

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.

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

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 5:15 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 sports conditioning session held during the class period.

Basketball tryouts will begin immediately following volleyball season and the same format will be used. Those not making a basketball team will participate in the sports conditioning session held during the class period.

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.

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.

**Exception:* When an athletic event is held at TCHS or in The Colony, parents are required to pick up their daughter from there. There will be no transportation back to Lakeview.

DRESS:

- 1) **Black shorts; Grey crew neck t-shirt; Socks and athletic shoes.**
- 2) Dressing out daily is required. Failure to dress out results in a lowered grade unless approved by the coach due to excused injury or illness.
- 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.

BEHAVIOR:

Poor behavior on or off campus will result in extra conditioning and being benched from the next game or athletic event.

PLAYING TIME:

Playing time is not a topic of discussion. It is the sole discretion of the coaching staff regarding who will play when, where and for how much time. Playing time is earned in practice. Therefore, all doctor, dentist, orthodontist appointments should be scheduled around practice time. Any missed practice or games may result in extra conditioning for what was missed.

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 8:50 a.m. for all 7th graders to put athletic bag in locker and leave. It opens for 8th graders at 8:55 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) No one is allowed back in the locker room once roll call begins.
- 7) Do not bring in glass or aerosol containers.

GENERAL RULES:

- 1) Be on time and be responsible.
- 2) Be honorable & 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

Basketball: Coach Julie McMinn: mcminnj@lisd.net

Track: Coach Aaron Mouser: mouseral@lisd.net

Soccer: Coach Ashley Finley: finleya@lisd.net

Please complete the following page and return it to my office tomorrow, and if there are any questions about anything mentioned above, please feel free to contact me.

Thank you,

Julie McMinn
Lakeview Athletics
Girls Coordinator

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