

Lake Central High School Athletic Department

STUDENT ATHLETE AND PARENT HANDBOOK



Lake Central Athletics adheres to a structure of Core Values guiding us in making decisions that are best for kids and best for the team. Athletics is a part of the total educational program experience. This should be a positive experience for participants, engaging in high standards and high expectations.

Hierarchy and Faculties for Decision Making:

The Athletic Director shall be the leader of Lake Central Athletics, utilizing the body of coaches to determine appropriate decisions and to facilitate solutions. The body of head coaches shall function as the board of directors, meeting periodically with the Athletic Director to determine the best course of actions to continue moving Lake Central Athletics forward towards success. The Athletic Director shall be directly responsible to the building principal and to the assistant superintendent.

1. Core Values & Mission Statement (page 3)
2. Introductions, Philosophy, Objectives (pages 4-5)
3. Realities of High School Sports, Off-Season Conditioning, Moratorium Week (page 5-6)
4. Student-Athlete Code of Conduct & Expectations (pages 7-10)
5. Required Forms & Fees (page 11)
6. Eligibility (LC & IHSAA) (page 12)
7. Dual Sport Participation, Changing Sports (page 13)
8. Cutting/Try-outs (page 14)
9. Student Managers & Trainers (page 15)
10. Athletic Camp Policy, Athlete Attire Expectations (page 15-16)
11. Athletic Department Awards (pages 16-17)
12. Lake Central Fight Song (page 18)

CORE VALUES

Commitment to Students	Caring
<ul style="list-style-type: none"> -we see that decisions are based on what is best for students -we utilize strategies that work 	<ul style="list-style-type: none"> -we respect and nurture -we value individual diversity -we demonstrate compassion, empathy and tolerance
High Expectations	Team Player
<ul style="list-style-type: none"> -we have challenging programs -we differentiate coaching strategies -we communicate expectations -we prepare students to compete in all areas of academics & athletics 	<ul style="list-style-type: none"> -we make time to collaborate -we work cooperatively for the good of the whole -we help others in time of need -we embrace diverse thoughts/ideas -we build positive relationships
Integrity	Enjoyment
<ul style="list-style-type: none"> -we follow through (walk the talk) -we are accountable & dependable -we are honest with one another -we behave honorably -we exemplify sportsmanship 	<ul style="list-style-type: none"> -we celebrate success -we actively engage students -we provide positive feedback -we promote a sense of belonging

Mission Statement

Lake Central Athletics commit to maximizing academic, social, and athletic achievement of every individual and team.

INTRODUCTION

It is our hope that the athletic department at Lake Central High School can accommodate the interests and abilities of all student/athletes. One of our chief goals is to maximize interscholastic athletic opportunities for the greatest number of participants. Many different athletic programs are available for Lake Central High School students, and we hope that all of our students can benefit from participation in one or more of these activities.

As coaches, we must wholeheartedly endorse the notion that athletics is an important part of a student's development. Through participation in athletics, students have a chance to develop many lifelong skills and positive values. These values include cooperation, leadership, healthful living habits, self-discipline, integrity, teamwork, respect for rules and regulations, and how to win and lose with grace and dignity. Of course, the better a coach can teach these values, the better chance our athletes have of adopting them as permanent parts of their lives.

Coaches are the most significant factors in building and maintaining a quality athletic program. As coaches, we are charged with making an important contribution to a significant number of young people. We must utilize communication skills, organizational abilities, enthusiasm, teaching techniques and motivational strategies to help youngsters reach their potential. At the same time, we must work tirelessly to produce top-quality athletic programs, which are characterized by teams that consistently play hard, play smart, play fair, and play together.

In education in general, and in athletics in particular, there are many obstacles, which can deter us from reaching the goals we set. Alcohol, drugs, apathy, and family breakdowns are just some of the problems we face. As teachers and coaches, we must constantly adapt and overcome any obstacles that come our way because the lives of young people depend on it. The challenge ahead is to maintain and improve our programs in the face of these obstacles.

