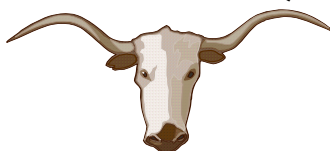


LAMAR MIDDLE SCHOOL ATHLETIC RULES AND REQUIREMENTS



Welcome back! On behalf of the girls' coaching staff, let me say how excited we are about the upcoming 2009 – 2010 school year and the opportunity to work with the athletes of Lamar Middle School. We are eager to meet each girl that will be representing Lamar on the court, field, and in the classroom and hope you are ready to meet the challenge of wearing a Longhorn uniform.

Enclosed you will find helpful information regarding practices, schedules, and requirements for those girls wishing to participate in the athletic program. In order to participate in sports each student must have a physical on file at the school as well as an acknowledgment of rules form and emergency medical card signed by the parent. For those who did participate in athletics last year, you **will also need a new** physical as well as new forms. All forms are available in the front office and from members of the coaching staff.

Good luck in the upcoming year. If I can be of further assistance, please do not hesitate to contact me.

Coach Davis
972.350.2063
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MIDDLE SCHOOL ATHLETIC PHILOSOPHY

- To encourage participation in all sports
- To stress the high ideals of sportsmanship'
- To allow all participants to participate in all games
- To administer the program so there will be a minimum loss of school time for participants and coaches
- To require participants to be properly examined, equipped, instructed, and supervised
- To foster proper respect for authority
- To compete within the spirit of the rules - be gracious in victory or loss
- To teach good work habits to participants

Attention to personal growth and achievement is a primary focus of our program. Although physical skill development is necessary to become a good athlete, it must be balanced with a positive attitude and outlook in relation to one's teammates and role on a team. The following attributes will be acknowledged and discussed throughout the year in athletic class:

RESPONSIBILITY
RESPECT
FAIRNESS
CARING
CITIZENSHIP

TRUSTWORTHINESS
INTEGRITY
HONESTY
RELIABILITY
LOYALTY

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GENERAL INFORMATION

The girls' athletic program offers competition in volleyball, basketball, cross country, track, and soccer. Try outs will be held in all sports except cross country and track. Try out sessions will be announced by the coaching staff and will be held before and/or after school, and/or during the athletic period. Individuals wishing to try out for a team will be required to attend these sessions. Selections will be made by the coaching staff based upon attendance, skill, effort, and attitude. Students that do not make the team selections will participate in the off season program during athletic period.

The purpose of the off season program is to prepare students for future high school athletic competition and develop individual skills. Training will consist of activities focusing on speed, strength, stamina, flexibility, coordination, agility, teamwork, confidence, and pride. In addition, specific sport skills training will be implemented when deemed appropriate by the staff.

All students enrolled in the athletic class will earn grades based on individual levels of fitness and daily participation that includes appropriate dress, attitude, and effort.

Parents and participants should keep in mind this is an upper level class with high expectations in regards to participation, responsibility, cooperation, and improvement. Students will be expected to perform each day and make up any missed work due to absences or injury.

DRESS

All athletes must dress out in the required uniform available at **ATHLETIC WAREHOUSE** located at 1780 N. I-35 in Lewisville, Texas. The phone number is (972) 219 - 0073. Each athlete is required to purchase a gray t-shirt and black shorts along with a black sweat suit that includes a hooded shirt and pants. Each article of clothing will have the Longhorn emblem placed on them by **ATHLETIC WAREHOUSE**. Students may also wish to place their last name or initials on each piece of clothing for identification purposes. Names may only be placed on the back or sleeve of the t-shirt and sweatshirt and the front leg of shorts and sweatpants. (Nicknames are **NOT** allowed) This dress is mandatory for those students enrolled in the athletic class. The above uniform is to be worn ONLY during athletic class, game days, and other dates deemed appropriate by the coaching staff.

Athletes are required to wear appropriate shoes with socks. This includes running shoes for track and soccer, court shoes for basketball and volleyball.

GROOMING

Proper attire and grooming is essential for the safety of all participants in sporting activities. All types of jewelry are prohibited and will not be allowed. This includes stud earrings. Hair must be placed up and away from the participant's face with non-metallic or non-plastic bands. Fingernails must not extend in height above the end of fingers.

PARTICIPATION

Membership in the athletic program is a **privilege** and students will be held accountable to a high level of expectation. Participants are required to dress out daily in the required uniform and exert supreme effort in all activities. Failure to do so may result in removal from the class/team, grade reduction, restricted playing time, or disciplinary action as deemed necessary by the coaching staff.

