

Lamont High School Athletics Program

Athletics Handbook



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A. MISSION STATEMENT

Lamont High School Athletics Program mission is “To create responsible citizenship through a whole school education including participation in athletic events, which in part aid in the development of lifelong knowledge, skills and attitudes.”

B. PHILOSOPHY OF ATHLETICS

Lamont High School recognizes that extracurricular athletics promotes sportsmanship, team building, good citizenship, high academic standards, and community responsibility. Extracurricular athletics provide an opportunity for students to explore their unique talents outside of the classroom setting. These activities demand a high level of commitment, excellence, and self-motivation, which will help prepare students for the challenges they will meet outside the school community.

It is a privilege for students to participate in extracurricular athletics. Participation is voluntary and is not a requirement, nor an entitlement. Therefore, extra time and effort are required of those who participate. Since the reputation of the school is often judged by its extra-curricular programs, high standards must be maintained. Those who earn the privilege of representing Lamont High School in extracurricular athletics are expected to accept greater responsibilities as school citizens.

Participation in extracurricular athletics is open to all students provided they meet the general requirements as outlined in this handbook, and any requirements specific to the activity of their choice.

C. PROGRAMS

Jr. High Teams

Jr. B teams – open to students in grades 7 – 8

Jr. A teams – open to students in grades 7 – 9

Jr. High teams are based on participation and are about skill development and understanding team play. The Jr. High teams play in the EIPS league for all sports and compete yearly for championships in the leagues.

High School Teams

High School teams – open to students in grades 10 – 12

exception – curling is open to grade 9's as well at the high school level

High School teams in badminton, cross country and track have three divisions; junior, intermediate and senior and eligibility is determined by birthdate, in most cases September 1.

High School teams compete in the NE zone of ASAA athletics in Alberta and as such, are made up of the most accomplished players in high school.

Lamont High School participates in these athletic activities with the following seasons of play:

SPORT	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUNE
Sr. Golf										
Jr. Golf										
X-Country										
Volleyball										
Basketball										
Curling										
Badminton										
Track and Field										

The seasons of play have been established to protect the student athlete from being placed in a position of having sports seasons overlap. It is not desirable for a student athlete to have to attend practices and games for two or more sports on the same days. Therefore,

- Each activity may hold practices according to the Alberta Schools’ Athletic Association (ASAA) seasons of play.
- The preceding activity has priority for practice times and games.
- The trailing activity may hold practices according to the ASAA seasons of play; however, these practices are not to include players of the preceding activity.
- Final cuts for the trailing activity occurs (minimum) 2 practices after the completion of the preceding activity.

D. UNIFORMS AND EQUIPMENT

- All uniforms will be provided by Lamont High School.
- Uniforms will be distributed by the coach or Athletic Director, whichever is the most practical.
- Players will be responsible for the care and maintenance of uniforms while they are in their possession.
- Players will be responsible for the cost of replacement of any uniform damaged or lost while in their possession.
- All uniforms are to be cold water washed and hang dried.

E. TEAM TRANSPORTATION

The transportation for league, tournaments, zone, and/or provincial events may be handled in two fashions at the discretion of the coach and director of athletics. The preferred method of transportation is school athletics buses.

Athletics Busses

- All trips and busses are booked through athletic department.
- All drivers carry a class 2 (yellow bus) or class 4 (white bus) and fill out driver time sheets as required by EIPS
- All drivers are listed with EIPS as active drivers for Lamont High School

Volunteer (Parent/Private) Vehicle

- Players may transport themselves to events with the proper forms completed and a minimum of \$2,000,000 liability insurance.
- Parents may transport other immediate family members to events after completing the proper forms
- Players may be transported to events by registered Volunteer Drivers who must carry a minimum of \$2,000,000 liability insurance and have submitted a drivers abstract, a copy of their driver's license and a copy of valid insurance.
- Volunteer vehicles used for transportation will not be eligible for financial compensation from the school.

F. PRACTICE TIME AND GYM USAGE

Practice schedules and games are booked through the Athletic Director.

League games and home tournaments have booking priority over practices.

Any activity under way shall have priority over the following season of play (e.g. volleyball over basketball)

Coaches may request specific practice times. While all efforts will be made to accommodate requests, it shall be the priority of the Athletic Director to provide a practice schedule which is equitable to all teams in accordance with priorities - junior high teams practice immediately after school with high school teams to follow after.

The Athletic Director will create a practice schedule on a monthly basis. In some instances, where seasons overlap, it may be done more often. Weekly practice schedules will be posted.

Coaches are encouraged to provide players and parents with individual copies of these schedules as they are available, and the Athletic Director shall place copies on the athletics bulletin board.

