

**LEXINGTON HIGH SCHOOL
WILDCATS**



**ATHLETIC HANDBOOK
For
PARENTS AND ATHLETES**

Parent/Coach Relationship

Parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of others and provide greater benefit to our children. As parents, when your children become involved in a program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication you should expect from your child's coach:

1. Philosophy of the coach
2. Expectations the coach has for your child as a member of the team
3. Locations and times of all practices and contests
4. Team requirements (fees, special equipment, off season conditioning, etc...)
5. Procedures should your child be injured during participation
6. Discipline that results in the denial of your child's participation

Communication coaches expect from parents:

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Specific concerns in regards to a coach's philosophy and/or expectations

As your children become involved in the programs at Lexington High School they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way your child wishes. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches:

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team strategy
3. Play calling
4. 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's position.

Note: Please DO NOT attempt to confront a coach before, during, or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

Participation on an Athletic Team

Participation on an athletic team is a privilege, not a right. Being on a team and staying on a team means accepting all responsibilities of a student-athlete. Unlike intramural or recreational teams, equal playing time does not exist. Coaches will play players best suited to produce a team that best represents the school and are best suited for the conditions and demands of the contest at that time.

Requirements for Participation

- All academic eligibility requirements have been satisfied
- Parents' permission to participate is on file in the athletic office
- Physical exams completed and file in the athletic office
- Medical History forms completed and on file in the athletic office
- Participation in tryouts and/or other requirements by coach for team

Dismissal or Quitting a Team

An athlete, who quits or is dismissed from a team after the first official day of practice dictated by the High School League, will not be allowed to try out for any other team during that sport season.

- Example: An athlete who quits or is removed from football team cannot participate in basketball or wrestling workouts until football season has come to an end
- Example: An athlete that quits or is removed from baseball cannot participate in football workouts or spring practice until baseball season has come to an end

Travel Policy

All athletes will ride the team bus to and from the contest unless a player is release to the custody of a parent at the end of an away contest by the coach. For the athlete to leave with a parent a written note must be given to the coach with date and reason for riding home with parent prior to the team leaving for the contest.

Disciplinary Policy

Lexington High School athletes will be expected to conduct themselves in a manner that exemplifies self-control and represents the school in a good manner. In the event that an athlete has to be disciplined at school, his or her membership on a team may in jeopardy. If the disciplined requires a suspension from school the athlete will not be allowed to participate in practice or games during the time of the suspension. More than one suspension may warrant the removal of the athlete from the team he or she is on.

If a coach has to discipline an athlete, the degree of discipline will be in accordance with the coach's discipline policy. A copy of this policy shall be filed with the athletic director and it shall be in accordance with the philosophy of the athletic program.

Tobacco, Alcohol, Drugs

- There will be no use of tobacco on school grounds (See the Lexington 1 policy manual for possession and use of tobacco.)

TOBACCO

1st offense- One Week suspension, note to parent

2nd offense- Two Week suspension, meeting with parent

3rd offense- Removal from Team

- No Alcohol use will be except from athletes (See the Lexington 1 policy manual on alcohol and drug use.)

ALCOHOL

1st offense- One-week suspension, meeting with parent and meeting with counselor

2nd offense- Two Week Suspension, meeting with parent

3rd offense- Removal from Team

- Every athlete interested in participating in athletics at LHS must consent to be drug tested. If a student declines to consent that student is ineligible for participation in that sports season. (see district website for more details)

SPORTSMANSHIP

Sportsmanship will be held to the up most importance in our athletic department. Athletes will be expected to display good sportsmanship at all times. This means:

- There should be no inappropriate or vulgar language or gestures from our fans or players
- Taunting or trash talking of our opponents will not be tolerated
- Spectators may not enter onto the field or court during a contest
- Fans should be supportive and positive. Cheering should be done for our team and not against our opponents

Lexington Athletes are expected to:

- exemplify high morals, good character and fellowship
- respect the integrity of others
- abide by the rules of the game in spirit and intent
- demonstrate a continuing interest in personal improvement
- display good sportsmanship
- respect the rights and possessions of teammates, coaches, administrators and officials

Letter Requirements and Awards

An athletic award is a symbol of athletic accomplishment, good sportsmanship, and the observance of athletic policies. If an athlete completes the season in good standing, he or she will receive a letter or participation certificate. The head coach of each sport sets the letter requirements for each sport. Awards shall be held if the student-athlete is not in good standing (debt owed).

EXIT INTERVIEWS

All Head coaches will have exit interviews with all players. During these meetings, the coach will evaluate the player's year, give suggestions to improve during the off season, and help the player plan for their future within that sport.

SOUTH CAROLINA HIGH SCHOOL LEAGUE ELIGIBILITY GUIDELINES

AGE

All athletes must submit an ORIGINAL BIRTH CERTIFICATE to the athletic director for approval. The athletic director will make copies that must be kept on file in the school. A student who becomes 19 years of age prior to July 1 will not be eligible to compete in any athletic activities during that school year. A student who becomes 19 after July 1 is eligible to compete in all activities for that school year. A student who becomes 15 years of age prior to July 1 will not be able to compete on a 9th grade and under team in any athletic activities during that school year. A student who becomes too old for a 7th or 8th grade team may be considered as enrolled in the 9th grade for eligibility purposes.