The athletic program at Lake Central High School must continue to be a vital part of the educational experience. Our program must contribute to the education and character development of our young people. As we look back, we can see an athletic program that has found many successes. As we look forward, we need to achieve many more.

PHILOSOPHY AND OBJECTIVES

Philosophy

- I. Lake Central High School seeks to provide an extensive program of interscholastic athletics that will meet the needs and interests of students who desire to participate. The administration and coaching staff are primarily concerned with helping students acquire the educational values inherent in a top athletic program.
- II. Athletic participation at Lake Central High School serves as an integral part of a student's educational experience. Experiences gained through athletic participation contribute greatly to the social, emotional, and intellectual development of the student. It is our belief that athletics provides an avenue for students to become better citizens.
- III. Participation in athletics is a privilege which carries with it responsibilities to the school, team, student body, community, and the athletes themselves. Students are expected to be motivated to be the best that they can be. They must compete with pride and within the ideals of good sportsmanship and fair play.

- IV. Lake Central High School's athletic program is administered under the guidelines and jurisdiction of the Indiana High School Athletic Association, the Duneland Athletic Conference, and the Administration and Board of Education of the Lake Central School Corporation.

Objectives

- I. To develop a comprehensive athletic program as an integral part of the pupil's total school experience.
- II. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of each participant.
- III. To provide a continuous program of school-community relations that emphasizes the values of athletics as an integral part of the total educational curriculum.
- IV. To provide opportunities and activities, which closely meet the needs and interests of the student body.
- V. To complement and supplement the general educational goals of the lake Central School Corporation.
- VI. To encourage students to become active participants in the athletic program and to participate in a variety of sports and activities within the program.

Realities of High School Sports

Participation in Lake Central's extracurricular programs is a privilege. We want Lake Central Athletics to be a model for other athletic teams and programs to emulate. Coaches and Athletes are expected to exemplify sportsmanship behavior both on and off campus. Academics are a priority, and participation in extracurricular programs should complement a student's academic schedule and not hinder it.

Lake Central students involved in extracurricular activities have fewer behavior infractions, lower truancy rates, and higher grade point averages than the at-large high school student. We praise the academic accomplishments of our student-athletes along with their athletic successes. However, the personal demands of belonging to an athletic team are great. The following are some points to be mindful when joining one of our sports teams:

1. Vacations should NOT be planned during the playing season.
2. There are NO guarantees for playing time.
3. Student-Athletes are expected to be at ALL practices on time (communication with coach)
4. Lake Central provides students-athletes with a cohesive year-round opportunity to train and condition.
5. Our programs require fundraising efforts to operate.
6. Expectations and commitment of time becomes greater within higher levels of competition.
7. FACILITIES: due to the lack of facility space, some practices may begin at 5-AM and some may not end until 9-PM.
8. Studies and homework are expected to be completed for classes even if a weeknight competition brings teams back to LC at late evening hours.

Off-Season Conditioning

Our coaching staff is expected to conduct opportunities for training and conditioning while out of season. These opportunities also extend into the summer months. Students are strongly encouraged to become multisport athletes at Lake Central. Students who participate in more than one of our varsity programs become more well-rounded athletes and help to contribute to the successes of Lake Central. If an athlete is not involved with a seasonal high school sport, they are encouraged to participate with the off season conditioning of their team. These activities may include:

- Meetings
- Camps
- Strength Training (weight room)
- Core Conditioning
- Competition Strategies

Moratorium Week

The IHSAA mandatory moratorium week during the summer will be the week that includes the 4th of July. Weeks are determined from Monday-Sunday. This is a great time to take a vacation as no team will have a practice or workout and all facilities are closed during this time.

STUDENT-ATHLETE CODE OF EXPECTATIONS

Student conduct during the regular school day, during school-related activities, and at other times is subject to the provisions of the Lake Central High School "Code of Conduct". In addition, the conduct of students who wish to participate in school sponsored athletic programs and extracurricular activities are subject to this Code of Expectations. Because participation in such activities is a privilege, the Code of Expectations addresses conduct beyond that applicable to students in general, to further the expectations, purpose, and integrity of athletic or other extracurricular activities.

