

LYLBURN DOWNING MIDDLE SCHOOL ATHLETICS

Dear Parents and Student Athletes,

Welcome to Lylburn Downing Middle School Athletics. Getting involved in school athletic programs is a wonderful way to feel more a part of your school. Regardless of skill level, the development of self-discipline, confidence in abilities and good habits of physical fitness are important in the development of the whole child.

Along with the rewards of athletic participation, there are responsibilities that accompany the choice to become a student athlete. Athletes who wear the uniform of Lylburn Downing Middle School represent the Lexington City School Division at venues throughout Lexington and Rockbridge County. Our expectations for student athletes are high. In addition to academic and behavior standards that apply to student athletes, there are also a variety of rules and regulations that govern participation in our sports programs.

If an athlete, parent, or fan has a concern or question regarding an athletic situation, that individual should talk with the person along the following communication line:
Coach; Athletic Director; Principal; Superintendent.

We at LDMS hope you enjoy your athletic experience. We are open to discuss any concerns you might have with your student athlete regarding academics, health, or other concerns. If there is any matter that may be affecting your student athlete's performance that we should know about, please contact the coach.

The LDMS web page has the tentative sports schedule and is updated on an as needed basis.

Coach's Signature

Appearance, Student Behavior and Citizenship

All athletes are to obey the school dress code. On game days, student athletes must dress appropriately and in a manner that reflects positively on the team. All student athletes are representatives of LDMS and are expected to exercise good judgment and follow directions of the coach at all times.

A student must maintain a satisfactory record of school behavior, academic performance and citizenship. A student who is suspended from school is automatically suspended from all athletic activities for the duration of the suspension. Any student athlete who is ejected from an athletic contest for unsportsmanlike conduct will be suspended for a minimum of one game. If a student's behavior indicates that the student athlete is bringing discredit to himself/herself, the team, and/or the school, the student athlete may be removed from the team.

Eligibility Requirements

Students must be passing in all subjects to be eligible to play in middle school sports. If a student is not passing any subject on a weekly report (Friday) with a grade of a C or above, he/she will not be permitted to participate in games for the following week. The student will remain on the academic ineligible list until he/she is passing in all classes on the weekly report the *following week*. **However, if the student, during the week of ineligibility, establishes a plan (scheduling extra help and make-up sessions, etc.) to work with the teacher of the class he/she is not passing with a grade of a C or above, and in the opinion of that teacher, faithfully executes this plan then he/she may be declared eligible on the following week's report even if the numerical grade does not yet reflect a passing grade of a C or above.** The student will be expected to attend all practices (after seeking academic help), and may be present for competitions. The middle school athletic administrator will be responsible for contacting the coaches with the names of student-athletes who are ineligible. Coaches will then notify the student athlete.

Detention

The following policy for detention applies to all student athletes during the season:

1st detention – sit out first half

2nd detention – sit out entire game

3rd detention – loss of athletic privileges for remainder of the school year

Suspension

Student athletes that are directly suspended out of school are not allowed on school property, and therefore, may not practice or participate in a scheduled game during the suspension. The student athlete may resume practices when reinstated to classes. Student athletes who are suspended out of school for a second time for violation of school rules and/or policies will result in the loss of athletic privileges for remainder of the school year.

Practice

Attending practice is a crucial part of a team's success and development. We ask that players and parents be ready to make the commitment before the competitive season begins. All practices during the season are mandatory. Whether an absence is excused or un-excused will be left to the coach's discretion. If the student athlete absolutely must miss practice, the matter should be discussed with the coach ahead of time whenever possible. If the student athlete should miss practice due to illness, injury, or family matter, a note signed by parents explaining the situation must be presented to the coach prior to the next practice; this will assist the coach in making a determination. Student athletes should be dressed, stretched, and ready to begin at 3:30 on practice days. (Times may vary as necessary). More than one occasion of showing up late will result in an unexcused absence. Student athletes will be notified of any changes as soon as possible. The coach will make every effort possible to minimize these changes, but occasionally they are inevitable. Student athletes must make the effort to ensure they are aware of the weekly schedule.

Student athletes are expected to be present and on time for all team meetings unless other arrangements have been made with the coach. All practices will be closed to parents and others not on the basketball teams unless other arrangements have been made with the coach.

Come prepared and ready to practice. Your coach will show up everyday with a practice preparation and ready to teach, and will expect the student athletes to come and give 100%. There will be a lot of things to go over, and the only way we as a team will benefit is to have committed, hardworking individuals showing up, willing and ready to participate.

Sportsmanship

Athletics at LDMS has earned an outstanding reputation for good sportsmanship. Athletes and fans (students and adults) have always conducted themselves commendably. Everyone is proud of this reputation and works hard to uphold it. Please review the following:

- A student spectator represents his\her school the same, as does the student athlete.
- The good name of the school is more valuable than a game won by unfair play.
- Accept decisions of officials without dispute.
- Recognize and show appreciation of fine play and good sportsmanship by opponents.

