



**LAKE PARK HIGH SCHOOL DISTRICT 108
LANCER CODE OF CONDUCT FOR CO-CURRICULAR ACTIVITIES**

Acknowledgment Required for Participation in Activities/Athletics and Covers All Four (4) Years of Eligibility

PURPOSE

While the regular curricular program is a right afforded to each student by the Board of Education of Lake Park High School District #108, participation in the activities/athletics program is a privilege and carries certain expectations beyond those found in the normal classroom situation. Students participating in the activities/athletics program act as representatives of the school district and are expected to conduct themselves accordingly. The goals of the activities program are to give students direction in developing healthful living habits, discipline, leadership, teamwork, competition opportunities, and respect for rules and regulations. It is to these ends that a Lancer Code is established for young people taking part in the school districts activities/athletics program.

The implementation and effectiveness of this code is dependent on a collective commitment from students, parents, teachers, coaches and other school personnel. It is the responsibility of the athletic/activities directors, coaches and sponsors to inform participants of the Lancer Code and to enforce the Lancer Code in a fair and consistent manner. It is the participant's responsibility to be aware of the eligibility requirements of the Lancer Code and behave accordingly. Participants understand that the rules set forth in the Lancer Code of Conduct cover all four (4) years of high school, 365 days a year. Athletes are subject to penalty for violations that occur out of season, or when school is not in session.

ELIGIBILITY REQUIREMENTS (Parts 1-8 Team and School Expectations)

The Student Participant Must:

1. Strive for excellence in academics as well as in the extra-curricular activities.
2. Travel on school-arranged and approved transportation for all away-from-school events. In special circumstances, a coach may release a student participant to his/her parent(s)/guardians only. Per Board of Education policy, coaches and sponsors are not allowed to release participants to family friends, neighbors, or the parents of other student participants. Coaches and sponsors are prohibited from transporting students in their personal vehicles.
3. Be responsible for all equipment and/or uniforms issued for an activity and return all equipment at the end of the activity. Student participants will be responsible financially for the replacement of any equipment not returned.
4. Submit to annual physical exam for participation in Interscholastic athletics and marching band. Physical exams are valid for 395 days from the date received. Athletes may not begin practice or tryouts until a current physical is on file. The physical must fully clear the student for participation without restrictions. The Lake Park school nurses have the right of final approval of all submitted physicals.
5. Adhere to all rules set forth in the Attendance and Behavior Expectations of Lake Park High School District 108.
6. Display conduct becoming a Lake Park District 108 representative, including respect of persons and property at all times.
7. In competition and practice:
 - A. Play according to the rules of conduct established by the sponsor/coach.
 - B. Be humble in victory, and gracious in defeat.
 - C. Maintain control over his/her emotions.
 - D. Respect the judgment of others, including officials and judges.
 - E. Be on time for all practices and events.
 - F. Accept constructive criticism from coach and/or sponsors.
 - G. Take pride in himself/herself and pride in Lake Park High School.

ELIGIBILITY REQUIREMENTS (Parts 1-8 Team and School Expectations)

8. Be in attendance at school, practices, contests, and performances. A student participant must be in school a minimum of four (4) periods in order to participate in a scholastic practice. A student participant must be in attendance the final four (4) periods of the school day in order to participate in an interscholastic contest, event, or performance. Excused doctor and dentist appointments will be considered on an individual basis.

POLICIES RELATED TO LANCER CODE PARTS 1-8 VIOLATIONS & CONSEQUENCES

Penalties Consequences shall be determined by individual coaches/sponsors in conjunction with the director of athletics and/or activities or by Lake Park High School District 108 policy. Consequences may escalate for subsequent infractions up to and including removal from the team or activity.

ELIGIBILITY REQUIREMENTS (Part 9 Tobacco and Vaping Products)

9. Student participants must refrain and abstain from use or possession of tobacco (in any forms), and vaping products.

POLICIES RELATED TO LANCER CODE PART 9 VIOLATIONS & CONSEQUENCES

First Offense

Any student participant found in violation of Code Item 9 will be suspended from 10% of the total scheduled dates, or one (1) week. (Note: if the event is a theatre event, violation will lead to expulsion from the event due to the limited nature of theatre performance.) Dom?

Second Offense

The student participant will be removed from the sport/activity for 30% of the total scheduled dates or three (3) weeks. (Note: if the event is a theatre event, violation will lead to expulsion from the event due to the limited nature of theatre performance.) Dom?

Third Offense

The student participant will be removed from the sport/activity for the remainder of the season, as well as suspended from all activities for a period of nine (9) weeks. The nine (9)-week suspension may continue into the next school year.