The Code of Expectations is a four-year commitment. Once signed, the Code applies to the student's entire athletic/extracurricular career at Lake Central High School on a 24/7/365 basis to conduct both at school and off school grounds. Applicable penalties will be applied whenever the conduct is discovered. That is, Lake Central administration reserves the right to fully investigate conduct which potentially violates the Code whenever evidence is provided, even if the conduct occurred during prior seasons or school years (e.g., conduct occurring during a student's freshmen year may result in a penalty during the student's senior year if not discovered/ reported until that time).

Academic Achievement Extracurricular activities are open to all full time students; however, IHSAA sanctioned sports impose additional standards. IHSAA rules require a student to pass 5 classes per quarter for grades 9, 10, 11, 12. In addition, a student is only eligible to participate in IHSAA sanctioned athletics during the first four years of high school. Once high school has begun, a student has eight semesters to complete eligibility. A student whose 20th birthday occurs prior to or on the scheduled date of the IHSAA state finals in a sport shall be ineligible. (See athletic director or coach for additional information on IHSAA related qualifications and rules.)

Attendance School attendance is required for participation in practices, matches, or performances for all extracurricular and athletic programs. Exceptions include attendance at funerals, required court appearances, college visitations, etc. Any participant suspended (out-of-school) or suspended pending expulsion from school will not be allowed to practice, compete or participate. When a student is absent from school for more than 5 days, a doctor's note must be received before participation in athletic programs may resume.

- **Blue & White Days student-athletes must arrive by 8:48 AM**
- **Early Release Days student-athletes must arrive by 8:02 AM**
- **Student-Athletes must remain in attendance for the remainder of the school day (2:09 PM) unless they provide documentation for the exceptions listed previously.**
- **Student-athletes must attend all 4 periods when their team has a morning practice unless they provide documentation of the exceptions listed above. Any violation will result in the student-athlete sitting the practice or event the following day.**

**Students involved in any athletic program or extracurricular activity
will be subject to the following expectations:**

It is expected that the individual rights of all must be respected and all teammates and participants treated equally. Hazing, harassment, including but not limited to verbal, physical or sexual harassment, intimidation or initiation of athletes or participants in extracurricular activities will not be tolerated.

It is expected that athletes and participants in extracurricular activities will not possess, use, consume or be under the influence of tobacco products, alcohol, controlled substances nor shall they possess related paraphernalia. Substance abuse poses an immediate threat to students and because students involved in athletics and extracurricular activities represent Lake Central High School, they are expected to set positive examples for peers. The student-athlete code of expectations has been instituted as a pro-active approach to a drug-free school and student well-being. The purpose of this code is to provide for the health and safety of students and to undermine the effect of peer pressure by providing another legitimate reason for students to refuse to use drugs, alcohol and tobacco which are detrimental to their health. Violation of these expectations, including detection through the random drug testing program will result in the consequences listed below.

It is expected that athletes and participants in extracurricular activities will adhere to standards of decorum and behavior at the highest level as representatives of Lake Central High School. Theft, acts of violence, fighting, poor classroom behavior, and unlawful conduct will not be tolerated. Conduct unbecoming a Lake Central student-athlete will not be tolerated.

It is expected that athletes and participants in extracurricular activities follow rules established for that activity, including but not limited to those regarding tardiness to team or activity meetings, absences from practice, events, or meetings, disrespect to coach or activity sponsor, acts of unsportsmanlike conduct, and verbal abuse of others involved in the activity.

It is expected that during any athletic season, an athlete will only participate on one team (unless mutually agreed upon by the two head coaches involved). If an athlete quits a sport once games have started, that athlete will not be allowed to participate (either at practice or in competition) for any other team during that season. An athletic team has completed its season when that team has advanced one week into tournament play. This rule can be waived at the coach's discretion. An athlete must finish the season in good standing in order to letter, attend banquets, and receive athletic awards. Uniforms, equipment, and other obligations must be met or turned in before moving to the next sport.

