



LAKEWOOD HIGH SCHOOL ATHLETIC PACKET 2009 - 2010

Welcome to the Lakewood High School Athletic Program!

Lakewood High School has consistently had a quality athletic program with fantastic coaches and talented athletes. We are excited you are choosing to become part of our program that has "championship traditions".

Sports offered for the 2009-2010 school year are as follows:

FALL— **Football** - Head Coach Dan Teeter - Practice start August 19th.

Girls' Cross Country - Head Coach Jon Murray - Practice start August 24th

Boys Cross Country - Head Coach Jeff Sowards - Practice start August 24th.

Volleyball - Head Coach Tasha Kryger- Practice start August 24th

Girls' Soccer (TBD) - Practice start August 24th

WINTER – Practice starts - November 16th

Boys' Basketball - Head Coach Matt Hart

Girls' Basketball - Head Coach Chris Walster

Wrestling - Head Coach Tom O'Hara

SPRING - Practice start - March 1st

Boys' Track - Head Coach Jeff Sowards, **Girls' Track** - Head Coach Monica Rooney,

Tennis - Head Coach Nancy Jensen, **Softball** - Head Coach Steve Barker,

Baseball - Head Coach Larry Delaney, **Girls' Golf** - Head Coach Chris Walster,

Boys' Golf - Head Coach Eric Carlson, **Boys' Soccer** - Head Coach—TBD.

WIAA rule requires - In order to maintain athletic eligibility during the current semester/trimester, the student shall maintain passing grades, or the minimum grade standard as determined by the school district if more restrictive. 5 classes in a 6 period class schedule or the equivalent credits.

Each participant who fails to make the grade requirement, shall be placed on probation during the first five (5) weeks of the succeeding semester, and shall be ineligible during this time.

The suspension period for high school students shall be from the end of the previous semester through the last Saturday of September in the fall and the first five (5) weeks of the succeeding semester/trimester.

LHS academic standards:Please refer to pages 7,8 and 9 of the Lakewood School District Extra-Curricular Activities code.

In order to try-out for any sport at Lakewood High School each athlete must turn the following into the High School Athletic office. Athletes may not practice until all forms are completed and fees/fines are paid. The following must be turned in during athletic clearance:

All forms are available on the Lakewood High School web-site— <http://www.lwsd.wednet.edu/LHS/Sports>

1. Completed Physical Examination Form
2. Insurance Waiver or Purchase School insurance
3. Athletic Registration Form - filled out and signed.
4. Lakewood School District Extra-Curricular Activities code.
6. Emergency Card
7. Signed - Sport specific safety form
8. Fees 2009-2010

ASB card \$35.00

Athletic Fee \$40.00 per sport

\$100.00 all year

\$120.00 family plan

If your Son/Daughter does not make the a team. Participation fee refunds will be made upon request.

In addition, there will be no refund of participation fee once contest/season play begins.

(Participation fee request for refund can be made to District Athletic Coordinator and ASB Secretary).

In addition, individual sports may charge a fee for consumable items. (Prices are subject to change.)

If you have any questions, please call the Athletic office (360) 652-4505



LAKWOOD HIGH SCHOOL
ATHLETIC REGISTRATION
2009 - 2010

Student Name: (Last) (First) (M) (Grade)

Home Address: (City) (State) (Zip)

False information may result in the loss of Athletic Eligibility and the forfeiture of team games.

- 1. Do you reside within the Lakewood School District? Yes ___ No ___
2. Are you a new student to the Lakewood School District? Yes ___ No ___
3. Do you reside with your parent(s) or legal guardian(s)? Yes ___ No ___
4. Are you currently enrolled in at least four (5) subjects Yes ___ No ___
5. Are you a new student in the Lakewood School District this year? Yes ___ No ___
6. Did you attend at least 15 weeks of previous semester/10 week of previous trimester Yes ___ No ___
7. Were you enrolled as a full time student and did you pass all your classes last semester/trimester, if NO, How may did you fail?

PERMISSION FOR ATHLETIC PARTICIPATION ~ I hereby request that my son/daughter be permitted To participate in Lakewood Athletics

ANY SPORT/CLUB LISTED OR ONLY THE SPORT(S) CHECKED BELOW:

- ___ Cross Country; ___ Football; ___ Soccer; ___ Volleyball; ___ Cheer; ___ Boys Basketball
___ Girls Basketball; ___ Wrestling; ___ Baseball; ___ Golf; ___ Soccer; ___ Softball;
___ Tennis ; ___ Track

PHYSICAL EXAM - Please attach a copy of current physical.
(please be aware, Doctor needs to sign if physical is good for 13 or 24 months).
EMERGENCY CARD - Please fill out and attach emergency contact information.