The general guidelines for scheduling shall be as follows:

Team	Practices	League Play	Tournaments
Jr. B teams – volleyball/basketball	1-2 per week as per gym time and coach availability	1 game per week	2 per season
Jr. A teams – volleyball/basketball	1-2 per week as per gym time and coach availability	1 per week 2 when required	3 per season
High School Teams – volleyball/basketball	2 per week, 3 at coaches discretion	As scheduled, not more than 2 per week	4 – 6 per season, including zones
Curling	1 practice per week	Friday night league play	1 – 2 season + zones
X-Country Running	2 per week during FLEX or after school for outings	Not more than 3 meets per season	1 – 3 per season
Badminton	2 practices per week	Exhibition games; 1 – 2 per week	2 per season + zones
Track and Field	2 – 3 practices per week	Not more than 3 meets per season	League 5 + zones, Jr. High Small school, EIPS + zones
Golf	1 – 2 practices per week	Not scheduled	1 – 2 per season

G. GUIDELINES FOR STUDENT ATHLETES

1. Eligibility

To be eligible to participate, Grade 10, 11, and 12 students must meet eligibility requirements as set out by the ASAA; these include course load and students must be registered in at least two full time courses per semester.

Students must be in attendance for the day of a practice or game in order to participate in that practice or game. Legitimate reasons for an absence, which would allow a student to participate on the same day as the absence, are;

- School Sanctioned Activities
- Appointments with health professionals
- Emergency Situations
- Planned absence for personal or educational purposes that have been approved by the school administration.

Students who are absent from classes for a portion of the day due to illness are not eligible to participate by simply making it to the remaining portion of their classes. It may be considered unethical for a coach to practice or play an athlete who was ill earlier in the day. The effects of

that illness may linger and present a potential health risk to the athlete, their teammates, and their opponents if the athlete practices or plays that same day.

An athlete under suspension from school is also suspended from participation in extracurricular activities, until such time as the student has been reinstated to classes.

2. Conduct

Student athletes are representatives and ambassadors of Lamont High School, the community of Lamont and Elk Island Public Schools. Student athletes are expected to provide strong examples of leadership and citizenship both on and off the court/field of play, and both in and out of the classroom.

Team Before Self - Most sports are team games and although it is proper and even necessary to have personal objectives, it is paramount that each member of the Lamont Lakers team possesses an unselfish attitude where team objectives are primary.

Regardless of when or where an athletic event occurs, it is a school sponsored activity. The use of tobacco, drugs, or alcohol is prohibited and will be strictly enforced.

If a student athlete does not conduct himself or herself in a manner that reflects favorably on the school, the privilege of participation may be suspended or revoked by a coach/supervisor, the Athletic Director, or Principal.

3. Injury

Any student injured on or off the field of play, and requiring medical attention, must present a note from a physician before being eligible to practice or play again.

4. Commitment

Being a member of any school team is a privilege, which each athlete must earn. A key to earning that privilege is commitment to the team. Team success can only be achieved if all participants are committed. This type of commitment includes;

- Attendance at all practices, games and team events.
- Providing the coach with advance notice of absences from practices or games, and an explanation of that absence.

While it is acceptable for a student athlete to have a job, it is not reasonable to expect the coach to accept working as a legitimate reason for missing practice or a game.

H. GUIDELINES FOR COACHES

The following guidelines are to be considered a code of conduct for Lamont High School coaching staff.

The Coach is foremost a teacher, parent, community member or upstanding student. The chief objectives of school athletics are to build leaders and to develop athletic skills. Winning games is secondary to these objectives. Coaches who do not make a positive contribution to the total educational process are not meeting their obligations.

The Coach should always be regular and prompt in meeting assignments – practices, games and meetings.

The Coach should be diligent in attention to routine details. This includes getting in all reports when due, keeping necessary records, phoning in results, and forwarding any receipts when required.

The Coach should instill in the team an attitude of sportsmanship on and off the court, during the game and afterwards, in school and out.

The Coach should use acceptable language at all times. Vulgarity and profanity have no place on the athletic field or court, in the gym or in the classroom.

The Coach shall not use alcohol or non-prescription drugs in any form while with the team.

The Coach should accept the responsibility as a counselor to the athletes under her/his direction. The coach is in a unique position among all teaching staff in the relationship with the students. Many students complete their high school program because of, on part, of their interest in athletic participation and the influence of the coach. In this way, the coach can play a major role in the problems now confronting high schools in drop-out rates and related issues.

The Coach should be mindful of their position of guardianship entrusted by the athletes and their parents. While acting as a counselor to the athletes, there must also be a necessary social separation, so that over-familiarity or impropriety does not occur or is not perceived to have occurred.