It is expected that all athletes and participants in extracurricular activities use transportation provided by the school corporation. Traveling with the team/group is part of the athlete/ participant's obligation to his/her teammates/co-participants and coaching staff/sponsor. Not riding with the team/group should only be done in a family emergency or a situation where undue hardship is caused by traveling with the team/group. In order for an athlete/participant to travel to or from an event by means other than the team/group transportation, he/she must bring a note signed by a parent/guardian stating with whom the athlete/participant will travel. The athlete/participant will only be released to his/her parent/guardian. Friends, relatives or other students **ARE NOT ACCEPTABLE** as travel alternatives. This note must be in the athletic office and with the activity sponsor, as applicable no less than 24 HOURS PRIOR TO THE TRIP.

The chart below outlines procedures for a Code of Conduct violation.

Type A Violation	Occurrence	Penalty
Being arrested for/testing positive/ or possessing, using, consuming, or being under the influence of a controlled substance or in possession of paraphernalia	1st	Expulsion from athletics/extracurricular activities for 365 days. The expulsion from activities may be reduced to 50% of the current and/or next participating season if the student completes a substance abuse program by a licensed professional (online program not accepted), deliver a certificate of completion to the Athletic Director, referral to their school counselor and completion of 12 school service hours.
	2nd	Permanent expulsion from athletic and extracurricular participation
Type B Violation	Occurrence	Penalty
Possessing, using, consuming, or being under the influence of alcohol	1st	Two game suspension and enrolled in the educational program offered by LCHS weekly. Failure to attend the meeting will result in permanent suspension until the program has been completed.
	2nd	Expulsion from athletics/ extracurricular activities for 365 days. The expulsion from activities may be reduced to 50% of the current and/or next participating season if the student completes a substance abuse program by a licensed professional (online program not accepted), deliver a certificate of completion to the Athletic Director, referral to their school counselor and completion of 12 school service hours.
	3rd	Permanent expulsion from athletic/extracurricular participation
Type C Violation	Occurrence	Penalty
Possession and/or use of tobacco products and electronic or battery operated devices. These devices include but are not limited to vaporizers, JUUL's, MODS, etc.	1st	One game suspension and enrolled in the educational program offered by LCHS weekly. Failure to attend the meeting will result in permanent suspension until the program has been completed.
	2nd	50% suspension of the current season and/or next participating season, enrolled into the educational program offered by LCHS weekly, referral to their school counselor and completion of 12 school service hours.
	3rd	Permanent expulsion from athletic/ extracurricular participation
Type D Violation	Occurrence	Penalty
Unlawful conduct, disruptive conduct, hazing, harassment, non- traffic misdemeanor, conduct unbecoming a Lake Central student-athlete	All	Determined by principal, athletic director, school assistant principal, and/or head coach.

Educational Component Lake Central High School will be offering a one-hour educational course for any student who violates the code of conduct for a Type B or C Violation. This program will be offered weekly throughout the school year.

* **Educational Component for Type A Violation**-Any student who violates the Code of Conduct with a Type A Violation may take part in a substance abuse program by a licensed professional for a 1st offense. At the expense of the family, the student must complete a substance abuse program by a licensed professional (online program not accepted). A letter or certificate of completion must be delivered to the Athletic Director. Once the student completes the substance abuse program and 12 school service hours the 365-day suspension will be reduced to 50% of their current and/or next participating season. A referral to the student's school guidance counselor will be made as well.

** **Educational Component for Type B Violation**-Any student who violates the Code of Conduct with a Type B Violation may take part in the educational program for a 1st and 2nd offense. Upon completion of the educational program for a 1st Offense the suspension will be reduced to a 2 game suspension for Type B Violation of the current season and/or next participating season. For a 2nd Offense of a Type B Violation the suspension may be reduced to 50% of the current season and/or next participating sport upon all of the following being completed. At the expense of the family, the student must complete a substance abuse program by a licensed professional (online program not accepted). A letter or certificate of completion must be delivered to the Athletic Director. Once the student completes the substance abuse program, 12 school service hours and 12 school service hours the suspension of 365 days will be reduced to 50% of their current and/or next participating season.