SPORT SAFETY FORM - Please attach a copy of the sport specific safety form.

LAKWOOD SCHOOL DISTRICT EXTRA-CURRICULAR ACTIVITIES CODE.

I, the undersigned, have read the on-line copy of the Extra-curricular Activity Code as well as any additional rules and regulations of an individual extra-curricular activity. I realize that participation in extra-curricular activities is voluntary - District Policy 4247.

WARNING AND AGREEMENT TO OBEY INSTRUCTIONS ~ I am aware that playing or practicing to play in any sport can be dangerous activity involving MANY RISKS OF INJURY which, in some cases, may be serious in nature. I understand that the dangers and risks of playing or practicing in interscholastic sport(s) include but are not limited to death, serious neck and spinal injuries, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well being. Because of the dangers of participating in the interscholastic sport(s), I recognize the importance of following coaches' instructions. I further understand that by following the instructions provided by the district, the risk of injury described above may be reduced; but that due to the nature of the sport I have selected, there is still risk of injury regardless of the precautions taken or procedures followed

INSURANCE ~ I understand that my son/daughter cannot participate in interscholastic athletics unless he/she is covered by a student insurance coverage plan or a plan provided by the family.

Check one ___ I have medical insurance coverage with (company name) which covers high school athletics.
___ I will purchase secondary school insurance.

STUDENT ~ I have read, understand and agree to abide by the information provided on this form.

Student signature Date

PARENT/GUARDIAN ~ I have read the Lakewood School District's Warning and Agreement to Obey Instructions and understand its terms. I request the Lakewood School District permit my child to try out for his/her school's athletic team(s) and to engage in all activities related to the team in the sport(s) indicated on this form.

Parent/Guardian Signature Date

PREPARTICIPATION HISTORY AND PHYSICAL EXAMINATION

This form is not required as long as the conditions of 18.13.0 are met.

Name: _____ Birth Date: _____ Exam Date: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Sport: _____

HISTORY

- | | Yes | No | |
|-------|--------------------------|--------------------------|--|
| 1 a. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any illness/injury recently, or do you have an illness/injury now? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had a medical problem, illness or injury since your last exam? |
| c. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any chronic or recurrent illness? |
| d. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any illness lasting more than a week? |
| e. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been hospitalized overnight? |
| f. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any surgery other than tonsillectomy? |
| g. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any injuries requiring treatment by a physician? |
| h. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any organ missing other than tonsils (appendix, eye, kidney, testicle, etc.)? |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Are you presently taking ANY medications (including birth control pill, vitamin, aspirin, etc.)? |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have ANY allergies (medicines, bees, foods, or other factors)? |
| 4 a. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had chest pain, dizziness, fainting, passing out during or after exercise? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Do you tire more easily or quickly than your friends during exercise? |
| c. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any problem with your blood pressure or your heart? |
| d. | <input type="checkbox"/> | <input type="checkbox"/> | Have any close relatives had heart problems, heart attack or sudden death before they were age 50? |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any skin problems (acne, itching, rashes, etc.)? |
| 6 a. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had fainting, convulsions, seizures or severe dizziness? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have frequent severe headaches? |
| c. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a "stinger" or "burner" or "pinched nerve"? |
| d. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been "knocked out" or "passed out"? |
| e. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a neck or head injury? |
| 7. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had heat exhaustion, heat stroke, heat cramps or similar heat-related problems? |
| 8. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had asthma, or trouble breathing, or cough during or after exercise? |
| 9 a. | <input type="checkbox"/> | <input type="checkbox"/> | Do you wear eyeglasses, contact lenses or protective eye wear? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any problem with your eyes or vision? |
| 10. | <input type="checkbox"/> | <input type="checkbox"/> | Do you wear any dental appliance such as braces, bridge, plate, retainer? |
| 11 a. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a knee injury? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had an ankle injury? |
| c. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever injured any other joint (shoulder, wrist, fingers, etc.)? |
| d. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a broken bone (fracture)? |
| e. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a cast, splint, or had to use crutches? |
| f. | <input type="checkbox"/> | <input type="checkbox"/> | Must you use special equipment for competition (pads, braces, neck roll, etc.)? |
| 12. | <input type="checkbox"/> | <input type="checkbox"/> | Has it been more than 5 years since your last tetanus booster shot? |
| 13. | <input type="checkbox"/> | <input type="checkbox"/> | Are you worried about your weight? |
| 14. | <input type="checkbox"/> | <input type="checkbox"/> | FEMALES: Have you any menstrual problems? |
| 15. | <input type="checkbox"/> | <input type="checkbox"/> | Have you any medical concerns about participating in your sport? |