If a student is a member of a sport team, she is expected to attend all practices and games as required by the coaching staff. Failure to do so will result in reduced playing time or removal from the team. A student that is absent on the day of a game will not be allowed to play that night.

Athletes are expected to arrive to class, practice, and games on time. Failure to do so will result in disciplinary action as outlined in the Lamar Student Code of Conduct, reduced playing time or other action(s) deemed appropriate by the coaching staff. If an athlete misses a contest/practice due to outside league participation she may not be permitted to participate or tryout for other sports offered at Lamar Middle School. When an individual is selected for a team she and her parents must make a commitment to attend all practices and contests.

If, for any reason a student is not able to participate fully due to an injury or illness, the

LAMAR MIDDLE SCHOOL ATHLETIC RULES AND REQUIREMENTS

parent should write a note to the designated coach explaining the situation. Modifications will be made accordingly. A doctor's permit is required if the condition persists longer than two consecutive days.

ELIGIBILITY

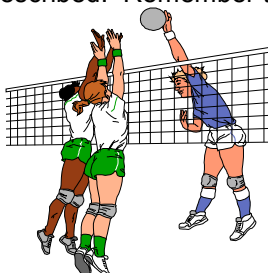
Students that participate on a sports team are required to pass all classes at the end of each six-week grading period. An athlete that fails a class will become ineligible to play in game competition for approximately three weeks. During this time, she is expected to participate in all practices. If, at the end of the three-week period **ALL GRADES ARE PASSING**, she will be allowed to compete. The coaching staff in accordance with the guidelines set forth by the University Interscholastic League will determine specific day(s)/dates for eligibility.

If a student requires tutoring services, she should communicate with the coaching staff her needs and arrange a suitable time to attend these sessions with the appropriate teacher.

BEHAVIOR

Lamar athletes will be held to a high degree of appropriate behavior on the court, field, and in the classroom. Your actions reflect directly on the integrity and pride of the athletic program. Improper behavior in the classroom could affect playing time, team status, and class assignment. Students are expected to follow all rules and guidelines as set forth by the Lamar Student Code of Conduct. Athletes assigned to PASS for violation of the code may not be allowed to participate in game competition. Unsatisfactory comments on report cards may also result in disciplinary actions previously described. Remember the following:

- L**earn to work with others
- A**ttitude - must be positive
- M**odel proper behavior
- A**lways give 110% effort
- R**espect and responsibility



SECURITY

Each student enrolled in the athletic class will receive a lock and locker. The student is required to lock all belongings in her locker. If a problem arises, the student should notify a member of the coaching staff. Please remember the following:

- Do not share your combination with anyone
- Do not share lockers
- Only use your assigned lock and locker
- Keep your locker locked at all times
- Follow locker room rules as indicated by the coaching staff

Failure to do the above could result in damage, theft, or loss of privileges. Students are expected to financially reimburse Lamar Middle School for missing locks, uniforms, or damaged lockers.

TRANSPORTATION

Parents are responsible for transporting athletes to and from all practices. Students should be picked up at the designated time. Parents will receive a practice schedule from each coach indicating dates and times. Parents are also responsible for picking up their child after each athletic contest. Lewisville Independent School District provides bus transportation to all games away from the Lamar campus. Students are required to ride the bus with other team members to and from these games; however, parents may pick up their child at the away site if they sign their student out with the coach at the game. Athletes will not be allowed to ride home with anyone other than their parent. Failure to follow this rule may result in disciplinary action from school officials. A telephone will be available if needed.

**LAMAR MIDDLE SCHOOL
ATHLETIC RULES AND REQUIREMENTS**

We have read and understand the rules and requirements as set forth by Lamar Middle School Girls' Athletic Program and agree to abide by these policies for the duration of the 2009 - 2010 school year.

Parent / Guardian Signature _____

Student Signature _____

Date _____

Please sign and return the above form to a member of the girls' coaching staff

PERMISSION TO VIDEO

I give permission for my daughter to be recorded by video or camera while attending an athletic function or performing sports activity for Lamar Middle School.

Parent Signature _____

Note: The coaching staff uses video and pictures to record sports activities, make presentations, and motivate athletes to excel. These are often displayed in the locker room, the cafeteria during lunch, or to professional coaching organizations/publications.

Please sign and return the above form to a member of the girls' coaching staff.