
- \$250.00 fine paid by the school/district
- Attend a meeting with the NMAA Executive Director/designee
- A local sanction as determined by the local principal/supervisor and approved by the NMAA

Notes: All ejections, all sports, cumulative for the school year. Sanctions listed are minimal, may be increased at the discretion of the Executive Director based upon the severity and frequency of incidents.

SPORTSMANSHIP

The New Mexico Activities Association, through its member schools, defines sportsmanship as those qualities of behavior that are characterized by generosity and genuine concern for others. Further, an awareness of is expected of the impact of an individual’s influence on others’ behavior as well. The responsibility for sportsmanship rests with people in each of the four roles at an athletic contest: participant, coach, official, and spectator. Each role, while intertwined with the others, has

its own importance at an athletic contest, and those attending the contest should utilize the following fundamentals to fully understand and participate in their role.

The fundamentals of sportsmanship as developed by the NMAA and its member schools include:

Gain an understanding and appreciation for the rules of the contest.

- The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, directors, advisors, or administrative decisions. The spirit of good sportsmanship depends on conformance to a rule's intent as well as to the letter of a given rule.

Exercise representative behavior at all times.

- A prerequisite to good sportsmanship requires you to understand that your own prejudices become a factor in your behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

Recognize and appreciate skilled performances regardless of affiliation.

- Applause for an opponents' good performance displays positive recognition and is a courtesy that should regularly be practiced. This not only represents good sportsmanship, but also reflects a true awareness of the game by recognizing and acknowledging quality.

Exhibit respect for officials.

- The officials of any contest are impartial arbitrators who are trained to perform to the best of their abilities. Mistakes by all those involved in the contest are a part of it. We should not rationalize our own poor or unsuccessful performance behavior by placing responsibility on the official. The rule of good sportsmanship is to accept and abide by the decision that is made. This value is critical for students to learn for later application in life.

Display openly a respect for the opponent at all times.

- Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative of your school, team, or family by extending hospitality. This fundamental is the "Golden Rule" in action.

Display pride at every opportunity.

- Never allow your ego to interfere with good judgment and your responsibility as a school representative. As an adult, student, player, coach, or official, this value is paramount since it suggests that you care about how others perceive you.

ATHLETIC TRAINING

Even with the best preventative methods, the possibility exists of sustaining an injury while participating in athletics. With proper training, conditioning, and coaching instruction, many of these injuries can be avoided.

When an injury does occur, the Los Alamos Public Schools have an excellent athletic training facility, located between the auxiliary and Griffith Gymnasiums at LAHS. This facility is staffed by a full-time, NATA-certified athletic trainer, who administers preventative care, evaluates injuries, provides first aid and emergency care when appropriate, and is available for most home contests and practices. There are also several student athletic trainers to assist the staff trainer in these duties.

Pre-participation physical examination:

All athletes who intend to try out for any athletic team must have a pre-participation physical examination before they may participate in any facet of athletics, including tryouts, weight training, conditioning, scrimmages, etc. As per LAPS

Board Policy 5141.1, the physical must be given by a licensed medical professional on or after April 1 of the prior school year and is effective for the entire school year. Physical examinations are good through summer of the following year.

Athletes who plan to participate in multiple sports will use the same physical examination, permission to participate, and medical authorization forms for each sport in which they participate. These documents are kept on file in the athletic trainer's office. If, during the school year, there have been significant medical changes since the last physical examination, the athlete may be asked to obtain new clearance from his/her treating physician.

The appropriate physical forms are available on the athletic website. Most medical offices in Los Alamos have a supply of these packets as well. When turning in the forms, please ensure that all forms are fully completed, including signatures. Keep a copy of the forms. Student-athletes will not be cleared to participate without a complete physical form on file in the athletic trainer's office. It is the students and parents responsibility to read the extra-curricular policy. If you want a copy you will need to print it out. You will be signing a form that you understand everything.

