

LAKEVIEW GIRLS ATHLETICS

POLICIES & PROCEDURES

SPORTS OFFERED: VOLLEYBALL, BASKETBALL, CROSS-COUNTRY, TRACK, and SOCCER.

GRADES: Grades are checked regularly. Student-Athletes must be able to maintain passing grades of 70 or higher in all classes in order to participate in athletics. Each athlete will be responsible for keeping up with grades, assignments, and maintaining a passing grade in each class. If the athlete is failing, before or after school tutorials are required in an effort to achieve passing status in all classes. If she does not attend tutoring, she will be subject to removal from athletics. Likewise, if an athlete consistently struggles to pass her academic courses even when tutorial requirements are being met, she may be subject to removal from athletics.

TRY-OUTS: Before a student is allowed to participate in tryouts for any sport, a physical and district mandated on-line paperwork must be on file. Each student is encouraged to tryout for every sport, and each is required to remain in athletics through at least one off-season.

**Managers will be selected from those who were not chosen for a team.*

Volleyball tryouts will be for three days, where three 7th grade teams and two 8th grade teams will be selected. Tryouts will begin the second day of school: 8th grade tryouts will begin at 7:45 AM. The back doors will be open 10-15 minutes prior to the start of practice and will be closed at the start of practice. 7th grade tryouts will be during the athletic period until 5:00 p.m. Do not be absent from a tryout and do not be late. All athletes that did not get placed on a volleyball team will participate in the sport skills and conditioning program.

Basketball tryouts will begin immediately following volleyball season and the same format will be used. However, 8th grade practice will begin at 7:30 AM. Those not making a basketball team will participate in conditioning and track workouts.

Cross-Country begins immediately following volleyball and lasts until we get out for the Christmas holidays. Cross Country is open to all athletes wishing to participate.

Track begins at the conclusion of basketball season. Everyone will tryout during the athletic period and practices will be before and/or after school for those selected to participate.

Soccer begins at the conclusion of track season. Soccer tryouts and practices are held before or after school...not during the athletic period.

TRAVEL: LISD athletes are required to ride to and from all school sponsored activities in school provided transportation. Athletes will be allowed to call parents on the way home to secure a ride. Please have your ride waiting upon arrival back to Lakeview.

If a need arises that the family must take their child directly and not ride the bus, the LISD travel release form must be presented to the coach 24 hours in

advance. If you will sign the Travel Release and fill in “all events and games” where it asks where you are coming from and leave the date empty.....then you will be covered to take your daughter at any time after an event as long as you sign them out with us.

**Exception:* When an athletic event is held at TCHS or in The Colony, we ask that parents pick up their daughter from there. For example, when we play at TCHS or Griffin.

TEAM SUPPORT AT GAMES: All athletes are required to stay for all games on game night. B and C Teams play first and are to stay and cheer for the A Team after their games are over. They may work on homework while in the stands.

PRE AND POST GAME DUTIES: All athletes will have game day duties at all home games. Athletes will be assigned clean up duties in the gym immediately following the volleyball and basketball games. Do not leave until the gym is clear and your duty is complete.

DRESS:

1. **Black shorts** (no emblems or stripes); **Grey crew neck t-shirt** (No writing of any kind); **Socks and athletic shoes.**
2. Dressing out daily is required. Failure to dress out results in a zero for the day unless approved by the coach due to excused injury or illness. After four zeroes the student and her parents will conference with the coaching staff and may be subject to removal from athletics.
3. Failure to participate in all daily activities or dress in proper attire will result in a lowered grade.
4. **No Jewelry**—It is not recommended that you get your ears pierced during the school year because you will not be able to wear your earrings in athletics.
5. In the event of not enough lockers for each individual, the athletes will have to share with a friend. A combination lock will be issued, and this combination should not be given to anyone else.
6. Athletes may keep toiletries and a towel in their lockers. Showers are available and recommended, but optional. No aerosol cans are allowed. Please send your daughter with a solid deodorant.
7. Every Friday all clothes, socks and towels must be removed from the lockers, taken home and laundered.

EXCUSES FROM PARTICIPATION: Students with health problems need to consider their capabilities in athletics. **A doctor’s note** defining a student’s exact limitations should be submitted to the coach and nurse’s office. **A parent note** will excuse the student for that day only. After that, they will need a doctor’s note. Injuries during class or practice should be reported immediately. Injuries outside of school should be reported at the beginning of class or practice the following day. If a student sustains an injury, in school or outside of school, that will prevent her from participating in the athletic period for a significant amount of time, an evaluation will need to be made by the parent and the coaches on whether the student will

remain in the athletic class period. An alternate assignment may also be assigned if an injury keeps you from participating in the daily workout.

LOCKER ROOM RULES:

1. Locker room opens at 8:45 a.m. for all 7th graders to put athletic bag in locker and leave. It opens for off-season 8th graders at 8:50 a.m. to come in and get ready for class. There will be no loitering in the locker room.
2. Do not enter the locker room if a coach is not present.
3. No books, backpacks, or excess clothing will be stored in the locker room.
4. Locker room should be kept clean and organized: Keep your belongings in your locker—not on the floor. And keep your lockers locked.
5. No food or drinks allowed in locker room, with the exception of water bottles.
6. Do not bring in glass or aerosol containers.

GENERAL RULES:

1. Be on time and be responsible.
2. Be honorable and respectful of your teammates, your coaches, your school, and yourself.
 - a. No Profanity
 - b. Dress Appropriately
 - c. Do not gossip or speak negatively about others.
**In doing any of these you are disrespecting yourself, your team, and Lakeview.*
3. No food or drinks inside the gym with the exception of water bottles.
4. No Pass-No Play: Keep your grades up; Attend tutorials;
5. Give 100%: Work hard every day and have fun!

GOALS AND OBJECTIVES:

1. Each player will be exposed to a high level of skill and competition in each sport.
2. Each player will be provided a social setting for teamwork, competition and sportsmanship.
3. Each player will be provided with the opportunity for growth and development through practice, game play, and team interaction on and off the court.

CHAIN OF COMMUNICATION: For any issues that may arise concerning athletics, procedures, policies, practices, etc. please be sure to follow the proper chain of communication to get issues resolved. The proper chain of communication is as follows:

Contact #1-the Coach of that sport→ 2-Middle School Girls' Coordinator→ 3-School Principal→ 4-TCHS Girls Coordinator→ 5-TCHS Athletic Director

The following is a list of the head coaches of each sport and their contact information:

Volleyball and Cross Country: Coach Kellie Quintanilla: quintanillak@lisd.net

Track: Coach Kaylee Dwyer: dwyerk@lisd.net

Soccer: Coach Ashley Finley: finleya@lisd.net

Basketball: Coach Julie McMinn: mcminnj@lisd.net

Girls Athletic Coordinator: Julie McMinn mcminnj@lisd.net

Please sign, date and return this page only.
Thanks!

LAKEVIEW GIRLS ATHLETICS POLICIES & PROCEDURES

I have read and agree to abide by the following policies and procedures
outlined in the above document.

Parent Signature

Date

Student-Athlete Signature

Date