***** ATHLETE SHOULD NOT WRITE BELOW THIS LINE *****

EXAMINER'S COMMENTS ON ALL "YES" ANSWERS (refer to question number):

THIS PHYSICAL IS GOOD FOR – 13 MONTHS _____ 24 MONTHS _____

Doctor Signature

Doctor Signature

PHYSICAL EXAMINATION

Name: _____ Birth Date: _____ Exam Date: _____
 Optional

Age: _____ Pulse: _____

Height: _____ Blood Pressure: _____

Weight: _____ Visual Acuity: Left 20/ _____
 Right 20/ _____

Urinalysis:

Body Fat %

HCT:

EST VO2 Max:

Audiometry:

Normal			Abnormal	
<input type="checkbox"/>	1.	Head	<input type="checkbox"/>	_____
<input type="checkbox"/>	2.	Eyes (pupils), ENT	<input type="checkbox"/>	_____
<input type="checkbox"/>	3.	Teeth	<input type="checkbox"/>	_____
<input type="checkbox"/>	4.	Chest	<input type="checkbox"/>	_____
<input type="checkbox"/>	5.	Lungs	<input type="checkbox"/>	_____
<input type="checkbox"/>	6.	Heart	<input type="checkbox"/>	_____
<input type="checkbox"/>	7.	Abdomen	<input type="checkbox"/>	_____
<input type="checkbox"/>	8.	Genitalia	<input type="checkbox"/>	_____
<input type="checkbox"/>	9.	Neurologic	<input type="checkbox"/>	_____
<input type="checkbox"/>	10.	Skin	<input type="checkbox"/>	_____
<input type="checkbox"/>	11.	Physical Maturity	<input type="checkbox"/>	_____
<input type="checkbox"/>	12.	Spine, Back	<input type="checkbox"/>	_____
<input type="checkbox"/>	13.	Shoulders, Upper extremities	<input type="checkbox"/>	_____
<input type="checkbox"/>	14.	Lower extremities	<input type="checkbox"/>	_____

Assessment: Full participation
 Limited participation (describe limitations, restrictions):

Participation contraindicated (list reasons):

Recommendations (equipment, taping, rehabilitation, etc.):

DATE: _____ EXAMINER'S SIGNATURE: _____

EXAMINER'S PHONE: () _____ PRINT EXAMINER'S NAME: _____

PHYSICAL IS GOOD FOR 13 MONTHS _____ 24 MONTHS _____

LAKWOOD SCHOOL DISTRICT EXTRA-CURRICULAR ACTIVITIES CODE

PHILOSOPHY

It is the desire of the Lakewood School District that each student reach his or her academic potential. The Lakewood School District also recognizes the importance of extra – curricular activities in that they can enrich a student with lifetime experiences. Therefore stronger academic standards are an expectation for those participating in extra-curricular activities, yet opportunity is provided for the incentive to improve if one has fallen short of the Lakewood School District academic standards. This expectation and policy applies to any optional, non-graded club, sport, or activity supported with ASB funding.

LAKWOOD HIGH SCHOOL OPERATIONAL PROCEDURES FOR POLICY #4247

I. GENERAL REGULATIONS

- A. Washington Interscholastic Activities Association rules must be followed in all cases of eligibility, transfer, physical examinations, insurance coverage, starting dates, use of school equipment, etc.
- B. An athlete who wants to change sports must first talk to the varsity coach of each sport.
- C. Participants must travel to and from contests away from Lakewood in transportation provided by the school. The only exceptions permitted are:
 - 1. Injury to a participant which would require alternate transportation, and
 - 2. Arrangements between the participant's parents/ guardian and the coach/ advisor for the student to ride with parent/ guardian.
- D. An extra-curricular activity season shall be that portion of a school and/ or calendar year during which regularly scheduled practices, turnouts, rehearsals, games, events, contest, or awards banquet for the specific activity are conducted under the direct supervision of an approved Lakewood School District employee.
- E. Completion of the activities season is required in order for the student to be eligible for letter or other team or individual awards. (Exception: injury, which limits participation.) No awards shall be given to any student suspended for the remainder of the Extra-curricular Activity Season. (Step 3 violation under citizenship standards)
- F. An athlete who has been injured and has had medical treatment under the supervision of a physician cannot participate until a signed release from the doctor is presented to the head coach. The release form will be kept on file by the school administration and/or coach.