Preventative medicine:

Flexibility is important to achieve or maintain participation at a high level while minimizing the chance for injury. Stretching properly increases flexibility and is a good preventative tool. Adequate flexibility aids muscles in performing to their fullest capacity, allowing athletes to achieve speed, strength, and endurance. Adequate stretching can also reduce muscle soreness.

The following guidelines will help athletes achieve the type of flexibility needed to perform effectively in athletics:

- Begin stretching 2-3 weeks before the first practice and continue throughout the season. Athletes should stretch twice daily, seven days a week, for 20-30 minutes, stretching all major muscle groups.
- Stretching should not produce pain. Stretch to the point of feeling tightness and/or discomfort and hold until the tightness relaxes. With each stretch, there should be small gains in flexibility.
- Stretches should be slow, gradual, and held for 20-60 seconds. To increase flexibility, a longer stretch should be maintained. Do not jerk or bounce when stretching.
- Warm muscles and tendons stretch more easily, so perform walking or light jogging for 3-5 minutes prior to stretching.

If you should be injured:

If injury occurs, remember the R.I.C.E. principle. It is recommended to reduce the severity of the injury and promote healing.

REST the injured area. Do not move it needlessly, walk on it to test it, or continue to exercise if it hurts.

ICE the injured area to reduce swelling and relieve the pain. Ice applications should be applied for 15-20 minutes and then removed for at least one hour. Immersion of a body part in an ice bath should last no longer than 10 minutes.

COMPRESSION of the injured area with an elastic wrap helps to reduce and control swelling.

ELEVATION of the injured area above the heart enhances circulation, takes advantage of gravity, and reduces swelling.

Ice or heat – Which one, when, and why:

For all acute injuries where pain and swelling are present, ICE is recommended for up to 72 hours from the time of the injury. Ice helps to constrict blood vessels, to numb the area, and reduce swelling. Do not overdo ice treatments (too many and/or too long) as skin irritation and tissue damage may result.

Ice may be applied in the form of:

- Ice bag: 20 minutes maximum for treatment
- Frozen paper cup of ice massaged on the injured area: 7 minutes maximum for each treatment
- Immersion in ice bath: 10 minutes maximum
- Chemical ice packs: direct contact with skin can cause frostbite; this should be last choice

Pain which is dull, achy, difficult to pinpoint, or is associated with muscular tightness or stiffness may benefit from moist HEAT.

Heat should be applied only after the inflammation has subsided, which typically takes two to four days. Heat should be applied for 10-20 minutes every 1-2 hours.

Heat may be applied in the form of:

- Moist heat pack (soaked in hot water and wrapped in towels, applied 15-20 minutes)
- Hot tub (soak in hot water, 102-106 degrees for 10-15 minutes; the more body surface in the water, the lower the temperature and less time immersed)

These athletic training guidelines are not meant to take the place of appropriate medical supervision. If there are any doubts, the student-athlete should check with their physician.

PERFORMANCE ENHANCING SUBSTANCES

The use of performance enhancing drugs among all athletes at all levels has greatly increased in the past several years. The use of creatine and androstendione has seen the greatest recent growth in usage. Both drugs claim to increase lean body tissue (muscle) and enhance recovery from exercise. There are a variety of companies producing these products in over-the-counter form. Studies on the potential long-term problems and health risks following use of these performance enhancers are very limited.

The LAPS athletic staff does not support or condone the use of any performance enhancing drugs.

CONCUSSIONS

SB1—was signed into law in 2010. A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. All high school and mid school programs are now following this protocol:

1. If a coach suspects a concussion or if your child complains of any of the symptoms—your child will be removed immediately from the activity.
2. The student will not be allowed to return to full activity until a MINIMUM of ten days from the end of the symptoms.
3. Must have a release from a medical professional. (Even if cleared by a doctor before the ten days are up—still not able to participate)
4. Coaches and athletic trainer will continue to monitor for signs and symptoms.
5. During the registration process, every parent will receive a sheet that lists symptoms and what to look for.

