

**Lebanon City Schools
Student-Athlete Handbook
2018-2019**



**A Guide for Student-Athletes
And Parents in Grades 7 - 12**

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All Required Athletic Participation Forms are available for download and printing through our web site: <http://oh.8to18.com/lebanon>

Schedules, results and athletic news are available at: <http://oh.8to18.com/lebanon>; on Twitter: [@LHS_AthleticDir](https://twitter.com/LHS_AthleticDir)

INTRODUCTION

This handbook has been prepared to provide a framework and guidelines to make your child's participation in the interscholastic athletic program in the Lebanon City Schools an enjoyable experience. Please read the following information carefully, a thorough knowledge of the rules and procedures of the Lebanon City School District and the Ohio High School Athletic Association will help ensure that every student enjoys success during their participation.

The Lebanon City Schools are very proud of the wide variety of athletic activities we offer to our students. These opportunities are a critical part of a student's development as they assist in building leadership and character. We encourage you and your child to become as involved as possible.

The purpose of this handbook is to give student athletes and other interested persons a guide to the operation of interscholastic athletic program of the Lebanon City School District. By definition, cheerleaders are considered student athletes and are accountable for all of the standards, rules and regulations as outlined in this publication.

The student athletes are obligated to conform to the "Student Code of Conduct" as established by the Lebanon City Schools Board of Education, the athletic department substance abuse policy, and any other policies as established by the Lebanon Athletic Department. Student-athletes are also responsible for specific rules and regulations as established by the coaches of each specific sport.

Student Athletes and parents/guardians must understand the payment of a participation fee does not guarantee anything more than the opportunity to exercise the privilege to be a member of a Lebanon City Schools athletic team. A condition of participating in the Lebanon City School's athletic program is the commitment to follow the rules, regulations, policies and procedures established by the district for the implementation of its athletic program. It must also be understood that athletes who violate the rules, regulations, policies and procedures shall face disciplinary action.

The rules of this handbook are in conjunction with the Lebanon High School student handbook, and are in accordance with the Ohio High School Athletic Association's by-laws. The superintendent, principal and athletic director may allow a student who is being educated at home or at a non-district school to participate in one or more of the District's co-curricular or extra-curricular activities providing s/he meets the eligibility criteria established in the junior/senior high athletic handbooks with a minimum of five (5) credits. R.C. 3321.03, 3321.04 A.C. 3301

PHILOSOPHY OF ATHLETICS

The Lebanon City School District considers interscholastic athletics to be an integral part of the school's educational process by providing experiences outside the academic classroom that will assist in educating the student-athlete physically, mentally, socially, and emotionally. We believe that by promoting sportsmanship at all levels, the athletic program instills pride and reinforces a sound value structure, and enhances the individual's self-image, as well as the image of the school district and the community.

MISSION STATEMENT

The Lebanon City School District's Athletic Programs will encourage high levels of participation that will enable Lebanon to be the standard of excellence through:

- Supporting academic success
- Promoting self-discipline, a Call to Serve, and personal development
- Fostering the development of life skills-teamwork, sportsmanship, ethics and integrity

SPORTSMANSHIP

One of our goals is to develop athletes and cheerleaders who demonstrate good sportsmanship. We believe that the basic rules of good sportsmanship consist of:

- Showing respect for opponents at all times
- Showing respect for officials and their decisions
- Knowing, understanding, and following the rules of the contest
- Maintaining self-control at all times
- Recognizing and appreciating skill in performances regardless of affiliation

We believe that being a spectator is a "privilege" and not a "right". It is a privilege to watch the educational process where teams demonstrate what they have learned in the athletic classroom. Spectators will be held accountable for good sportsmanship.

The National Federation of State High School Associations developed a complimentary online course to provide you a better understanding of sportsmanship, how it impacts the educational process and

your specific role in modeling it at all interscholastic athletic events. It may be accessed through this link: <http://www.nfhslearn.com/electiveDetail.aspx?courseID=37000>

Student Athlete Standards

The Lebanon City School district believes that the student-athletes should be held to a higher standard of conduct since participation in athletics is a privilege that may be regulated. Student-athletes should serve as positive role models for other students as well as appropriate representation of the school district.

Student-athletes will conduct themselves appropriately at all home and away contests. Remember that when you represent Lebanon City School district, all policies and procedures are in effect regardless of location.

Student-athletes will continue to maintain athletic eligibility standards (see pages 16-17 in Athletic Handbook).

Quitting or dismissal from a team

It is the belief of the Lebanon Athletic Department, that regardless of playing time, there is great value to be gained through participation in extracurricular activities. We encourage high levels of participation. With this being said, student-athletes at times may find a particular program not of their enjoyment. If this is the case, permission from the Principal and/or Athletic Director may or may not be granted for the student-athlete to participate in another sport of that current season. Student-athletes are encouraged to communicate with coaches in an appropriate manner. If a student-athlete must be removed he/she is deemed to be no longer in good standing, which means that he/she is not eligible to receive any or all awards associated with his/her previous participation.

Athletic Participation Fees

Athletic participation fees must be paid in full within the timelines as designated for each sport season. Parents/Guardians and student-athletes must understand that this fee guarantees only the privilege for participation on a Lebanon City School athletic team, it does not guarantee playing time.

The 2018-2019 participation fees, which are the same as the previous years are:

High School Athletics: \$250.00; Jr. High School Athletics: \$175.00

Athletic Participation Guidelines

- There is no individual or family cap to these fees.