- G. School-owned equipment and uniforms checked out by a participant in any extra-curricular activity are his/her responsibility. The loss, misuse or damage of equipment or uniforms will be the financial obligation of the participant. Participants will not be allowed to compete in another sport until all previous obligations are fulfilled.
- H. A participant is expected to attend all scheduled practices, meetings, contest, and performances, whether or not the school is in session. If it is found necessary to miss such, prior arrangements must be made with the advisor /coach.
- I. A participant shall not engage in conduct detrimental to the group or to the school.
- J. A participant shall not steal or use another's property with out permission.
- K. A participant shall not use, consume, possess, transmit, or sell alcoholic beverages, drugs, drug paraphernalia, narcotics, or tobacco (including smokeless tobacco.)

II. PARTICIPANT ATTENDANCE REQUIREMENTS

A participant must be in school the entire day in order to participate in an extra-curricular activity that day. An exception would be if a participant had a pre-approved medical appointment that prevented attendance, in which case, the participant must present to the attendance supervisor, a signed statement from the doctor, parent, etc., regarding the absence. Extenuating circumstances or school-related circumstances must be approved by the administration.

III. CITIZENSHIP STANDARDS

Citizenship is defined as responsibility to oneself, others, school and to their community.

- A. All participants shall be an example of good citizenship in the school building, classroom and extra-curricular activity program. Conduct, which materially and substantially interferes with the educational process, is prohibited.
- B. Any participant referred to the administration as a direct referral for disruptive behavior/violation of school rules/fighting/disrespect/defiance/truancy/leaving campus without permission/failure to serve detention, etc. will be dealt with as follows: (A reasonable effort will be made to notify parents by letter or phone in a timely manner.)

First Direct Referral: Upon the first direct referral, that requires *administration action, the participant will be made aware of the consequences of his/her actions.

Second Direct Referral: Upon the second direct referral, that requires *administration action. The participant will be made aware of the consequences of his/her actions. Parent notification will be made.

- Third Direct referral: Upon the third direct referral requiring *administration action, the participant will be declared ineligible from competition, events or performances for the following will (not less than encompassing five school days; minimum of one event, maximum of two). The participant may practice during this time.
- Fourth Direct Referral: Upon the fourth direct referral requiring *administration action, the participant will be suspended from all extra-curricular activities and the team for the remainder of the season. A participant suspended from a team for the season will not be eligible for lettering.
- School Suspensions: If a participant is suspended for longer than one period either in ISS or out of school, he/she is unable to practice or compete that same day.

* = More than an hour of detention

IV. DRUGS /ALCOHOL/PRODUCTS CONTAINING ALCOHOL

The Lakewood School District recognizes that chemical dependency is a serious illness and the use of illicit substances is a violation of the law. The administration /coach/advisor will implement the following disciplinary action as a result of a participant's offense for use consumption, possession, transmittal, or sale of alcoholic beverages, drugs, or drug paraphernalia. In addition, a participant is not to remain on site where there is knowledge of illegal substances present on site.

Participants are to leave immediately. The substance abuse offenses/violations mentioned above will accumulate through the participant's High School extra-curricular career seasons (transfer records from another school will be counted) and will invoke the following disciplinary action: (Carry over from season to season will occur if the consequence has not been fulfilled within the current season.)

A. Offenses occurring away from school or away from a school sponsored event.

1. First offense during high school
 - a. While participating during an extra-curricular activity season, the participant will be suspended for fourteen (14) calendar days from participating in a minimum of one game, performance, contest, competition or event. During the fourteen (14) calendar days, the participant must meet with the school counselor.
 - b. After the fourteen (14)-calendar day suspension period, the participant and parent(s) will meet with the coach/advisor, school administrator and/or counselor to discuss the offenses and determine if the participant completed

the requirements set during the suspension. If the participant has complied with the requirements of this suspension, he/she will be reinstated immediately for participation in the extra-curricular games, performances, contests, competition or event. If the participant has not complied with the requirements of this code, the participant will immediately be suspended for the remainder of the extra-curricular activity season.