*** **Educational Component for Type C Violation**-Any student who violates the Code of Conduct with a Type C Violation will take part in the educational program for a 1st offense. The student-athlete will be given a one game suspension and must complete the educational component at the next offering. If a student-athlete does not attend the next meeting they will be suspended for all further contests until they complete the educational program. For a 2nd Offense of a Type C Violation the student will be suspended for 50% of the current season and/or next participating sport upon completion of the educational program, referral to their school counselor and 12 school service hours. Any student who fails to complete these items will be expelled from participation for 365 days until completed.

Combination of Offenses for Type B or C-Any combination of these violations will result in the 2nd penalty being assessed for the most recent code violation; any combination of three of these violations will result in permanent expulsion from athletic/extracurricular participation.

Carry over Penalty Any student-athlete must complete the entire season/activity periods in which there is a penalty assessed in order to complete his or her suspension. Example: A fall athlete gets caught for drinking in January. The athlete decides to go out for a spring sport to serve the penalty. After 5 contests the athlete quits the team. It would not count for completion of the penalty.

Penalty Assessment The method used to determine the number of games for a suspension will be varsity total games allowed for a sport. Varsity scrimmages will be counted. Penalty will use scheduled games whether played or cancelled and will be rounded down to the nearest whole number.

Practice/Travel While Suspended Individual coaches and sponsors will determine whether an athlete/participant is allowed to practice and travel with team/group during a suspension.

Parent Assistance Any parent seeking help or assistance involving his/her child's use of drugs, alcohol, or tobacco, prior to a report or investigation by the school or any involvement with law enforcement, should contact school administration. As a result, the athlete/participant will receive a lesser consequence than what is outlined above. This consequence may include an athletic/participation suspension, drug counseling, and random drug testing. In the case of an athlete, the athletic director and principal will determine the severity of the consequence.

Appeals Participants may appeal suspensions. All appeals must be submitted in writing within five days after a penalty has been assessed. This request should be submitted to the Athletic Director. A committee consisting of at least the athletic director, one high school administrator, and one varsity coach/activity sponsor, as applicable, will be formed to consider any unique circumstances and to review penalties when deemed appropriate.

Required Participation Forms

Prior to being cleared for athletic participation at Lake Central, student must complete and return the following forms to the high school athletic office:

- Register on FinalForms, <https://lakecentral-in.cinalforms.com>
- A completed IHSAA Physical Packet (4-pages)...with both parent and student signatures where applicable (regardless of whether the sport is governed by IHSAA), Consent and Release (page 5)
- Insurance Information Form (if family does not have insurance, then participation waiver must be signed)

A student CANNOT begin participating in a sport until all the above steps have been completed and physical is on file in FinalForms. Once these forms have been reviewed by the athletic office, a "Clearance Card" will be given to the student who will then present it to the coach. This card is a small index card that grants administrative approval for the student to begin athletic participation and acknowledges to the coach that all necessary forms are completed and are on file in the athletic office.

Athletic Department Fees (\$60.00)

Transportation Fee: Fee is \$30.00 (per sport via Skyward)

- This is a required fee for each sport in which the student participates during the school year.
- Athletes are expected to ride the team bus to and from competitions. There are no exceptions, unless emergency circumstances warrant alternative transportation.

Fitness Fee (Weight Room & Training Room): Fee is \$30.00 (per sport via Skyward)

- This is a required fee for each sport in which the student participates during the school year.

Lake Central School Corporation Fees (\$100.00 via Skyward)

- This is a required annual fee for any student participates in athletics during the school year. This fee is separate from all other fees. Fee is payable online at the LC online store or a check to Lake Central School Corporation.

Individual Team Fees

Each sport might have an expected cost for its consumables that student-athletes will use and keep. Lake Central athletics strives to do its best to work with the Athletic Boosters and other donors to keep participation costs to a minimal. Fundraiser events conducted by teams are meant to minimize the cost for equipment, travel, tournament fees...etc.