ACADEMIC REQUIREMENTS

Lexington High School athletes must meet all academic requirements set forth by the South Carolina High School League and Lexington County School District 1 in order to be eligible to participate on any Lexington athletic team.

Athletes are required to pass 5 subjects per year in order to be eligible for the fall semester and 2 must come from spring. In order to be eligible for the spring semester, athletes must pass a minimum of 2 classes in the fall semester.

ENROLLMENT

A student will become ineligible for interscholastic competition at the end of the fourth school year from the time that he/she first entered the ninth grade.

ATTENDANCE

If a student fails to enroll and attend classes for one day by the eighth calendar day of the first semester, he/she will not be allowed to take part in any contest until he/she has been a *bona fide* regular attendant for 30 calendar days. A student must have attended school at least 60 days in the semester immediately preceding the contest or sport. Absences may not be made up.

UNDERGRADUATE STANDING

Not a high school graduate

AMATEUR STATUS

A student may not have competed for money or available consideration other than prizes with symbolic value. The word *symbolic* is used to mean that the award must have some relationship to the sport being played. Awards or gifts given to golfers or tennis players such as balls, shoes, rackets, or clubs are a violation of this rule.

LIMITED TEAM MEMBERSHIP

A student whose name appears on a school's certificate of eligibility, other than soccer, tennis, golf, bowling, or swimming, shall not practice nor participate on a team in that sport other than the team representing his/her school during the season of the sport for which he/she has been certified. Violation of this regulation will render the student ineligible in that sport for the remainder of the school year.

PHYSICAL EXAM

All athletes must have passed a current year physical exam. This record must be on file in the athletic director's office and dated after April 1 of the previous school year.

12 Definitions of Lexington Athletics

TO STAY INVOLVED:

BE COMMITTED TO YOUR ACADEMICS – Know your goals...make a plan...get a diploma. Be on time. Sit up front. Take good notes. Do all extra work possible. Plan ahead and talk to teachers when you are having a problem. Get extra help when needed.

BE COMMITTED TO CLASS – Treat teachers, trainers, support staff, and all you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Remember to smile, to say please, thank you, yes sir, yes ma'am and give the people the benefit of the doubt.

BE COMMITTED TO DOING THE RIGHT THING – We have plenty of team and school rules...know them. Realize if you just try to do the right thing you will be OK. Try to do the next thing right and you are as close to perfect as any person can be.

BE COMMITTED TO THE PROGRAM – We realize that our players are in a fish bowl at Lexington High School. Every word and action will be watched. We must be committed in building traditions in our program starting today and respect those that have gone before us and paid the price.

TO PLAY HERE:

BE COMMITTED TO HARD WORK – Our program is built on the concept that hard work pays off. We believe that we work harder than anyone else...and because of that we always deserve to win. There is a reason we are going to become the best...we work at it.

BE COMMITTED TO BECOMING A SMARTER PLAYER – Our players must be ready to learn. We believe we work smarter than anyone else...We must develop players who understand the game. Or players must be good listeners and learn by watching. We must make good decisions; we must play with poise. We prepare mentally for practice and games.

BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT – We must have players who believe in our team concept. Our program is built on the concept that the team/program is bigger than any one player...We need unselfish players.

COMMIT YOURSELF TO A WINNING ATTITUDE – Our players must be committed to winning but understand we don't measure our success by winning alone. Each time we play we elevate ourselves on reaching our potential. The test for our team is to play against the game and not just our opponent. We never quit. We are always looking for a way to win.

TO WIN HERE:

BELIEVE IN OUR SYSTEM – Commit yourself to our philosophy, to our system of play. Be a sponge and soak up the concepts of how we play. Learn your role...than accept your role and do it the best you can.

BELIEVE IN YOURSELF – Play with confidence...think positive...realize you are a great player in a great program. Don't get down when you play poorly... realize you were chosen to be here...be a leader. Lead by example.

BELIEVE IN YOUR TEAMMATES – Communicate with each other...help each other. Remember the strength of the pack is the wolf and the strength of the wolf is the pack. Encourage each other and support each other. Don't ever forget the importance of the shell around the team. Be a friend. We understand we are all different – be tolerant of teammates and others.

BELIEVE IN YOUR COACHES – Understand that your coaches are trying to help make you better people and players. Ask questions...Don't whine and complain. Learn to take tough coaching. You must believe that coaches are doing what they think is right for the team and you

I have read, understand, and agree with the policies set forth by the Lexington High Athletic Handbook and will abide by these expectations throughout the school year, not only when my sport is in season.

Player's Name _____

Player Signature _____

Parent Signature _____

Date _____

Parent Phone Number: _____

Parent Email: _____