- Any individual failing to make full payment may be immediately denied participation in that sport.

Athletic Participation Fees (Cont.)

- Qualifying families that meet federal standards for specific school programs may apply for assistance from the Lebanon Athletic Boosters through their established policies and procedures. Please contact Ms. Patt Tibbs at 513-934-5314.
- There shall be no refunds provided for any “school-related” issues once the official season has begun.
- School-related issues would include but are not limited to violations of the Lebanon City School District Code of Conduct, the Lebanon Athletic Code of Conduct, quitting a team, or receiving a sport related injury after the season has officially started.
- The start of the “official season” will coincide with starting dates and ending dates of the regular season, as defined by the Ohio High School Athletic Associations.
- Students who have an illness or injury occurring outside of school before the season may apply for a waiver of partial payment based on the percentage of games missed from the illness or injury. Application for waiver will be divided into four quarters (25%) of the regular season events.
- A request letter for a potential waiver of partial fees should be sent directly to the athletic director. The athletic director will consult with the building principal and school district treasurer before making a final decision on a partial waiver.

The Role of Parents in Interscholastic Athletics

“Your child’s success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, resilient, mentally tough, is a great teammate and tries his/her best is a direct reflection of your parenting.”

Communicating With Your Children

- Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- Try your best to be completely honest about your child’s athletic ability, competitive attitude, sportsmanship and actual skill level.
- Be helpful, but don’t coach them. It’s tough not to, but it is a lot tougher for the athlete to be flooded with advice and critical instruction.

Communicating with your children (Cont.)

- Teach them to enjoy the thrill of competition, to be “out there trying”, to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, for having fun, and being a “team player”, i.e. a good teammate.
- Try not to relive your athletic life through your child in a way that creates pressure. Don't pressure your child because of your pride. Athletic children need their parents, so you must not withdraw. Remember, there is a thinking, feeling, sensitive, free spirit out there in that uniform who needs a lot of understanding, especially when their world turns bad. If they are comfortable with you win or lose, then they are on their way to maximum achievement and enjoyment.
- Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will likely become disenchanted. Criticism of the coach to your child puts the athlete in a terrible “No Win” situation.
- Don't compare the skill, courage or attitude of your child with other members of the team.
- Please make every effort to attend the preseason meeting. Get to know the coach(es). Then you can be assured that his or her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his or her leadership.
- Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before overreacting.
- Many times athletes will define all coach criticism as being “yelled at”, and this can lead to overreaction. To quote the Roman Statesman, Lucius Annaeus Seneca, “The greatest remedy for anger is delay.”
- Make a point of understanding courage and the fact that it is relative. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear and discomfort.

Communicating With The Coach

Appropriate Procedure for Discussing Concerns about your Student-Athlete(s)

- The first step in discussing a coaching concern is to establish a meeting with the coach through their respective Athletic Director. Please call and make an appointment (H.S. 513-934-5131; Jr. High 513-934-5339). A time will be established for a meeting for all parties to meet and discuss your concerns.

Communicating with the Coach (cont.)

- Please do not confront a coach before or after a contest or practice. These are emotional times for all parties involved and do not promote resolution.
- If you would like to make a formal complaint, please utilize the Board of Education approved complaint form in handbook.
- Determine the next step at this meeting.

Appropriate Concerns to Discuss with Coaches during the Scheduled Meeting with the respective building Athletic Director and coach

- The treatment of your child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.
- Appropriate and constructive discussion about playing time
- Incidents of hazing and bullying should be reported immediately.

Issues Not Appropriate to Discuss with the Athletic Director and Coaches

- Team strategy and play calling.
- Other student athletes.

Communication You Should Expect from Your Child's Coach

- Philosophy of the coach.
- Expectations the coach has for your child as well as all players on the squad.
- Locations and times of all practices and contests.

Communication (cont.)

- Team requirements
- Procedure should your child be injured.
- Discipline that result in the denial of your child's participation
- Parents are responsible for arranging for timely pick-up of your student and communication with coaches when changes arise.

Communication Coaches Expect From Parents

- Concerns expressed directly to the coach during the scheduled meeting with the Athletic Director.
- Notification of any schedule conflicts well in advance.
- Transportation issues.

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

Lebanon City Schools as a member of the Ohio High School Athletic Association (OHSAA) prescribes to the policies, procedures, constitution and by-laws of the OHSAA as they apply to the Lebanon City Schools student-athletes.

These policies, procedures, constitution and by-laws may be accessed through the Ohio High School Athletic Association's web site: **www.ohsaa.org**.

ATHLETIC CODE OF CONDUCT

PERSONAL MISCONDUCT

ANY ATHLETE WHOSE CONDUCT IS JUDGED TO REFLECT DISCREDIT UPON THEMSELVES, THE TEAM OR THE SCHOOL WILL BE SUBJECT TO DISCIPLINARY ACTION.

SPECIFIC AREAS OF MISCONDUCT, BUT NOT LIMITED TO:

- Violations of the Lebanon Athletic Substance Abuse Policy
- Missing team practices, meetings or pre and post season functions
- Insubordination to game or school officials

Code of Conduct (cont.)