2. Second offense during high school
 - a. Suspension for the remainder of the extra-curricular activity season. The participant will be required to submit to a drug/alcohol assessment by an approved community agency or individual within ten (10) school days from the date of the incident. Written verification of completion, results and recommendations of the drug/alcohol evaluation will be provided to school authorities. This will be done at the participant's own expense.
 - b. The participant must complete the drug/alcohol assessment prior to any participation in the next extra-curricular season.
3. Third offense during High School
 - a. Suspension from participating in all extra-curricular activity/programs within the Lakewood School District, for the remainder of the participant's High School career.
 - b. A participant who has completed an approved treatment program and provides required recommendations from that treatment program would be given an opportunity to appeal for reinstatement of eligibility. This appeal must be submitted in writing to the school administration.

B. Offenses occurring at School or at a School Sponsored Event

1. First offense during high school
 - a. Sanctions under school building procedures
 - b. While participating during an extra-curricular activity season, the participant will be suspended for fourteen (14) calendar days from participating in a minimum of one game, performance, contest, competition or event. After the fourteen (14) calendar day suspension period, the participant and parent(s) will meet with the coach/advisor, school administrator and/or school counselor to discuss the offense and determine if the participant completed the requirements set during the suspension. If the participant has complied with the requirements of the suspension, he/she will be reinstated immediately for participation. If the participant has complied with the requirements of this suspension, he/she will be reinstated immediately for participation in the extra-curricular games, performances, contest, competition or events. If the participant has not complied with the require-

ments of this code, the participant will immediately be suspended for the remainder of the extra-curricular activity season.

2. Second offense during high school
 - a. Sanctions under school building procedures
 - b. Suspension for the remainder of the extra-curricular activity season. The participant will be required to submit to a drug/alcohol assessment by an approved community agency of individual within ten (10) school days from the date of and incident. A urinalysis must be completed within 24 hours of the stated infraction. The assessment and urinalysis are to be paid for by the participant. Written verification of completion, results and recommendations of the drug/alcohol evaluation will be provided to school authorities.
 - c. The participant must complete the drug/alcohol assessment prior to any participation in the next extra-curricular season.
3. Third offense during high school
 - a. Sanctions under school building procedures
 - b. Suspension from participating in all extra-curricular activity programs within the Lakewood School District for the remainder of the participant's High School career.
 - c. A participant who has completed an approved treatment program and provides required recommendations from that treatment program would be given an opportunity to appeal for reinstatement of eligibility. This appeal must be submitted in writing the school administration.

V. TOBACCO USE/POSSESSION

The Lakewood School District recognizes that the use/possession of tobacco, including smokeless tobacco, is a potential health hazard and is addictive in nature. The use or possession of tobacco by a participant during the activity season will not be tolerated. Participants who violate this regulation will be subject to the following action:

1. First offense during high school
 - a. The student will be counseled on the hazards of tobacco to his/her health and will be restricted from participation in the activity for one game, performance, contest competition, or event.
 - b. Opportunity for participation in a smoking cessation class will be offered to the participant at the participant's expense.

2. Second offense during high school
 - a. The participant will be counseled again on the hazards of tobacco to his/her health and will be restricted from participation in the activity for two games, performances, contests, competitions or events.
 - b. Participation in smoking cessation class will be required of the participant at the participant's expense. Should the participant fail to attend the smoking cessation class, he/she will be restricted from further participation in any extra-curricular activity until he/she has done so.
3. Third offense during high school
 - a. The participant will be suspended from participation in the activity for the remainder of the extra-curricular activity season.
 - b. The participant must complete a smoking cessation class at the participant's expense, and a report of such completion must be presented to the coach/ advisor or an administrator before the participant can become eligible for future participation in any extra-curricular activity.
4. Fourth offense during high school
 - a. Suspension from participation in all extra-curricular activity programs within the Lakewood School District for the remainder of the participant's high school career.
 - b. A participant who has completed an approved treatment program and provides required recommendations from that treatment program would be given an opportunity to appeal for reinstatement of eligibility. This appeal must be submitted in writing to the school administration.

VI. OTHER UNDESIRABLE STUDENT BEHAVIOR

Undesirable student behavior not covered in the above, including, but not limited to, violations requiring administrative action as established in the Lakewood High School Student Handbook, theft or malicious destruction of a school or individual's property will be dealt with as follows:

1. First Offense
 - a. Suspension for at least the next scheduled event.
2. Second Offense
 - a. Suspension for the remainder of the extra-curricular activity season.

**VII. ACADEMIC ELIGIBILITY
ACADEMIC STANDARDS:**

Lakewood High School Academic Standards:

In order to participate in an extra-curricular event, production, or competition a student must have passed all of his or her classes and have at least a 1.7 grade point average from the previous semester. A student that does not meet these minimum requirements is ineligible for the first five weeks of the semester pending appeal.