PARENT/COACH RELATIONSHIP

We are pleased that your child has chosen to participate in the Los Alamos Public Schools athletic program. We will do all we can to provide a positive experience for your child. To achieve this outcome, it is important that lines of communication are developed between the coach, parent, and athlete to allow for two-way communication and resolution of issues before they become conflicts. As a parent, you have the right to know what expectations are placed on your child. This is intended to clearly delineate all levels of communication so that parents, coaches, and athletes are aware of the steps they have available to aid in resolving issues.

Coaches are expected to establish an environment where team members work together to achieve a common purpose. They must encourage students to play hard, practice good sportsmanship, and to accept victory and defeat with dignity. Coaches ARE role models for student-athletes and fans as well. Coaches must display appropriate behavior and positive interactions at all games and practices. The evaluation of a coach and of an athletic team will include not only the number of wins and losses, but the leadership and direction provided to the student-athlete.

Communication you should expect from your student-athlete's coach:

1. Philosophy of the coach
2. Expectations of the coach for your child
3. Locations and times of practices and contests
4. Team requirements, i.e. fees, special equipment, off-season conditioning, etc.
5. Procedures should your child be injured during competition
6. Participant code of conduct and discipline that results in the denial of your student's participation
7. Letter requirements
8. Insurance information
9. Disposition of lost/outstanding/damaged equipment

Communication coaches expect from parents:

1. Concerns expressed directly to the coach FIRST (The Athletic Director will not meet with you until you meet with the coach).
2. Notification of any schedule conflicts well in advance
3. Specific concern in regard to a coach's philosophy and/or expectations

As your child becomes involved in the various LAPS programs, he/she will experience some of the most rewarding moments of his/her life. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach may be desirable to clear up the issue and avoid any misunderstanding.

Appropriate concerns to discuss with coaches:

1. The mental or physical treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept that your child is not playing as much as you would like. We expect our coaches to conduct themselves in a professional manner and make judgments based upon what they believe is in the best interest of all students involved.

Inappropriate issues to discuss with coaches:

1. Playing time

2. Team strategy
3. Play calling
4. What position your son or daughter will play
5. Matters concerning other student athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other person's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

To discuss an issue with a coach:

1. Request a meeting with the coach.

NOTE: This meeting should not be conducted immediately before or after a practice or contest, as these can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolutions and can even exacerbate the issue.

2. If the request is not honored within a reasonable amount of time, call the LAPS athletic director and he will set the appointment. The office number is 663-2532.
3. **Your child will need to be in this meeting. No meeting will take place without the child being present.**

The next step:

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up a meeting with the athletic director to discuss the situation.
2. **The Athletic Director will ask if you have met with the coach. If not, the Athletic Director will not meet with you.**
3. Utilize the meeting to determine an appropriate next step.
4. If your problem is still unresolved, an appeal can be made to the high school principal (see the chain of command below).

The Los Alamos Public Schools follow the chain of command listed below. We ask that you observe the following if you elect to pursue any concern you may have regarding the athletic program. This chain of command is consistent with the grievance procedure established in LAPS Board Policy 5132. This policy is available in the athletic office and at the LAPS district office upon request.

1. Team/Assistant Coach (JV, C, 8, 7)(if applicable)
2. Head Coach
3. Athletic Director
4. Building Principal
5. Assistant Superintendent
6. Superintendent
7. School Board

SMITH'S EARN AND LEARN

If you are not involved with any school or the LAPS Foundation we urge you to sign up for the Los Alamos High School Smith's Earn and Learn. We will receive 10% of what the High School earns during the year. You must reenroll every September for us to get credit.