- Violations of policies as set forth by the Ohio High School Athletic Association bylaws and constitution
- Violations of the Lebanon Student Code of Conduct as set forth by the Lebanon Board of Education take precedence over the athletic code of conduct.
- Violations of the Ohio Criminal Code, Ohio Traffic Code, or the Ohio Juvenile Code

*****Disciplinary Appeals Process*****

The disciplinary appeals process begins with the Building Athletic Director.

The next step is to meet with the building principal.

Board Document information can be found online at: www.lebanonschools.org. Please refer to the Board Policy page

DAILY ATTENDANCE REQUIREMENTS

1. An athlete must be in school by 10:30 at the High School and the Junior High School in order to practice or compete that day.
2. An athlete who has an excused absence from school on Friday may compete in Saturday competitions.
3. Special cases may be given permission to participate only at the discretion of the building administration.

SUBSTANCE ABUSE POLICY

USE, SALE, OR POSSESSION OF ALCOHOL, TOBACCO PRODUCTS, OR ILLEGAL DRUGS IS PROHIBITED

- Beginning with the date that the athlete and parent(s) sign the Substance Abuse Policy Acknowledgement, the policy will be in effect for the athlete for a calendar year. There is no “off season” as far as adherence to the substance abuse policy is concerned. This policy is in effect “365 days a year / 24 hours a day”.
- The student athlete will be held accountable for the Substance Abuse Policy on a year-round basis. Cumulative accountability throughout his/her interscholastic career will run from grades nine through twelve. *For example: a violation during the 9th grade followed by a violation in the 11th grade would constitute a second offense circumstance.*
- Violations of which will lead to a denial of participation and/or removal from the Lebanon City School District interscholastic athletic program.
- Lebanon’s Substance Abuse Policy is in effect for all student athletes grades seven through twelve. By definition, cheerleaders and academic team members are also considered student athletes.
- To participate in Lebanon’s interscholastic athletic program, both athlete and parent(s) are required to sign the Substance Abuse Policy Acknowledgement form for each athletic season of participation.
- If a Substance Abuse Policy violation occurs after completion of the athlete’s sporting season, but during the effective calendar year of policy coverage, the athlete must fulfill all facets of the program of reinstatement before his/her next sporting season. If it is a first offense violation, the athlete will be denied participation for 30% of the next season's interscholastic contests.
- Student athletes under the denial of participation penalty for an “out of season” substance abuse violation will be permitted to try out for an interscholastic squad. If the student makes the squad, the 30% denial of participation penalty will be enforced once the regular competition season begins. As with all violations, the athlete must complete all facets of reinstatement procedures to be considered for reinstatement.

Substance Abuse Policy (Cont.)

- If the student-athlete is a multi-sport athlete and the first offense occurs with less than 30% of the regular season contests remaining, the outstanding percentage of the contest penalty will be carried over to the next interscholastic season of participation.
- If the athlete chooses to tryout for another sport in an attempt to satisfy the denial of participation percentage, the athlete must successfully complete the season by definition of the OHSAA official start and end dates.
- If the violation occurs near the end of the sport season a student athlete may be prohibited from attending the awards program for their sport. This decision will be left to the discretion of the head coach, the Athletic Director and the building Principal.
- If a student athlete is implicated in a Substance Abuse Policy violation, the athletic director and/or assistant principal will fully investigate the situation to substantiate or refute the allegation.
- An athlete, who feels that he or she has a substance abuse problem, may personally report this circumstance to the athletic director, coach, or a member of the school teaching staff. The athlete must submit to a professional assessment and undergo three substance abuse counseling sessions, but may continue to participate in athletics. All self-referral information will remain confidential. If the assessment indicates treatment, the athlete must follow through with the program to remain on the squad. Parent(s) may also make referrals on their own student athletes. Procedurally, parent referrals will be treated as self-referrals.
- A self-referral or a parent referral cannot be made in an attempt to circumvent an active investigation into a Substance Abuse Policy violation. One “self-referral” is permitted during an athlete’s interscholastic career at Lebanon. A “self-referral” counts as the first substance abuse violation. A second subsequent violation of the Substance Abuse Policy will result in a denial of participation for one calendar year.
- Self-referrals cannot be made when there has been evidence of police intervention surrounding a violation of the Substance Abuse Policy.

CONSEQUENCES OF SUBSTANCE ABUSE POLICY VIOLATIONS

FIRST OFFENSE: POSSESSION AND/OR USE

- Student athlete is denied participation in Lebanon's interscholastic athletic program for 30% of the total of regularly scheduled interscholastic contests.

(Fractions of athletic contests will be rounded up if they are .5 or more of a contest and rounded down if .4 or less of a contest. For example, in a 16 game regular season schedule, 30% of the contests would be 4.8 games. In this instance, the athlete would be denied participation for 5 games.)

- To be eligible for reinstatement in the interscholastic athletic program the following requirements must be met:
 - a. The student athlete must submit to a professional drug/alcohol assessment. Proof of assessment completion must be provided to the athletic director. The professional assessment agency must be accredited and acceptable to the school district.
 - b. If the assessment indicates treatment procedures, the athlete must follow the prescribed program to be eligible for athletic reinstatement. Parents are permitted to seek qualified "second opinions" of professional assessments. Regardless of assessment findings, three counseling sessions will be required as part of the reinstatement process.
 - c. With a drug/alcohol violation, the student athlete is required to attend three substance abuse counseling sessions.