WIAA Academic Standards:

If a student does not meet the WIAA eligibility standard (passing 4 out of 6 classes in the previous semester) he or she is ineligible for the first five weeks of the semester.

Ineligibility:

1. Students that are ineligible may practice but may not participate in any events, productions, or competitions.

Appeals:

1. If a student meets the WIAA eligibility standard but does not meet the Lakewood School District eligibility standard he or she may appeal for the right to go on probation after 3 weeks of events, productions or competitions.
2. A student is allowed 2 appeals total in his or her high school career.

Appeal Process:

1. A student may appeal for probation during the first 5 weeks of the semester but after 3 weeks of events, productions or competitions.
2. The student is responsible to request, schedule, write and present the appeal.
3. Appeals are submitted to the athletic director.
4. The appeal should include extenuating circumstances, proof of academic improvement and a current semester progress report for all classes.
5. Appeals are heard by a committee consisting of the athletic director, assistant principal, a coach, activity advisor and a teacher that is neither a coach or activity advisor. The coach or activity advisor may not be the student's coach or advisor at the time of the appeal.
6. The committee shall remain constant for the year except in the event the appeal is from the coach's or advisor's student.
7. If the appeal is granted the student is placed on probation for the remainder of the 5 week ineligibility period.

Probation:

1. A student placed on probation may participate in events, productions or competitions.
2. The student must participate in 2 hours per week of academic tutoring. The student is responsible for recording the tutorial time, acquiring teacher verification, and submitting the time to the athletic director at the end of the probationary period.

3. Failure to compete the required tutoring time will result in automatic ineligibility for two weeks.
4. A student may only have one probationary period during a season for athletics or semester for activities.

Grade checks:

1. Grades for all students under this academic eligibility policy shall be checked at the fifth week of the semester and every two weeks thereafter.
2. Students meeting the Lakewood School District standard shall be eligible for two weeks.
3. Students not meeting the Lakewood School District standard but meeting the WIAA standard for the first time in the season/semester shall be placed on probation for 2 weeks.
4. Students that have missing work that they have the right to make up but are failing because of that work will be placed on a 1-week probation.
 - a. If after one week the student has completed the work and is meeting the Lakewood School District standard he or she will be eligible and excused from the 2 hour per week tutoring requirement.
 - b. If after one week the student has not completed the work and/or is not meeting the Lakewood School District standard he or she will be on probation for 1 week per Grade Checks number 3 above or ineligible for one week per Probation number 4 above.
5. Students not meeting the WIAA standard for the first time in the season/semester shall be ineligible for 2 weeks.
6. Students that have been on probation for 2 weeks or ineligible previously in the season/semester and not meeting the Lakewood School District standard shall be ineligible for 2 weeks.

VIII. DISCIPLINE/ GRIEVANCE PROCEDURE

1. The guiding principles for violations are as follows:
 - a. Penalize the violation
 - b. Degree of violation should not be an overriding concern.
 - c. Proof of violation must be established by any one of the following
 - Positive identification of a student violation by a school employee who is willing to give testimony about the violation. This will require an investigation.

- Accusations made by parents/adults who are willing to testify against an alleged student violation of the code. This must be confirmed through an investigation by appropriate school authorities prior to any disciplinary action.
 - An investigation of a student violation of the code must reveal sufficient evidence to support the allegation. Such investigation must be conducted by the appropriate school administrator or designee.
2. Before any discipline resulting in a suspension from an extra-curricular activity shall take effect, as provided for under these the student shall be verbally advised by the head coach/ advisor or school administrator of the alleged violation of the rules and the student will have the opportunity to explain or justify his or her actions. If, after such informal conference with the student, the head coach/ advisor or school administrator is satisfied that a suspension is justified, the student shall be so notified and the suspension shall then become effective.
3. The grievance procedure for any suspension from an extra-curricular activity program is provided within the Lakewood School District Policy as set forth in WAC 180-40-240. This section of the WAC reads as follows:
- a. Any student, parent or guardian who is aggrieved by the suspension or termination of extra-curricular privileges under these rules shall have the right to an informal conference with the extra-curricular appeal committee (to be determined at the beginning of the year) and shall be entitled to question school personnel involved in the matter being grieved. Composition of the committee shall include the principal, assistant principal, 2 coaches and a staff member.
 - b. If the grievance is not resolved at the informal conference, the student, parent or guardian, upon two (2) school business days' prior notices, shall have the right to present a written and/ or oral grievance to the superintendent of the district or his/ her designee.
 - c. If the grievance is not resolved at the superintendent's level, the student, parent, or guardian, upon two (2) school business days' prior notice, shall have the right to present a written and or oral grievance to the Board of Directors during the Boards' next regular meeting during Executive Session. The Board shall notify the student, parent, or guardian of its response to the grievance within ten (10) school business days after the day of the meeting.

