

Lake Mary High School

Home of the Rams



Athletic Handbook

MISSION STATEMENT

Lake Mary High School students are prepared to enter an ever-changing, complex society equipped with a comprehensive academic foundation, a depth of knowledge, and a respect for self and others as productive citizens of the 21st Century.

Vision Statement

Lake Mary High School is committed to the development of the 21st Century student by providing rigorous courses that foster intellectual curiosity.

Students will build expertise through integrated technology within a blended curriculum in which they will utilize creative and critical thinking skills. Students will be provided with opportunities to engage in diverse content areas that encourage entrepreneurship and leadership.

Lake Mary High School is committed to the students' personal development by utilizing curriculum that will focus on individual character and needs. Each course will provide strategies for students to learn the importance of collaboration and learning. Students will have the opportunity to explore future career interests through a diverse selection of electives that are relevant and valuable for an ever-changing society. Individuals will demonstrate personal integrity, the highest standards of behavior, and initiative in their education.

SPORTSMANSHIP – Rams Lead the Way

The Lake Mary High School athletic program has left its positive imprint on the community for thirty-nine years. Interscholastic athletics are an integral part of our school's total curriculum and, as such, coaches and sponsors who are first and foremost teachers, are expected to model good sportsmanship. In addition coaches will promote self-discipline, poise and compliance with the "Rules of the Game." Coaches and student-athletes are expected to exhibit behaviors that are exemplary and exceptional at all times. We must always remember that we represent more than ourselves. We represent our school and our community. Coaches in all sports are expected to make a continuing effort to place emphasis on the ideals of good sportsmanship and to integrate those values into their sports programs and their athletes.

Lake Mary is a member of the Seminole Athletic Conference. Our athletic teams have distinguished themselves in Conference, District, Region and State level competitions.

ATHLETIC ELIGIBILITY

The Lake Mary Athletic Department is a member in good standing of the Florida High School Athletic Association and fully complies with all of its regulations. Visit the web site www.FHSAA.org for more information.

Before a student may condition, attend workout, tryout or compete with a team, they must have an ANNUAL physical (one every 365 calendar days). This must be done on the SCPS Sports Screening Form. After completion by parent and physician, the student will sign into www.athleticclearance.com to create an account and begin the clearance process.

The School Board requires each participant in interscholastic athletics to be covered by accident insurance. You may use your own insurance coverage, but we suggest that you check with your agent or employer to determine if your insurance policy covers accidents resulting from the specific sport(s) in which your student will be participating.

A separate, 24-hour coverage insurance plan for participants is available through School Insurance of Florida for those who do not have insurance, and for those who wish to supplement their own insurance. The twenty-four hour coverage does not include participation in tackle football. A special additional policy for football coverage is available upon request from the Athletic Office or online at www.schoolinsuranceofFlorida.com

The first time a student participates in athletics at this school, he/she must submit an *ORIGINAL* birth certificate or passport issued by the United States (FHSAA By-Law 9.6) so a copy can be made. The original birth certificate/passport will NOT be retained by school personnel. If the birth certificate is not US issued then a "Certificate of Citizenship" or a green card may be used. Submission of a birth certificate or alternate need not be repeated from year to year.

TEAM RESPONSIBILITIES

Lake Mary student-athletes are expected to conduct themselves in a manner which will bring only pride and respect to their team, school, parents, and community.

The Athletic Department requires each coach to inform each student-athlete with conduct/behavioral expectations and requirements for lettering in their respective sport. The team expectations will include but will not be limited to attendance, practice performance, school behavior, coach-ability, training rules, team responsibilities, transportation regulations, care and return of school issued athletic equipment, possible resulting disciplinary actions for infractions and the school's policy on alcohol/chemical abuse. All of these must be followed to the satisfaction of the head coach through the conclusion of their sport season, including all games and awards presentations.

Student athletes, who fail to complete their commitment with any athletic team in any given season, are not permitted to try out or participate for any other athletic team until the completion of the state competition season of the original team. If any athlete were subject to any suspension or disciplinary action during one season the completion of that action may and will continue in any subsequent season in which the athlete may participate.