Given that counseling sessions may extend over a period of time longer than the number of contests dictated by the 30% denial of participation, to proceed with the reinstatement process, the student athlete will need to provide proof of enrollment in a specific counseling program. If at any time the athlete discontinues the counseling program, he/she will be immediately denied participation in the athletic program. This denial of participation will include all subsequent seasons until the reinstatement program is completed.

All proof of program attendance must be reported to the athletic director and is the responsibility of the student athlete.

First Offense (Cont.)

- d. With a tobacco violation (which would include, but not limited to smokeless, e-cigarette and vapes), the student athlete will be denied participation for 30% of the total interscholastic contests for the season and be required to attend a smoke/tobacco cessation program. Upon completion of the smoke/tobacco cessation program, the student athlete may then request an appeal hearing for athletic reinstatement.

All proof of program attendance must be reported to the athletic director and is the responsibility of the student athlete.

- e. For all Substance Abuse Policy violations, the final phase of athletic reinstatement will require a hearing with the student athlete and his/her parent(s) before an appeals board. Parent(s) must accompany the student.

It is the athlete's responsibility to schedule the appeal hearing with the athletic director. The appeals board will consist of the building athletic director, principal, head coach of the athlete's sport, member of guidance department and/or the district substance abuse coordinator.

Upon hearing the appeal made by the student athlete and his/her parent(s), the appeals board will make a recommendation to the principal as to whether reinstatement to the interscholastic program is justified. If the athlete is reinstated, he/she must re-sign the substance abuse pledge form. If the reinstatement appeal is refused, the athlete will be denied participation until the next sports season.

- If the first offense occurs after the end of the athlete's season, but prior to the awards program, the athlete will be denied participation in the awards program due to his/her failure to be in "good standing". The student athlete will receive his/her awards only upon successful reinstatement to interscholastic athletics.
- Student athletes under denial of participation for Substance Abuse Policy violations may practice, but are not permitted to travel with the squad if an away game, nor be associated with the team home or away on game day. He/she is to assume the role of a spectator and sit in the grandstands.
- Positions of leadership (i.e. captain) are forfeited by violation of the Substance Abuse Policy.
- Financial responsibility of the professional assessment and counseling sessions lies with the parent(s) of the student athlete.

First Offense (Cont.)

- A student who has tried out and been selected for a high school squad (grades 9-12) is considered to be a high school athlete at that time. Their first substance abuse violation will be counted as their first offense toward their high school record.
- The number of contests/events to be suspended from can be reduced to 10% if the participant agrees to complete 20 hours of approved community service within 30 days of determination that an infraction has occurred. The student-athlete will work directly with the building Athletic Director on securing an approved community service opportunity, which must be in place to reduce the suspension to 10%.
- Failure to comply with this will add the additional 20% suspension at the end of 30 days and place the individual out of “good standing” and ineligible for any and all post-season awards.

SECOND AND SUBSEQUENT OFFENSES: POSSESSION AND/OR USE

- Student-athlete is denied participation in Lebanon’s interscholastic athletic program for one calendar year from the date of the infraction.
- The “second offense” penalty will be enforced regardless of the time interval between the first offense and the second offense. The student athlete is accountable for adherence to the Substance Abuse Policy continuously from grades nine (9) through twelve (12). Junior school students entering the ninth grade will have previous substance abuse offenses expunged from their athletic record.
- Second offenses can be any combination of drug or alcohol or tobacco substance abuse violations. *For example: one alcohol violation + one tobacco violation = a second offense and the consequences as defined under policy guidelines.*
- In order to be reinstated to the interscholastic program after one year of denial of participation, the student athlete must complete all aspects of the reinstatement criteria as outlined in the “first offense” section.
- It is the student athlete’s responsibility to communicate with the athletic director concerning all aspects related to the completion of the reinstatement criteria.
- If the second offense occurs after the end of the athlete’s season but prior to the awards program, the athlete will be denied participation in the awards program and will not receive interscholastic awards.
- Financial responsibility for all professional assessment and counseling sessions lies with the parent(s) of the student athlete.

- The number of contests/events to be suspended from can be reduced to 6 months if the participant agrees to complete 40 hours of approved community service within 60 days of determination that an infraction has occurred. The student-athlete will work directly with the building Athletic Director on securing an approved community service opportunity, which must be in place to reduce the suspension to 6 months.
- Failure to comply with this will add the additional 6 months to the suspension at the end of 60 days and place the individual out of “good standing” and ineligible for any and all post-season awards.

SELLING OF ALCOHOL OR CONTROLLED SUBSTANCES

- Student athlete will be denied the privilege of participating in the interscholastic program and practices for one calendar year from the date of the infraction.
- For reinstatement to Lebanon’s interscholastic athletic program, the student will be required to successfully complete all facets of the reinstatement program. This would include submitting to a professional assessment, attending three counseling sessions, and appearing before the interscholastic appeals board.
- A second offense involving the sale of alcohol or controlled substances will result in a permanent denial of participation in any Lebanon interscholastic athletic program.

ATHLETIC ELIGIBILITY GUIDELINES

(As Established by the Ohio High School Athletic Association and the Lebanon City School District)

1. In addition to the eligibility guidelines established in the Lebanon City School District Athletic Code of Conduct, each student shall meet all eligibility requirements as outlined in bylaw 4 (Student Eligibility) of the Ohio High School Athletic Association Handbook.
2. Athletic Eligibility is based upon academic performance in each individual nine week grading period. Semester grades are not considered for eligibility purposes.
3. Athletes must pass the equivalent of five one credit courses in a nine week grading period to be athletically eligible for the next nine week grading period.