Eligibility

To Students:

- **Your high school years** will provide some of the most memorable and enjoyable moments you will ever experience. Competition in interschool athletics is a once-in-a-lifetime experience, which will influence you forever.
- **Your participation** in high school athletics is dependent on your eligibility.
- **Keep** that eligibility. Read the following summary of Indiana High School Athletic Association rules which govern your participation.
- **You have 8 semesters** of high school to complete your eligibility.
- **Review** the school rules and team expectations with your parents/guardians. Ask questions of your principal, athletic director/s and coaches.

To Parents:

- **The value** of participating in athletics has been well documented.
- **Participants** earn better grades, have better attendance and have a greater chance for success in later life than non-participants.
- **Students must** meet certain standards in order to maintain the privileges of competition.

At Lake Central High School, athletic eligibility is determined by the following factors:

1. A completed IHSAA physical packet is on file in the athletic office
2. Maintaining No Code of Conduct Violations
3. Remaining in good academic standing, which indicates the following:
 - a. A fulltime student who is enrolled and passing subjects totaling 5-credits/classes for grades 9, 10, 11 and 12.
 - b. Academic eligibility is determined each grading period and again at the end of each semester. A student who becomes ineligible due to poor grades will not be eligible until the next grading period and providing the student has earned the expected number of credits.
4. **ATTENDANCE:** School attendance is required for participation in practices, matches, or performances for all extracurricular and athletic programs. Exceptions include attendance at funerals, required court appearances, college visitations, etc. Any participant suspended (out-of-school) or suspended pending expulsion from school will not be allowed to practice, compete or participate. When a student is absent from school for more than 5 days, a doctor's note must be received before participation in athletic programs may resume.
 - **Blue & White Days student-athletes must arrive by 8:48 AM**
 - **Early Release Days student-athletes must arrive by 8:02 AM**
 - **Student-Athletes must remain in attendance for the remainder of the school day (2:09 PM) unless they provide documentation for the exceptions listed previously.**
 - **Student-athletes must attend all 4 periods when their team has a morning practice unless they provide documentation of the exceptions listed above. Any violation will result in the student-athlete sitting the practice or event the following day.**

DUAL SPORT PARTICIPATION

Definition: *participating in two varsity sports during the same season.*

While not encouraged at LC, dual sport participation is permitted under the following conditions:

- a. the athlete and his/her family are in favor of competing for 2 sport teams
- b. the coaches of the affected sports are in agreement that this is a desirable situation
- c. the coaches of the affected sports, athlete, and athletic director will meet to determine if a schedule for practices and competitions can be mutually agreed upon.
- d. the athlete is expected to practice regularly in both sports.
- e. the athlete will not be permitted to leave practice early in order to attend a practice in the other sport without the permission of both coaches.
- f. the athlete will not be permitted to miss any practices or contests in either sport without the consent of one or both of the coaches.
- g. a prioritized list of contest levels will be established before the first contest of either sport, such as the following:
 1. Contests take precedence over practices
 2. IHSAA tournament games
 3. Conference games
 4. Other tournaments
 5. Non-conference games

The athlete will be required to determine his/her "Primary" and "Secondary" sports. This determination will be used only to resolve scheduling conflicts that arise after the start of the season. If the letter requirements of both sports are met, then the athlete will be eligible to receive letters and awards in both sports. All final authority regarding conflicts and clarification of dual sport participation shall be vested in the Athletic Director.

Changing Sports

- **Same Sport Season**

If a coach cuts a student from a team, the student may join another team or program in that sport season, provided that tryouts for the second sport have not concluded and/or the head coach grants permission. An athlete who quits one sport may join another team in that same sport season, provided that tryouts for the second sport have not been concluded, it is prior to the first interscholastic competition of the original sport, and coaches are in mutual agreement.