QUIT RULE AND PRACTICE POLICY

It is the philosophy of the Lake Mary High School Athletic Department that the beginning of a new sports season should not conflict with an in-season coach and/or athlete from bringing a current season to a successful conclusion. Every effort will be made to assure that in-season coaches and athletes will continue to practice and compete in an atmosphere free from the potential distractions presented by the beginning of a new sports season. It is with the interests of all sports that the following policy has been formulated:

1. An athlete is expected to practice with his/her team until the conclusion of the final interscholastic competition. An athlete who quits prior to the conclusion of the sports season will not be permitted to practice for another sport until the current sport concludes its season or athlete is released by their former coach.
2. In those sports where entire teams qualify for the post-season play (District level and above), an athlete who quits may not begin to practice for another sport until the team is eliminated from further competition.
3. In those sports where individuals rather than teams qualify for post-season play, an athlete who quits prior to the conclusion of the season will not be permitted to practice until the conclusion of the regular season schedule.
4. When a team has completed its season, as defined above, athletes are to be released to practice for the next sport's season. If an athlete is needed by a coach for practice purposes, and the athlete and the coach both agree, he/she may remain until the athlete's participation is no longer needed.

UNDUE INFLUENCE FOR PARTICIPATION

It is the philosophy of the Lake Mary High School Athletic Department that students should enjoy as many sports seasons as they and their parents wish them to participate in, without influence from any coach to specialize in any one sport. Indeed, LMHS coaches are expected to encourage the participation of all athletes in multiple interscholastic sports.

Lake Mary High School Athletic Booster Club

Meetings are held monthly on the 2nd Tuesday of each month at 6:00 p.m. in the Admin Conference room. Athletic Boosters welcome new members, anyone is welcome to attend. Memberships are available with options ranging from all sports pass to corporate level. More information about the Booster Club please visit www.lakemaryboosters.com .

LAKE Mary HIGH SCHOOL Student-Athlete, Parent Contract

OUR MISSION:

It is the mission of the Lake Mary High School Athletic Program to provide a positive, competitive experience for each player. We believe a positive TEAM experience will promote self-confidence and self-esteem beyond the playing field. While winning is priority, winning will not be placed above good sportsmanship (defined as respecting rules, opponents, officials, teammates, coaches or what is best for the TEAM).

As a Lake Mary student-athlete, I accept the terms of this contract and will abide by its enforcement. I also agree to:

- **Read and understand the rules and policies set forth in the LMHS Student Athlete Handbook.**
- Adhere to all policies and regulations set forth by Lake Mary School, the LMHS Athletic Department, the Seminole County Public School Board, and the Florida High School Athletic Association.
- Complete all eligibility requirements by the dates required (annual sports physical, consent and release form, Concussion Course, Heat Illness Prevention Course, Sudden Cardiac Arrest Course, medical/school/or football insurance, birth certificate and signed Athlete/Parent contract).
- As a student-athlete, you must maintain at least a 2.0 cumulative GPA and abide by the SCPS Citizenship Standards.
- Abide by the school's attendance policy: attend all classes, as well as being on time.
- Attend ALL practices and games. It is the student-athlete's responsibility to contact the head coach immediately if extenuating circumstances prevent attendance.
- Follow the lines of proper communication with your coaches when you have concerns about your role with the team.
- Place your involvement with a LMHS athletic team above all other sports organizations such as AAU, Club, Little League, Babe Ruth, Powder Puff, etc. for the period of time that your particular sport is in season.
- Participate in all team activities, including, but not limited to: games, practices, summer workouts, team meetings and fundraisers.
- Be a positive member of the Lake Mary community. This includes being a leader on and off the field, as well as, in the classroom. Student-athletes must represent LMHS in a positive way, always striving to do their best.

Guidelines for Athletic Departments Social Media and Communication

Athletic participation for Lake Mary High School is a privilege. In representing our school athletically, all athletic personnel and coaches, and all student-athletes, are expected to effectively utilize responsibility with social media, and implement sensible means by which to communicate. In doing so, all above mentioned parties, including any other individuals directly or indirectly associated with the athletic department of LMHS, will be held accountable according to the citizenship standards for participation in school sponsored extra-curricular activities established by the school board of Seminole County Public Schools. The following are guidelines detailing the appropriate and acceptable protocol and procedures.