Athletic Eligibility (Cont.)

4. A one credit course or the equivalent is defined as those courses which add up to 1/2 credit toward graduation per semester. For questions on individual courses, please contact your guidance counselor or the Athletic Department.
5. Athletes cannot re-establish athletic eligibility by taking course work in summer school.
6. Athletes cannot re-establish athletic eligibility by changing course grades after the quarter has ended, except for the circumstances and special situations currently approved by the Ohio High School Athletic Association and the Lebanon City School District.
7. All fall sport athletes will qualify academically by their grade performance in the last nine-week grading period of the preceding school year.
8. To be eligible in the fall, incoming 8th graders and beyond must have passed a minimum of 5 subjects that receive a grade or a pass/fail during the fourth (last grading period) of their eighth grade year and have a 1.5 GPA.
9. Athletes who are not in good standing will not be eligible for any athletic awards.
10. OHSAA Bylaw 441 states to maintain athletic eligibility; junior high and high school student-athletes must have passed a minimum of 5 subjects that receive a grade or a pass/fail in the immediately preceding grading period.
11. The Lebanon City School District requires all student-athletes maintain a 1.5 grade point average in grades 7-12, for the preceding nine-week grading period. Failure to meet this academic standard will deem the student-athlete ineligible for interscholastic competition.
12. An ineligible student-athlete will be permitted to participate in conditioning and tryouts for an upcoming sport season provided he/she is currently meeting the Lebanon City School District academic standards.
13. In accordance with OHSAA by-law 4-3-4, students in grades 7 and 8 have four (4) continuous semesters of eligibility. Students in grades 9-12 have eight (8) continuous semesters of eligibility.

Athletic Eligibility (Cont.)

14. Athletes participating in “Post-Secondary programs” or attending the Warren County Career Center programs need to personally see the High School Athletic Director regarding eligibility.

NCAA ELIGIBILITY INFORMATION

For Specific Information regarding NCAA Eligibility please contact either the Lebanon High School Athletic Department (934-5111) or the Lebanon High School Guidance Office (934-5106)

NCAA ELIGIBILITY CENTER WEBSITE: <https://web3.ncaa.org/ecwr3/>

TRANSPORTATION GUIDELINES

1. Student-athletes are provided transportation arranged by the Lebanon Athletic Department to all scheduled events.
2. Late Arrival and Early Release to and from all interscholastic contests is permitted provided the appropriate forms are completed. All parents/guardians utilizing either alternative transportation release will be bound by the Board of Education approved policies and procedures. These forms may be downloaded from our 8to18 website. NOTE: The custodial parent/guardian is permitted to transport ONLY their own child(ren).
3. Noise is a definite safety factor. Keep all conversations, radios, and victory celebrations to reasonable, safe levels.
4. Athletes should remain in their seats at all times.
5. State law dictates that there is no food to be eaten on school buses.
6. Make sure the bus is in the same condition as when the trip began. Please take your trash with you at the conclusion of the trip.
7. Littering is a finable offense. It reflects poorly on our entire program. Do not throw anything from the windows of your bus.

Transportation Guidelines (Cont.)

8. The bus driver is in charge of the bus and his/her directions must be followed the same as any teacher or coach. The driver is solely concerned with your safe transportation to and from the contest.
9. Coaches will be responsible to supervise and ensure that during all coed trips, students will sit with respective genders, (males with males and females with females).
10. Insubordination toward a school bus driver will not be tolerated and will be dealt per the school code of conduct.
11. As an Athletic Department, we are dependent upon the cooperation of our Transportation Department if we are to meet our various scheduling demands. We want to foster a positive working relationship with our Transportation Department by making every effort to be cooperative and courteous.
12. As a general rule, coaches should NOT transport athletes in their personal vehicle.
13. Any team function or associated trip that is not using school transportation must be approved by the Athletic Director and Building Principal in advance.
14. Bus suspension for school rules applies for athletes. Suspensions from the bus to and from school may apply to athletic events during the time of the suspension.
15. Coaches and school personnel reserve the ability to remove a student- athlete from school transportation with the authorization from building administration.

LOCKER ROOM RULES

1. Roughhousing of any kind is not permitted in the locker room.
2. The **harassment or hazing** of others is not permitted. Incidents are to be reported to the coaching staff immediately.
3. No glass containers will be permitted in the locker room.

4. All spiked or cleated shoes must be put on and taken off outside of the locker room in extreme or muddy weather conditions. No metal or hard plastic spikes or cleats are allowed in any other part of the school building.

Locker Room Rules (Cont.)

5. Equipment must be removed from all lockers by the end of the first school day following the conclusion of each sports season.
6. Make sure that your locker is locked at all times.
7. Do not borrow another person's equipment.
8. Make sure you check all of your protective equipment every day before practice or a game. If your equipment is damaged or you have any problems with it at all, please notify your coach immediately. Do not use damaged or faulty equipment.
9. No student should be in the locker room without proper coaching supervision or permission from the coaching staff or athletic trainer.
10. Athletes are also subject to any additional locker room, practice or training area rules and regulations specific to an individual sport as determined by the Head Coach and approved by the building administration.