The Coach should work to instill with their players respect for the officials, and establish that they alone shall discuss aspects of the game with the officials.

The Coach will respect the rights and feelings of other coaches and will never use tactics that take unfair advantage of others. The coach should be friendly and courteous at all times and never argue with an opposing coach in front of the team or spectators.

The Coach should teach the team to be respectful of and friendly towards opponents.

I. TEAM SELECTION PROCESS

All activities are open to all students of Lamont High School who meet the requirements of eligibility.

Coaches will conduct an open tryout, and may not make final cuts until after the second practice.

Final selections should be based on attitude, coachability, and skill.

Once the team has been selected, the coach must promptly submit a roster to the Athletic Director.

J. PLAYING TIME GUIDELINES

Lamont High School participates competitively in junior high and high school. As such, there will be instances where playing time for each player on the team will not be equal. The amount of playing time may vary from game to game, or from week to week. Neither the player's grade nor prior years of playing experience with Lamont Lakers teams, will be a factor in determining playing time.

During the regular season, coaches are encouraged to consider the following recommendations for minimum playing time for athletes, but ultimately decisions regarding playing time shall be at the discretion of the coach.

Jr. B – all players can expect to get into every game and playing time will be equal as much as possible. Exceptions to this rule will be league finals and tournament finals at which point playing time will be decided by the coaching staff.

Jr. A - all players can expect to get into every game but playing time may not be equal. Exceptions to this rule will be league finals and tournament finals at which point playing time will be decided by the coaching staff for the best possible outcome for the team.

High School – these teams compete at our highest level of play and therefore playing time will be decided solely by the coaching staff for the best possible outcome for the team.

K. GUIDELINES FOR ABSENCES FROM SCHOOL FOR ATHLETICS

It is at times necessary for student athletes to be absent from classes, or to be released from the last class of the day prior to the end of the class. In these instances, coaches are required to provide notice to all school staff.

Teacher-coaches or teacher-liaisons may do so at their own initiative, or request the Athletic Director to execute this task. Community based coaches shall inform the Athletic Director of the dates and times, and the Athletic Director shall be responsible to execute this task.

The notice shall be distributed to all staff members via e-mail. The notice should be provided as early as possible, and must contain the following;

- A list of all students involved
- The date of the absence
- Periods involved
- When appropriate, time of departure
- The event

L. TEAM FEES AND PAYMENT

Sports fees are collected by the Athletic Director or through the main office. Athletes may not be allowed to play if their sports fees are not paid by the deadline established for each sport season, except in extenuating circumstances.

Sport	Fees Deadline
Volleyball	October 15
Basketball	Feb 1
Badminton	April 15
Curling	January 15
All other sports (golf, track, x-country)	Before competition dates

Fees are as follows:

Sport	Fees
Jr. B volleyball and basketball	\$125
Jr. A volleyball	\$150
Jr. A basketball	\$175
High School volleyball and basketball	\$300
X-Country	\$10
Curling	\$125
Badminton	\$75
Track and Field	\$15
Golf	TBA yearly

Team fees cover:

- travel for league games, exhibition games, tournaments and playoffs
- league fees and tournament entry fees
- purchase and upkeep of equipment and team gear
- hotel costs

M. FUNDRAISING

The Lamont Lakers requires a large operating budget to accommodate our number of teams and to fund the travel that we are required to do as a rural school. To aid with this budget we have two yearly fundraisers. These are the only two fundraisers that we ask of athletes in the Lamont Lakers program.

1. ALBERTA HIGHWAY CLEAN UP

We participate yearly in the Alberta Highway Cleanup which takes place every May on the 1st Saturday of the month. This fundraiser is a very important part of our Athletic Program and does very well for us in keeping our equipment well looked after and our team fees low. Without this fundraiser our program would not be able to operate on the capacity that it does.

Not only will we be doing our athletic program a great favor, we will also be doing the environment a favor as well.

2. "RUN FOR THE BUS"

Held on the last Friday in May at 2:00 pm, this fundraiser is student involved. Student athletes are encouraged to solicit sponsors to support them in the "Run for the Bus" – a 2.5km/5km/10km run. These sponsors are donating to the program on the basis that the student athlete will be competing in the run in return. Each student who raises at least \$50 will be entered into a draw for a prize! Prizes have been TV's or \$400 to the online Lamont Lakers clothing store.

This fundraiser is directed at keeping transportation costs low so team fees are not affected by increased team travel or increasing prices. Our busses routinely travel 15,000 km a year and as such, costs for this travel are a large part of our expenses. The "Run for the Bus" supports in keeping this large costs from making increasing team fees year to year.