- **Different Sport Seasons**

An athlete who quits one sport after the first contest has been completed to join another sport in different seasons may **not do so until the original season is completed**. Special circumstances may dictate exceptions to this practice. Exceptions will be made at the discretion of the athletic director, providing there is mutual agreement among coaches.

Cutting/Try-outs

In some of our sports, cutting a team down to a manageable size is necessary. Each of Lake Central's sport programs will have its own policy on choosing teams and the head coach of the program will be charged with developing and implementing that policy. However, all of our sports should use these principles as contributing factors when determining squad selection: talent, ability, and potential; attitude; attendance; and scholastic performance. Coaches should remind athletes and parents that evaluations are made on a daily basis and those athletes may be cut from a team anytime during the season.

One of the most difficult tasks facing many of our coaches during the first few weeks of practice is cutting athletes from a team. Many of these athletes have chosen to place athletics in a high priority position in their lives. In some cases, athletics has been given the highest priority. A coach must display compassion and sensitivity while conducting this difficult task.

For many reasons, parents have become more visible and involved when judging their son or daughter's ability. Some of these reasons are the following:

1. An over-emphasis on youth sports.
2. The idea that an athlete can receive a "full ride" or partial athletic scholarship to college.
3. The emphasis of sports in the media.

We are not putting down these reasons for parental involvement. Nor are we upset that parents are concerned and interested in what is happening to their children. But with this parental involvement, the coach is now faced with additional responsibility and pressure when making judgments for team selection.

The following suggestions may be useful in heading off potential problems when making team selections. All coaches must keep in mind that the most important element to remember is the well-being of the young athlete who has placed sports in a very high priority position in his or her life.

1. Selection criteria should be set up by the coaching staff and explained to the candidates before try-outs.
2. Allow as many objective methods to be used when evaluating the athletes. Many drills or play-off system can be used where even the athletes have no doubt in their minds.
3. Understand that subjective issues and intangible factors play a role in determining final squad selection. Also understand that while those factors are always present in the coach's mind, they may be difficult for the athlete or parent to comprehend.
4. After the team is selected, the coach should have a short conference with the athlete or athletes that did not make the team and explain the reasons why.
5. Invite the athletes to try-out again next year and encourage them to get involved in church leagues, park districts and summer sports programs. Also encourage them to be a manager or team statistician.
6. Send a form letter to parents stating some of the above information and thanking them for allowing their child to try-out.
7. Cut as early as possible to encourage those cut to get involved in other sports or activities.

Keep in mind that an athletic program does not sell itself. All of us sell our programs. Efforts along these lines can pay big dividends in the future of our programs. Lake Central High School does an excellent job of maintaining a good solid program because of the high caliber of coaches working with our young people.

Student Managers and Trainers

Coaches are responsible for securing student managers for their teams. You are also responsible for their conduct and awards to be presented at the end of the season. It is often difficult to find managers, but a good one is invaluable. Occasionally, a manager might come from the ranks of those athletes who were cut from a team but want to stay involved.

There are a few items to be considered relative to student managers:

1. Take the time to work very closely with your manager.
2. As good as they may be, managers are not adults.
3. Do not allow managers to have your keys for any great length of time.
4. Like your players, a manager has to be supervised at all times.
5. Expect your players to treat your managers with respect.

Student trainers are under the direct supervision of the head athletic trainer. The coach must realize that when the head or substitute adult trainer is not present at a game or practice, the coach is responsible for his/her players. Student trainers can be very helpful and can be an important factor in the success of your team organization. However, student trainers are limited in their abilities, as well as liability. They can provide quality service in the basic training skills such as taping ankles.

Lake Central Camp Policy

- A. All teams are encouraged to offer a camp to our community members. This is a great way to build a positive relationship with parents and students as well as the opportunity to financially support your program
- B. Worker Compensation
 - a. No more than fifty percent (50%) of the camp fees collected may be used to pay for worker compensation. Head coaches are free to determine the amount each worker is paid.
 - b. Any extenuating circumstances as it pertains to the pay of workers may be brought to the attention of the Athletic Director for final determination of additional pay above the fifty percent (50%).
 - c. The remaining balance will be used to pay for any items provided to the campers and deposited into your team athletic account.
 - d. Payment must be for services rendered throughout the camp dates.