11. Locker searches: Lockers are provided in the building for the safekeeping of books, supplies, and clothing and will be assigned by the Assistant Principal. Students are advised that lockers are the property of the Lebanon Board of Education and may be searched at any time by an administrator or designee. Lockers will be subject to a dog search by the police department several times a year without prior notification. Malfunctioning or broken lockers are to be reported to the office. Students are responsible for any and all contents found in their lockers and will be held responsible for any violations of school rules that occur in their assigned locker. No student is to share a locker without written permission of the administration and sharing a locker does not excuse either student from being responsible for the contents of the locker at all times.

- Lebanon High School cannot guarantee 100% security of the lockers in the locker bays. If you would like added security to your locker, you are welcome to bring an additional lock. Lockers are kept locked at all times. Lockers and combinations are not to be shared. A student should not keep valuables in lockers. The school is not responsible for lost or stolen items. Lockers are not to be defaced in any way and the student will be held responsible for any and all damages.

12. All cell phones are to be turned off in all locker rooms, restrooms and on buses unless given permission by the head coach to use.

* Referenced from Lebanon City Schools' student handbook.

ATHLETE EQUIPMENT/UNIFORM RESPONSIBILITIES

As an athlete participating in interscholastic athletics in the Lebanon City School District, you have the following responsibilities concerning school issued uniform and equipment items:

1. It is extremely important that your equipment provides you the protection for which it was designed. It is your responsibility to periodically (at least weekly) examine your equipment for damage. Damaged equipment must be repaired before you compete or practice. You cannot be adequately protected with defective equipment. Bring all your equipment problems immediately to the attention of your coach for resolution.
2. Your equipment and uniform are issued to you alone. You are responsible for the security of these items. Do not loan your equipment or uniform to others. Keep all items under lock. All school issued items will be numbered for inventory purposes. Equipment or uniform items that are lost or stolen are your financial responsibility. Athletes will be placed on the student fine list and report cards withheld until restitution is made to the athletic department.
3. Care should be exercised in laundering uniforms. Read manufacturer's label for washing instructions. At the completion of your season, please launder all school issued practice and game uniforms prior to off-season storage.
4. Any athlete who has not returned school issued equipment or uniforms will not be considered to be in "good standing" and will not receive their athletic awards until this responsibility is completed.
5. Athletes will not be permitted to begin another sport season (the official practice start date) until all school issued equipment and uniforms are returned. In addition, an athlete will not be able to begin another sport season if restitution has not been made for any lost or damaged equipment. This can be accomplished by paying for the lost or damaged equipment or establishing a payment plan for the equipment with the athletic office.

Lebanon Junior High School Athletic Code of Conduct

Sports Rules, Regulations, and Information

2018-2019

Team Expectations

BEHAVIOR EXPECTATIONS-

The 7th and 8th grade coaches expect all students to act appropriately while at school, practice and games, including the ride to and from said activity. If students behave appropriately, team and individual discipline problems will be minimal. Failure to act appropriately may result in disciplinary action or for severe offenses, loss of the privilege to participate in this extra-curricular activity.

Examples of appropriate behavior include but are not limited to the following:

1. Follow coaching directions the first time they are given.
2. Show respect and listen to coaches and other teammates when they are talking.
3. Arrive to practices and events early
4. Obey all rules outlined in the athletic code of conduct.
5. Maintain academic eligibility and behaves appropriately in the classroom.
6. Attend practice on a regular basis and working hard to improve athletic skills.

Examples of inappropriate behavior include but are not limited to:

Group A infractions- These issues will result in extra duties or conditioning consequences issued by the coach. Repeated offenses may result in your child receiving a step on the discipline plan below:

1. *Forgotten Practice Equipment which lets down teammates by making a player unable to practice.*
2. *Unlocked locker or items left out of locker.*
3. *Leaving locker room, bus or gym messy-We want our athletes to show WARRIOR PRIDE in everything we do. This includes the way we care for school equipment and facilities.*

Group B infractions – These infractions will result in immediate consequences from the step discipline plan below.

1. *Profanity or inappropriate language, response, or gesture—This is not how WARRIORS behave.*
2. *Repeated classroom, bus, hallway, or locker room behavior issues that show disrespect to our school.*
3. *Horseplay or Hazing have no part in our locker rooms or program*

4. *School Consequences- Saturday School/ISD/Arrest/OSS- These reflect poorly on our players and the program.*
5. *Other violations of the school and athletic code of conduct.*

Note – Our goal is to provide an environment where athletes are taught the importance of team unity and support for each other during practice, in the halls, and at games. The coaches reserve the right to remove any athlete from practice who is exhibiting behaviors which are detrimental to team unity. A parent will be notified if an athlete is removed from practice.

Other conduct that detracts from the team and Lebanon Junior High School will be dealt with by the coaches or administrators as outlined in the Lebanon Junior High School interscholastic code of conduct.

ATTENDANCE—

Attendance at all practices and games is required unless written notice is given to the coach 24 hours prior to the date missed. If you are absent from school, you will not be permitted to practice or participate in a game that day. (You must be present by 10:30 am and not sign out before 10:30 am) When prior notice is given, examples of excused absences from practice include:

1. Personal illness or injury.
2. Medical or dental appointments (partial days, in most cases).
3. Illness or death in the family.
4. Funeral of immediate family member or relative.
5. Quarantine.
6. Religious holiday (not counted against the eight (8) day rule).
7. Appointments for court.
8. Pre-approved vacations through the school or other Junior High Events. Communication with coaches prior to these events is expected.
9. Mandatory days of tryouts for school related events such as LHS cheerleading tryouts, drama productions, choir/musical auditions, etc. as long as prior written notice is given. Athletes are expected to attend practice on any non-mandatory tryout days.
10. Students wishing to participate in both drama and a school sport will need the approval of both the drama advisor and the coach. When possible, the drama advisor and the coach will try to work it out so that students with minor roles (technical crew, programs, set decorations, etc) can participate in both programs however students with major roles will not be able to participate in both. Past experience shows that there are too many conflicts for participants who have a major role in the drama program to participate in a sport.