IX. ADVISORS/COACHES STANDARDS

Any additional, specific rules or regulations, not covered above within the Extra-curricular Activity Code, which are established by the advisor/coach of a specific activity must be consistent with this extra-curricular activity code and must be approved by the administration or athletic director or activities coordinator. Any additional rules and regulations must be in

writing kept on file in the school office, and each participant must be informed of such rules and regulations and be informed of such rules and regulations and be provided a copy of them.

This code is designed to set forth the behavioral standards for extra-curricular participants and to support all of the extra-curricular programs in general. The coach/advisor is to be guided by the code in reaching a determination of the appropriate response to unsatisfactory participant conduct, whether the conduct breaches the code or not. **The school will impose the code violation sanctions on the student; the coach/advisor will impose the sanctions or take corrective action, as that coach/advisor deems beneficial to achieving the goals to the team. This could result in a participant experiencing consequences from the school and coach/advisor for a single act.**

X. VERIFICATION OF UNDERSTANDING

To be eligible for participation in any game, contest, or event, a signed verification by the participant and parent indicating they have received and read a copy of the Extra-curricular Activity Code as well as the specific rules and regulations of an individual co curricular activity must be submitted annually by the parent or participant and kept on file in the school office.

I, the undersigned, have received and read a copy of this Extra-curricular Activity Code as well as any additional rules and regulations of an individual extra-curricular activity. I realize that participation on extra-curricular activities is voluntary.

Parent/Guardian

Date

Extra-curricular Participant

Date

**LAKWOOD MIDDLE SCHOOL
OPERATIONAL PROCEDURES FOR POLICY #4247**

- I. Washington Interscholastic Activities Association rules must be followed in all cases of eligibility, transfer, physical examinations, insurance coverage, starting dates, and use of school equipment.
- II. Transportation:
 1. The Lakewood School District will provide transportation for participants both to and from the location of contests during the normal school day.
 2. Students may ride home from an event with parents/guardians if permission is granted by the coach and a note of release from the parent is received. Students may not ride home with another parent regardless if consent is given from the student's parents/guardians.
 3. Injury to a participant may result in alternate transportation if needed.
- III. All participants are expected to conform to the rules of scholastic eligibility, participation, and training as prescribed by the Washington Interscholastic Activities Association, the Lakewood School District, and the LMS coaching staff and athletic director.
- IV. Uniforms and Equipment: School owned equipment and uniforms checked out by a participant in any extra-curricular activity is the responsibility of the participant. The loss, misuse, or damage of equipment or uniforms will be the financial obligation of the participant. Participants will not be eligible to participate in further activities until previous financial obligations are fulfilled.
- V. Attendance: A participant must be in school the entire day in order to participate in practice and/or competitions. A student missing any part of the day during a competition day may not travel with the team. An exception would be if a participant had a preapproved medical appointment that prevented attendance, in which case the participant must present to the attendance supervisor a signed statement from the doctor or parent/guardian regarding the absence. Extenuating circumstances or school related circumstances must be approved by an administrator or athletic director.
- VI. An extra-curricular season shall be that portion of a school and/or calendar year during which the regularly scheduled practices, turnouts, rehearsals, games, events, contests, or awards banquet for the specific activity are conducted under the direct supervision of an approved Lakewood School District employee.
- VII. An athlete that has been injured and has had medical treatment under the supervision of a physician cannot participate until a signed release from the doctor presented to the head coach. The release form will be kept on file by the school administrator or coach.

