



LAKE CENTRAL HIGH SCHOOL ATHLETIC DEPARTMENT

Athletic Director: Chris Enyeart, Ext. 2051
Athletic Secretary: Kathy Kapelinski, Ext. 2041

Assistant Athletic Director: Jeff Sandor, Ext. 2028
Activities Athletic Secretary: Erin Graves, Ext. 2054

January 18, 2017

MEMORANDUM FOR STUDENT-ATHLETE ATTIRE

SUBJECT: Student-Athlete Attire

1. Background

With a public school of approximately 800 student athletes and the amount of visitors, community members, contractors and school staff that both observe and come into contact with our student-athletes we need to be cognizant of our appearance and how others view the items that we wear during in-season practices/events and off-season conditioning programs. We also often train in mixed company and since the majority of our student-athletes are minors we must protect them from situations that could be deemed inappropriate. School approved uniforms are always permitted to be worn at practices and/or events.

2. Expectation

a. Boys

- 1) Activity appropriate shorts/pants are to be worn. Compression shorts/pants can be worn as an undergarment.
- 2) Activity appropriate shirts must be worn at all times, shirtless is not an option.
- 3) Activity and area appropriate shoes must be worn at all times.

b. Girls

- 1) Activity appropriate shorts/pants are to be worn (compression shorts/pants, leggings and spandex are acceptable).
- 2) Activity appropriate shirts must be worn at all times, sports bras must be worn as an undergarment.
- 3) Activity and area appropriate shoes must be worn at all times.

c. Weight Room and Cardio Room

- 1) T-shirts with sleeves and shorts must be worn as a minimum, skin contact with the benches should be minimized to prevent the potential spread of skin diseases. Equipment that is utilized must be disinfected upon completion of the workout.
- 2) Activity and area appropriate shoes must be worn at all times.

Chris Enyeart
Director of Athletics