Lake Central Athletic Attire Expectations

- A. Background
 - a. 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.

- B. Expectation
- a. Boys
 - i. Activity appropriate shorts/pants are to be worn. Compression shorts/pants can be worn as an undergarment.
 - ii. Activity appropriate shirts must be worn at all times, shirtless is not an option.
 - iii. Activity and area appropriate shoes must be worn at all times.
 - b. Girls
 - i. Activity appropriate shorts/pants are to be worn (compression shorts/pants, leggings and spandex are acceptable).
 - ii. Activity appropriate shirts must be worn at all times, sports bras must be worn as an undergarment.
 - iii. Activity and area appropriate shoes must be worn at all times
 - c. Weight Room and Cardio Room
 - i. 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.
 - ii. Activity and area appropriate shoes must be worn at all times.

Lake Central Athletic Department Awards

Awards sponsored by the athletic department at Seasonal Banquets (Fall, Winter, Spring)

- **Lettering Awards**
 - Criteria: The lettering criteria should be clearly outlined by the coaches of each sport prior to the season and discussed with families at preseason meetings.
 - Junior Varsity (JV/participant): certificate
 - 1st Year Varsity Letter: certificate
 - 2nd Year Varsity Letter: certificate
 - 3rd Year Varsity Letter: certificate
 - 4th Year Varsity Letter: plaque with engraved name plate
- **Most Improved (MIP): patch**
 - Criteria: This is an award that is determined by the coaching staff of each sport and may be presented to any 9,10,11,12 grade student-athlete.
- **Scholar Athlete: certificate**
 - Criteria: The premise of this award is to acknowledge multiple students who are achieving high standards of academics, rather than just a single scholar athlete award. The award is titled “Scholar Athlete Award”, but it acknowledges those student-athletes who have an **“A” average, 3.66 GPA or higher** as a cumulative grade point average for their academic career at LC while participating in athletics. Any 9th, 10th, 11th, 12th grade student-athlete can receive this award if they have a 3.66 GPA average or better for a cumulative GPA. The athletic department will process data for this award.
- **Sportsmanship: patch**
 - Criteria: This award is determined by the coaching staff and may be presented to any 9,10,11,12 grade student-athlete of any sport.

- **Most Valuable Player (MVP):** *patch & plaque with engraved name plate*
 - Criteria: This is an award that is determined by the coaching staff of each sport and may be presented to any 9,10,11,12 grade student-athlete.

- **Pride, Hustle, Desire (PHD):** *certificate*
 - Criteria: This award is determined by the coaching staff of each sport and may be presented to any 9,10,11,12 grade student-athlete. You could interpret this as a mental attitude award, unless you have a routine of declaring a mental attitude award recipient as part of other honors (see below).

- **Rookie of the Year:** *certificate*
 - Criteria: This award is determined by the coaching staff of each sport and should be presented to a student-athlete who is a first-time participant in your sport.

Other Athletic Honors:

- Other awards that your team may recognize (ie: most free-throws, best sprinter, most touchdowns, best freestyler...etc.), but is not directly sponsored by the athletic department are acceptable. Tangible awards for these should be organized and ordered by the coach.

NOTE: Co-award winners are not discouraged by the athletic department, but the best effort should be made by each coaching staff to determine the most deserving single award recipient for each category. Should a co-award winner be determined by the coaching staff, documented justification, such as individual stats should be filed with team records to justify co-ward winners rather than making a decision that is just based on “feeling”.



Lake Central High School

Fight Song

“Fighting Indians”

The fighting spirit of the Indians

Will light the way for victory.

On the field or on the floor,

Give us the ball and just look at us score.

We'll do our best for you Lake Central.

We're gonna beat 'em today.

So give a great big cheer,

For the victors of the year.

The Fighting Indians all the way.

F-I-G-H-T, Fight---Indians Fight.