- VIII. Academic Eligibility: All LMS students participate in extra curricular activities are required to maintain a minimum 2.0 GPA, with no Fs. Grade checks will be initiated the second week of practice and then two weeks thereafter. Students not meeting the minimum standards after one grade check may practice but not participate in competitions. If a student does not meet the minimum requirements after a second grade check, the student will not be able to practice or play for the remainder of the season.
- IX. General Practice and Game Specific Rules and Regulations.
- A. Suspension from school means that the participant cannot practice nor play in games or activities while under suspension. This includes in-school suspension.
- B. A missed practice is unexcused when a coach is not notified prior to practice in writing with parental permission that the participant will be absent and is considered an unexcused absence.
- 1st = loss of playing time
 - 2nd = loss of next game
 - 3rd = removal from team
- X. Tardiness
- A. At coach's discretion, consequences for tardiness may result in disciplinary action up to and including revoking playing privileges.
- XI. Discipline Grievance Process
- A. The guiding principles for violations are as follows:
- Penalize the violations.
 - Degree of violation should not be an overriding concern
 - Proof of violation must be established by any of the following:
 - Positive identification of a student violation by a school employee who is willing to give testimony about the violation. This will require an investigation.
 - Accusations made by parents/adults who are willing to testify against an alleged student violation of the code. This must be confirmed through an investigation by appropriate school authorities prior to disciplinary action.
 - An investigation of a student violation of the code must reveal sufficient evidence to support the allegation. Such investigation must be conducted by the appropriate school administrator or designee.
- B. Before any discipline resulting in suspension from the extracurricular activity program shall take effect, as provided for under these, the student shall be verbally advised by the head coach and/or athletic director or school administrator of the alleged violation of the rules and given the opportunity to explain or justify his or her actions. If, after such informal conference with the student, the head coach and/or athletic director and administrator is satisfied that the suspension is justified, the student shall be so notified and the suspension shall then become effective.

- C. The grievance procedure for any suspension from an extracurricular activity program within the Lakewood School District Policy is set forth in WAC 180-40-240. This section reads as follows:
- a. Any student, parent or guardian who is aggrieved by the suspension or termination of extra-curricular privileges under these rules shall have the right to an informal conference with the extra-curricular appeals committee and shall be entitled to question school personnel involved in the matter being grieved. Composition of the committee shall include the principal, assistant principal, 2 coaches, and a staff member.
 - b. If the grievance is not resolved in the informal conference, the student, parent, or guardian, upon two school business days prior notice, shall have the right to present a written and/or oral grievance to the superintendent of the district or his or her designee.
 - c. If the grievance is not resolved at the superintendent's level, the student, parent, or guardian upon two school business days prior notice, shall have the right to present a written and/or oral grievance to the Board of Directors next regular scheduled meeting during Executive Session. The Board shall notify the student, parent, or guardian of its response to the grievance within ten school business days after the date of the meeting.

Code of Conduct

1. It is the policy of all activity departments at Lakewood Middle School to prevent and prohibit the possession, use, sale, distribution, and/or intent to distribute any illegal or controlled mood-altering chemical, medication, look-a-like drugs or abused chemical, including tobacco and alcohol, by any student involved in any activity sponsored by LMS. Consequently, should any member of the school's administration, faculty, or coaching staff witness or have evidence of a student's use of, being in possession of, or under the influence of any of the previously mentioned substances, that student will be dealt with in accordance with the Lakewood School District activities discipline procedures.
2. Hazing: Abusive or humiliation tricks or ridicule. Any activity that is determined to be of a hazing nature will not be tolerated. Any hazing occurring during practices, games, or to and/or from a competition will be dealt with according to the Lakewood School District discipline policies.
3. Other Undesirable Student Behavior: Undesirable student behavior not covered in the above, including, but not limited to violations requiring administrative action as established in the Lakewood Middle School Handbook, theft or malicious destruction of school related or individual's property will result in a suspension for one event for the first offense and suspension from the team/activity for the remainder of the season for a second offense.

Code of Conduct (Continued)

4. Misconduct: Any behavior that does not represent LMS in a positive manner. Misconduct will be addressed by the individual coaches and/or athletic director. The penalty imposed will range from additional running to dismissal from the team depending on the nature and severity of the infraction.



LAKEWOOD ATHLETE EMERGENCY CONTACT INFORMATION

Name _____ Birth date _____
(Please Print) Month/Date/Year

Medical History _____
(broken bones/concussions, etc.)

Father's Name _____ Home phone _____ Cell # _____

Mother's Name _____ Home phone _____ Cell # _____

Address _____ City _____ Zip Code _____

Father's Employer _____ Business Phone _____

Mother's Employer _____ Business Phone _____

(If student is not living with parents, fill in the information line below)

Name _____ Address _____ Phone _____

Alternate Person to be notified _____ Phone _____

Physician of first choice _____ Phone _____

Preferred Hospital _____ Phone _____

If the parents and/or authorized physician named above cannot be reached at the time of an emergency, and if immediate observation or treatment is urgent in the judgment of the school authorities, do you authorize and direct the school authorities to send the student to the hospital or doctor most easily Accessible and for such doctor to render such observation and treatment as is immediately necessary?

Yes _____ No _____

Parent Signature _____ Date _____

Lakewood School District Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
|--|--|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Lakewood School District
Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date