NOTE – In the event of an emergency (sudden family illness for example) a note afterward may excuse the absence.

Examples of unexcused absences from practice include:

1. Missing a practice or game for other sporting events (ex. Soccer practice)
2. Missing a practice or game for a non-school function (ex. Piano lessons, dance class)
3. Detention (even if you arrive before practice is over)
4. Unexcused absence from school- this includes out of school suspensions.
5. Unexcused late arrival to practice or event.

NOTES-

- The unexcused absences named above are unexcused because they do not show support and care for teammates and the Warrior athletic program.
- For Wrestling- If your child is unexcused absence on the day of a wrestle-off, he will not be permitted to make up the wrestle off later in the week.

BEHAVIOR/ATTENDANCE CONSEQUENCES—

When an athlete is placed on a step for behavior or attendance, the following consequences will be issued. *****Parents and the athletic director will be notified when an athlete is placed on a step of the discipline plan.*****

Offense	Track, Cross Country, Wrestling, Volleyball, Football, Cheerleading, Boys Basketball, Girls Basketball
1 st Offense	Extra Duties or extra conditioning exercises
2 nd Offense	Sit out one complete event
3 rd Offense	Sit out two complete events
4 th Offense	Removal from the team

When an athlete is required to sit out of an event for behavior or attendance issues, the athlete must be present at the game and be with the team during the contest unless the coach deems it necessary for the athlete to not attend, like an away event.

Severe or Excessive Clause:

Any student who has severe or excessive behavior issues (or combinations of behavior and attendance issues) may receive more severe consequences or be dismissed from the team immediately. Parents will be notified if this occurs.

An unexcused absence from an event will result in a student missing the next events. Multiple unexcused absences on event days may result in removal from the team.

Additional Information-

- Athletes who are unable to practice due to injury are still expected to attend all games and practices. Special arrangements must be worked out with the coaches.
- **IMPORTANT** – ALL uniform pieces have a number on them. ATHLETES are responsible for keeping THEIR ASSIGNED uniform pieces all season long. The numbers are recorded by the coaches and you MUST turn in your assigned equipment. After each event check to make sure that you have your uniform. If you turn in a uniform piece that is not yours, you will not receive credit and you will be responsible for the cost of replacing the uniform.

Additional Information (cont.)

- Updated practice calendars will be distributed on a monthly basis. **Please plan ahead** and **notify a coach** of any conflicts that may arise.
- *Lost or damaged uniform, practice jersey or equipment*—you must pay for the replacement. (note that replacement costs are usually high due to ordering small amounts.)
- *Destruction of equipment or property* (LJHS or any other site) you must pay for damages and miss a minimum of 1 event or more until damages are paid.
- All extra conditioning as a consequence will be done on the players OWN time and must be completed BEFORE the start of an event. The only exception being consequences assigned on the day of an event. You must notify a coach before you run.
- Practice clothing should be taken home and washed at least every other day, preferably every day. If you wear the same, unwashed clothing, you will not be permitted to practice.

Lebanon Coaching Standards

This document is designed to provide all Lebanon coaches with a common coaching frame of reference. Lebanon coaches are considered to be professionals, who use their talents, skills, and abilities to educate their student-athletes using the courts and fields of play as their classrooms. Lebanon coaches should conduct themselves as role models for their student-athletes while demonstrating exemplary character and sportsmanlike behavior.

- Lebanon coaches will maintain a philosophy of maximum participation, be supportive and cooperate with one another for the betterment of our student-athletes and the entire Athletic Department.
- Lebanon coaches are expected to maintain team supervision, discipline and control at all times, be it in the locker room, or on the field/court. His/her squad is a direct reflection of his/her coaching. They are expected to role models on and off the field demonstrating the highest degree of sportsmanship at all times.

Lebanon Coaching Standards (cont.)

- Lebanon coaches will be expected to provide the parents and the student-athletes with the appropriate academic and athletic related information.
- Lebanon coaches will hold pre-season parent meetings to communicate team policies, coach's philosophy, and all other logistical information specific to the program.
- Student athletes will be coached utilizing educationally enhancing behaviors. The use of constructive and positive reinforcement is strongly encouraged.
- Coaches fully acknowledge that the parents/guardians of their student-athletes have the best interest of their children as their focus. Likewise the parents/guardians must fully recognize and accept that the coach has the best interest of his/her team as their focus.
- Lebanon coaches will be sensitive to the diversity of all of our student athletes inside and outside of our school and community.
- Lebanon coaches are expected to be consistent with discipline and work with their student-athletes to prevent hazing, bullying or harassment in any form. .
- Coaches will limit their use of social media (text message and/or email communication) to their student-athletes and parents for specific school-related informational purposes only.