**LOS ALAMOS PUBLIC SCHOOLS
PARENT & ATHLETE
HANDBOOK
APPENDIX**



LAPS Head Coaches and Administration

Admin:

Parker, Brad	Principal H.S.	663-2516	b.parker@laschools.net
Dunwoody, Renee	Asst. Principal H.S.	663-2514	r.dunwoody@laschools.net
Jones, Daren	Mid School Coordinator	663-2435	daren.jones@laschools.net
Johnson, Mike	MS Principal	663-2375	m.johnson@laschools.net
Payne, Carter	TFA Principal	663-2515	j.payne@laschools.net
Steinhaus, Kurt	Superintendent	663-2230	k.steinhaus@laschools.net
Stewart, Ann	Athletic Director	663-2531	a.stewart@laschools.net
Vargas-Gutierrez, Anna	MS Asst. Principal	663-2398	a.vargasgutierrez@laschools.net
Delgado, Diane	Asst. Superintendent	663-2228	d.delgado@laschools.net

Coaches:

Burditt, Randy	Softball	690-2669	rburditt@lanl.gov
Padilla, Aaron	Girls Track		bbyalp@hotmail.com
Ainsworth, Andy	Boys Golf	253-722-4447	a.ainsworth@laschools.net
Raichur, Patrick	MS Boys Tennis	695-6637	patrick.raichur@gmail.com
Quintana, Hope	Cheerleading	577-9551	haquinta@nmsu.edu
Brousseau, Pat	MS Track Boys	672-9454	p.brousseau@laschools.net
Cottrell, Bruce	Girls Tennis	660-1440	kkmead@comcast.net
Kluk, Mike	Boys Basketball	670-8724	lamkluk@aol.com
Montoya, Steven	Boys Track	575-640-7292	st.montoya@laschools.net
Gallegos, Jenny	MS Volleyball-8th	927-5417	j.gallegos@laschools.net
Blue, Ron	Boy's Soccer	429-2347	ronb@lanb.com
Hatt, James	Wrestling	801-472-9961	j.hatt@laschools.net
Neal, Bryan	Baseball	603-7323-	bryan@gon-git.com
Greene, Denise	MS Cheerleading	505-500-5113	dmgreeneg@comcast.net
Greene, Keith	Diving	795-1460	kgreene@lanl.gov
Jones, Daren	MS Girls Basketball—8th	663-2435	daren.jones@laschools.net
	MS Girls Basketball—7th		
Mendez, Jessica	MS Girls Tennis	500-0588	lynnehigdon@yahoo.com
Hipwood, Kathy	Cross Country	663-2623	rkipwood@yahoo.com
Hipwood, Rob	Cross Country	663-2623	r.hipwood@laschools.net
Jones, Daren	MS Football	663-2435	d.jones@laschools.net
Ahlers, Gary	Girls Soccer	690-7014	nmahlers@msn.com
Hammock, Tim	Girls Golf	670-5330	thammock@lanl.gov
Jones, Daren	MS Boys Basketball-8 th	663-2435	d.jones@laschools.net
Matuszak, Mick	Athletic Trainer	663-2622	m.matuszak@laschools.net
Ainsworth, Andy	MS Boys Basketball—7 th	253-722-4447	a.ainsworth@laschools.net
Stokes, Diana	Volleyball	660-9061	d.stokes@laschools.net
Fellows, Samara	MS Volleyball-7th	204-8831	samarafellows123@gmail.com
Ulrich, Kay	MS Cross Country	603-2504	kay.ulrich@gmail.com
Smith, Leanne	MS Track Girls	253-569-8166	leanne.n.smith@gmail.com
	Girls Basketball		
Williams, Garrett	Football	505-709-0164	ga.williams@laschools.net

Wilton, Lloyd
Corliss, Stuart
Washnok, Craig

Boys Tennis
Swimming
MS Wrestling

660-5714
661-4981

lasmastennis@gmail.com
tapershave@aol.com
c.washnok@laschools.net

LAPS Websites:

LAHS web site: <http://www.laschools.net/Domain/539>

LAHS Athletic Website: <http://www.laschools.net/Domain/713>

LAPS web site: <http://www.laschools.net/>

LAPS athletic schedules web site:

http://www.district2-4anm.org/g5-bin/client.cgi?G5genie=472&school_id=4