Attendance

The student athlete must be present in every class all day to be eligible to practice and play unless unavoidable situations arise and the matter has been discussed with the coach. The Coach, Principal and Athletic Director must approve exceptions to this rule. Un-excused absences will put a student athlete's participation privileges in jeopardy. Absences from practices and/or contests must be with the coach's knowledge and consent. It is the student athlete's responsibility to notify the coach if circumstances prevent him/her from attending practices or games.

Responsibility for Care of Equipment

A student athlete is responsible for the care and security of all uniforms, practice jerseys, and travel uniforms. Any equipment lost or damaged by neglect on the part of the player will be replaced at the expense of the player. Vandalism and destruction of school property will lead to dismissal from the squad. All equipment must be returned to the head coach no later than five (5) days after the end of the season. Replacement cost for damaged or lost items will be the responsibility of the athlete.

Game Transportation

All team members are required to ride the team bus to away games. This requirement may be waived (but only under emergency circumstances) by the parents of students submitting, in writing, a request to the coach at least one (1) day before the event. Athletes leave as a team and return as a team, win or lose. Girls and boys will not sit with each other on the bus at any time.

Bus Behavior Expectations:

- Appropriate Noise Level
- Stay Seated
- Keep Bus Clean/Your area Picked-up
- Open Windows by Permission Only

Parents are expected to pick up their student athlete as scheduled at the estimated return time at LDMS.

Snow Day Procedure

If school is called off during the school day no athletic games or practices will be held. If school is called off before the start of the day no athletic games or practices will be held.

If school is called off and the weather changes, (i.e. sunshine and ice/snow melts), practice may be held but only on an optional basis. The phone tree will be used to contact team members.

Misc. Team Rules

Be respectful of your teammates and coach. Name-calling, harsh criticism, foul language, or rude comments will not be tolerated. If this rule is unclear to a student athlete he/she should discuss it with the coach.

Talking while the coach is instructing is disrespectful and will not be tolerated. Continual violations of any rule will result in dismissal from practice. If a student athlete is asked to leave practice he/she will be counted absent thus jeopardizing participation.

If the coach receives a report from any teacher or principal, (i.e. behavior problems, abuse of classroom rules, etc.), the student athlete will sit out of practice that day. If this occurs on a game day, the student will be notified before game time and will be disciplined accordingly.

If the student athlete must be late or miss practice, he/she must notify the coach. Do not depend on a teammate to deliver the message.

Students excused from Physical Education Class due to illness or injury with a note from parent or physician may not participate in the game, scrimmage or practice on the same date. **Please refer to the LDMS Parent/Student Handbook for information on administering medication.**

The student athlete should **never** question the coach about playing time. The coach may establish reasonable rules for the participation on a specific team at any time. If a student athlete violates team rules, the coach may impose reasonable disciplinary measures. **Being a member of a team is a privilege, not a right.**

Student's Name: _____ Date: _____

Home Address: _____

Home Telephone: _____

Student's Date of Birth (mm/dd/yy): _____

Sport: _____ Grade: _____

I have read and agree to abide by the regulations stated therein. I have also discussed this with my parents (or guardian) and they attest to this by their co-signature below. I further understand that as a **student athlete** I will represent my school with pride and dignity by demonstrating good sportsmanship at all contests (home or away) by exhibiting respect for the coaches, officials, and opponents and displaying a positive attitude in my actions at all times.

The undersigned agrees to be responsible for safe return of all athletic uniforms and equipment issued by the school to the above named student.

STUDENT'S SIGNATURE _____ **DATE** _____

PARENT /GUARDIANS PERMIT

I have read and will comply with all the rules and regulations set forth in the athletic contract/agreement. I also understand that as a **parent** I will represent the school with pride and dignity by demonstrating good sportsmanship at all contests (home or away) by exhibiting respect for the coaches, officials, and opponents and displaying a positive attitude in my actions at all times.

I hereby give my consent for the above named student to participate in LDMS Middle School approved sports. Consent is also given for the above named student to travel to and from athletic events with a school representative in charge.

Although there is a risk of potential injury involved while participating in an athletic program, it is understood that the Lylburn Downing Middle School does not assume any responsibility in case an accident occurs.

The above named student has not suffered any significant illness or injury.

Explanation if necessary: _____

PARENT/GUARDIAN SIGNATURE _____

DATE _____

PARENT EMAIL ADDRESS _____

THIS FORM MUST BE SIGNED AND RETURNED TO THE COACH BEFORE THE ABOVE NAMED STUDENT WILL BE ALLOWED TO PARTICIPATE IN THE INTERSCHOLASTIC SPORT NAMED.