- Lebanon coaches are expected to be in attendance and punctual for all practices, meetings, and contests.
- Lebanon coaches are expected to be thoroughly prepared for all practices and contests.
- Lebanon coaches are expected to dress appropriately for practices and games. The professional dress of a coach sets the tone for the team and the athletic program.
- Lebanon coaches will pursue professional development to enhance and refine their coaching skills while maintaining current and proficient status relative to all OHSAA and Lebanon City Schools certifications.
- Lebanon coaches will adhere to and comply with the District Policies on depositing / fundraising and general monetary accountability procedures.
- When team selection by a “tryout” method is made, a three (3) day, objective evaluation period will be utilized by the Head Coach and assistant coaches. Lebanon coaches must insure that athletes who have not been selected to participate are given the opportunity to understand what their deficiencies are and what they can do to improve their skills.
- Lebanon coaches will be familiar with basic Ohio High School Athletic Association bylaws regarding eligibility contest restrictions and non-contact periods. As well as all regulations established by the Greater Western Ohio Conference (GWOC). If unclear on a policy or procedure, Lebanon coaches will refer to their respective athletic director.
- Lebanon coaches are expected to be consistent with discipline and work with their student-athletes to prevent hazing, bullying or harassment in any form through direct in person supervision in the locker room, on our transportation or on the field/court.

**LEBANON CITY SCHOOLS INTERSCHOLASTIC ATHLETIC
CODE OF CONDUCT/HANDBOOK**

I am or will be a student-athlete as defined by the Interscholastic Athletic Code of Conduct/Handbook. I have read the Code of Conduct and Handbook, and understand that I will be subject to the Code of Conduct/Handbook while enrolled as a student in the Lebanon City Schools. This Code of Conduct/Handbook shall govern me as a student-athlete for all athletic seasons during the 2018-2019 school years.

ATHLETE SIGNATURE _____ **DATE** _____

I, parent/legal guardian of the above signed student-athlete, hereby grant him/her permission to participate in the athletic program of the Lebanon City Schools under the Interscholastic Athletic Code of Conduct/Handbook. This Code of Conduct/Handbook shall govern this student-athlete for all athletic seasons during the 2018-2019 school years.

PARENT/GUARDIAN SIGNATURE _____ **DATE** _____

ACKNOWLEDGMENT OF WARNING BY STUDENT, PARENT/GUARDIAN

I hereby acknowledge that I have been properly advised, cautioned and warned by the personnel of the Lebanon City School District that by participating in sports and/or extracurricular activities, I am exposing myself to the risk of serious injury, including but not limited to, the risk of sprains, fractures and ligaments and/or cartilage damage which could result in a temporary or permanent, partial or complete, impairment in the use of my limbs; brain damage; paralysis; or even death. Having been so cautioned and warned, it is still my desire to participate in sports and/or extracurricular activities, I hereby further acknowledge that I do so with full knowledge and understanding of the risk of serious injury to which I am exposing myself by participating in the sport and/or extracurricular activity.

ATHLETE SIGNATURE _____ **DATE** _____

We /I the parents of the above mentioned student, do hereby acknowledge that we/I have been fully advised, cautioned and warned by the proper school personnel of the Lebanon City School District that our/my child named above may suffer serious injury, including but not limited to sprains, fractures, brain damage, paralysis or even death, by participating in sports and/or extracurricular activities. Notwithstanding such warnings, and with full knowledge and understanding of the risk of serious injury to our/my child named above which result, we /I may give our consent to participate in sports and/or extracurricular activities.

PARENT/GUARDIAN SIGNATURE _____ **DATE** _____

ACKNOWLEDGMENT OF WARNING BY PARENTS

By signing above, we/I understand that injuries and associated costs are the responsibility of the parent/guardian.

PROOF OF RESIDENCY

In accordance with the Ohio High School Athletic Association By-Law 4-6, a student athlete must reside in the Lebanon City School District in order to be eligible to participate in athletics. **Please Print.**

Student-Athlete Information

FIRST/LAST NAME: _____ Gender (M/F): _____

ADDRESS: _____

Parent/Guardian Information

FIRST/LAST NAME: _____

ADDRESS: _____

- | | <u>YES/NO</u> |
|--|---------------|
| 1. Were you a student in the Lebanon City School District during the past school year?
If No, where did you attend school? _____ | _____ |
| 2. Are you currently residing at your address with the custodial parent/guardian? | _____ |
| 3. Has your custodial parent/guardian moved from the Lebanon City School District and left you behind to attend a Lebanon City School District school? | _____ |
| 4. Have you ever been enrolled in another school other than a Lebanon City School?
If yes, please list the school(s) you attended and the dates of attendance:
_____ | _____ |

Warning: If a student participates in an athletic contest and his or her eligibility has been established by falsified information (includes but is not limited to: name, address, transcripts, birth certificate, etc.), the student shall be ineligible in Ohio for a maximum of one year from the date the penalty is imposed. (OHSAA By-Law 4-1-2)

Affirmation: I attest that all the information listed above is accurate and truthful.

Student-Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

ATHLETIC COMPLAINT REFERRAL

Date Filed: _____

Referral Filed by: _____

Reason for Referral:

Administrator(s) Addressing Complaint:

Meeting with Athletic Director:

Formal Investigation conducted by Athletic Director

1. Individual Statement(s):

2. Individual Statement(s):

3. Individual Statement(s):

4. Individual Statement(s):

5. Individual Statement(s):

Results from the Investigation:

Date of Resolution: _____