Note: Penalties may carry over into the next consecutive season of participation, including the next school term.

ELIGIBILITY REQUIREMENTS (Part 10 Alcohol, Illegal Drugs, Prescription and Non Prescription Drugs, Performance Enhancing Drugs)

10. Student participants must refrain and abstain from use or possession of alcohol, illegal narcotic drugs, prescription and non-prescription drugs, and performance enhancing drugs and substances. This statement shall cover a student's four-year career at Lake Park and is in effect 365 days a year. Violations do not return to a first offense at the start of a new school year.

POLICIES RELATED TO LANCER CODE PART 10 VIOLATIONS & CONSEQUENCES

Voluntary Admission of a First Offense

A student may admit that he/she violated the Lancer Code provisions regarding illegal narcotic drugs, alcohol, tobacco, prescription or non-prescription medications, or performance enhancing drugs one time during his/her high school career. The voluntary admission must occur prior to the discovery of the infraction by the coach/sponsor, athletic/activities director, or government agency (i.e. police).

This procedure is applicable only when the student participant comes forward seeking help and not to lessen the consequence for violating the Lancer Code. A self-reporting student will receive referrals to the proper agencies for help, and will receive a suspension of 10% of the total scheduled dates, or a one week suspension. If the student participant has an additional violation of Code Item 9 of the Lancer Code, he/she will be subject to the full consequences for a second offense.

First Offense

Any student participant found in violation of Code Item 10 will be suspended from 20% of the total scheduled dates, or for two (2) weeks. (Note: if the event is a theatre event, violation will lead to expulsion from the event due to the limited nature of theatre performance.)

POLICIES RELATED TO LANCER CODE PART 10 VIOLATIONS & CONSEQUENCES

Second Offense

The student participant will be removed from the sport/activity for the remainder of the season, as well as suspended from all activities for a period of nine (9) weeks. The nine (9)-week suspension may continue into the next school year. The student participant must also consent to an entry-level assessment by an approved medical professional and provide evidence of the assessment to the athletic or activities director before he/she will be allowed to participate in co-curricular activities. The student participant may be required to follow any recommendations from the approved medical professional before a final determination of reinstatement is made.

Third Offense

The student participant will be removed from the extra-curricular program for the remainder of his/her high school career. (Including sports, theatre performances, band events, dances, and prom). If the student participant wishes to be reinstated to the extra-curricular program, he/she must appeal their case to the Lancer Code Council which will determine the status of the student after a chemical dependency assessment is completed. The student participant may be required to follow any recommendations from the approved medical professional before a final determination of reinstatement is made.

Note: Students are subject to penalties for being present at an event where alcohol and/or drugs are present if it is determined the student was aware there was illegal activity but chose not to leave the event.

Note: Penalties may carry over into the next consecutive season of participation, including the next school term.

ELIGIBILITY REQUIREMENTS (Part 11-14 School and IHSA Policies)

11. Participants in athletic programs must attend one Athletic Information Night meeting featuring the performance enhancing substance education program, and concussion awareness program once in his/her four (4) year high school career.
Note: while attendance with a parent/guardian is not mandatory, it is preferred.
12. Submit the IHSA Performance Enhancing Substance Consent to Random Testing form. This consent covers all four (4) years of a student-athlete's eligibility. (required for athletes only)
13. Submit the Lake Park High School District 108 Protocol for Return to Play After Head Injury Consent Form. This consent covers all four (4) years of a student-athlete's eligibility. (required for athletes only)
14. Meet all requirements of current Illinois High School Association Athletic Eligibility Rules.

ELIGIBILITY REQUIREMENTS (Part 15-16 Academic Eligibility Standards)

15. Meet the IHSA academic standard of passing a minimum of five (5) classes each semester. Students that do not pass five (5) classes a semester are ineligible the entire next-consecutive semester of enrollment.

Example: A Freshman, Sophomore, or Junior student that fails to pass the required five (5) classes during the second semester will be ineligible the entire first semester of the next school year.

Note: Students must be enrolled in a minimum of five (5) academic classes in order to be eligible. Physical Education courses can be one of the five classes.

16. Meet the IHSA & Lake Park High School District 108 weekly eligibility standard of passing a minimum of five (5) classes. Students that do not pass five (5) classes a week are ineligible the Monday through Sunday of the next consecutive calendar week.

Note: Students who fail to meet the weekly standard are expected to attend all practices, team activities, rehearsals, competitions and performances during their period of ineligibility.

Note: TCD is equivalent to three (3) classes, and any Cooperative Job is equivalent to two (2) classes.