For Social Networking Sites, Websites, Blogs, Text Messaging, and Emailing, the following are PROHIBITED:

- Posting photos, videos, or commentary that is unsportsmanlike, derogatory, or demeaning toward any other individual or entity. (Not limited to but including, opposing schools and players, teammates, and/or coaches)
- Posts that depict or encourage unacceptable violent or illegal activities, and/or that are sexually explicit in nature
- Disclosing information that is sensitive or personal in nature or that is proprietary to the various Athletic Departments or to Seminole County Public Schools
- Use of inappropriate or offensive language, or language that is violent or derogatory

Further Guidelines in Maintaining Protocol:

- All information relayed should remain informative in nature
- Refrain from engaging in conversations that are personal to you, athletes, coaches, and parents
- Maintain professionalism, appropriateness, and suitability in all your messaging and communication
- Maintain updated security settings, as any communication is public record
- Limit access to your personal information
- Be aware of the potential perception all communication could have on you, your athletes, the Athletic Department and School District, and your community
- All information communicated should reflect the values and ethics associated with representing Seminole County Public Schools and the LMHS Athletic Department.

Social Media *Helpful Hints* for Student-Athletes

1. Be careful with how much and what kind of identifying information you post on social networking sites. It is unwise to make available information such as full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Remember, once posted the information becomes the property of the website.
2. Be aware that potential current and future employers and college admissions offices often access information you place on online to social networking sites. Realize that any information you post will provide an image of you to prospective employers and/or schools. The posting is considered public information. Protect yourself by maintaining a self-image that you can be proud of, and that reflects positively on you, your family, your school, and your community.
3. Be careful in responding to unsolicited emails asking for passwords or PIN numbers. Reputable businesses and professionals do not ask for this information online.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. Social networking sites are NOT a place where you can say and do whatever you want without repercussions.
5. Remember, photos uploaded on the social network site's server become the property of the site. You may delete the photo from your profile, but it still stays in their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile.

One of the biggest lessons social networking users can learn is that anything you post online enters the public record. High school students, and particularly student-athletes, should carefully consider their profile updates and photos, as they will most likely be examined by future college admission officers, coaches, and employers.

Ask yourself what “digital footprint” you want to leave.

THE NATIONAL CODE OF ETHICS FOR HIGH SCHOOL COACHES

“As a professional educator I will:

- Exemplify the highest moral character, behavior and leadership
- Respect the integrity and personality of each individual athlete
- Abide by the Rules of the Game in letter and in spirit
- Respect the integrity and judgment of sports officials
- Demonstrate a continuing interest in the mastery of coaching techniques and principles through professional improvement
- Encourage respect for all athletes and their values
- Display modesty in victory and graciousness in defeat
- Promote ethical relationships among coaches

- Fulfill responsibilities to provide health services and an environment free of safety hazards
- Encourage the highest standards of conduct and scholastic achievement among all athletes
- Seek to inculcate good health habits, including and establishment of sound training rules
- Strive to develop in each athlete the qualities of leadership, initiative and good judgment.”

Parent Athletic Contract

As the parent of a Lake Mary High School student-athlete, I accept the terms of this contract and will abide by its enforcement.

I also agree to:

- Encourage good sportsmanship.
- Demonstrate positive support for coaches, officials, players and others attending the contests.
- Never confront, discuss or question coaches, athletes or officials at the game field or on the court.
- Promote the well-being of the whole team over personal desires for my child.
- I understand that my child’s playing time is governed by the coach.
- Demand a drug-free environment.
- Refrain from the use of drugs, alcohol, or tobacco at all sporting events.
- Monitor my child’s attendance, academic progress (minimum 2.0 GPA), and behavior on a regular basis.
- Pay for some items that will be required to practice and play such as t-shirts, shorts, shoes/cleats, and other necessary equipment.
- Volunteer for athletic fundraisers.
- At times, you may be asked to transport athletes other than your own student to a game. Do not do this unless you have filled out the proper Driver’s Verification Form and have been approved.
- Follow the proper chain of command if you have concerns. Consider including the athlete in all such meetings:
 1. Speak with the coach first – at least 24 hours after the contest.
 2. If not satisfied, then request a meeting with the Athletic Director, who will include the coach in the meeting.
 3. The final stop is the Principal.