



# Lakewood High School

*Today's Lancers, Tomorrow's Leaders*

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## LAKEWOODATHLETIC PURPOSE STATEMENT

To instill responsibility, respect, and integrity to develop our athletes into individuals who display these values throughout their lives.

### That's "LANCER GRIT"

In support of our purpose, we look for our athletes to demonstrate "Lancer Grit" character skills:

L	Loyalty
A	Accountability
N	Never give-up attitude
C	Commitment
E	Effort
R	Resiliency
G	Gratefulness
R	Reliability
I	Integrity
T	Tenacity

## CO-CURRICULAR ACTIVITY CODE

The co-curricular code covers LBUSD, Moore League, and CIF policies regarding co-curricular participants. All athletes are responsible for reading and signing the code prior to participation through the online athlete clearance process. The following rules are in addition to the code and are Lakewood Athletic team rules. All athletes participating in Lakewood Athletics are required to adhere to the following:

### ATTENDANCE

It is required, in the best interest of the athlete and the team, that the athlete attends and participates in ALL practices, competitions, and tournaments. If an athlete has an **unexcused** absence from any practice, competition, or tournament the following may take place:

- **First offense** – athlete may be suspended from the next event.
- **Second offense** – athlete may be suspended for the remainder of the season and removed from the class - 9th/10th to PE, 11th/12th unscheduled
- Athletes must notify their coach one-week (7 days) prior if they are planning to miss a practice, competition, or tournament. Things come up during the season and the coaches need to know ASAP in order to plan ahead.
- **A student must be in school for (4) hours that day in order to participate in the contest that day.**
- When illness occurs and a practice missed:

**The athlete may be unable to start or play in the next competition.**

**Any doctor/ dentist appointments that will make the athlete miss practice or a competition will need to be told to the coach one-week (7 days) prior.** Most appointments are made in advance so this is possible. Coaches need to know so that they can plan accordingly, one person makes a difference in a practice or a competition.

## **ATHLETIC CLEARANCE**

To remain in good standing, athletes must be cleared online, including having a valid physical (doctor's office visit and form completion,) that lasts the duration of the sport season, a minimum of 2 weeks prior to the sports CIF start date. Students who have not been cleared by the deadline may be removed from the team and placed in a general physical education class (9th/10th grade) or unscheduled (11th/12th grade) for the remainder of the school year.

Approximate CIF Start Dates:  
Fall Sports (End of July)  
Winter Sports (End of October)  
Spring Sports (Early January)

## **INJURIES**

**When an injury occurs to an athlete, who requires medical treatment:**

- The athlete will be unable to participate until the head coach has a signed release from the Doctor as per District policy.
- Along with a signed note, a list of any measures that need to be taken to help assist healing and/or prevent further injury must be provided to the head coach.

**If no medical treatment is needed:**

- The athlete must have a signed note from a parent/guardian releasing the athlete to participate again along with any measures that need to be taken in order to prevent any further injuries.

**All existing injuries need to be discussed with the head coach prior to season. This would include asthma and any allergies.**

## **DRESS CODE**

In the best interest of the athlete, the following will be the standard personal gear recommended for practices and competitions. These standards will be enforced for the interest and safety of the athlete.

- **Proper athletic shoes** - A shoe that can be tightened and tied completely (as appropriate for the sport.)
- **Hair will be pulled up and out of face**
- **No jewelry**
- **Other specific details as determined by the coach (each sport is unique.)**

Athletes are provided lockers in the locker room - personal and athletic belongings should be secured in the locker assigned - with a strong lock (not combination lock.) Athletes who chose not to lock their belongings in the locker room risk losing their items, and this loss will rest solely on the athlete, not the school.

## **PLAYING TIME**

Junior Varsity and F/S team's goal in the program is to provide playing time for all athletes. However, this may not mean "**EQUAL**" playing time. The coaches will play the athletes who demonstrate proper behavior at practices and games.

**This includes:**

**\*Following the rules**  
**\*Sportsmanship**

**\*Good work ethic**  
**\*Commitment to the program**

**\*Academic eligibility**  
**\*Attendance**

*Playing time may be affected by any of these. Skill execution is not always a priority.*

*Playing time is solely at the discretion of the head coach. Starters and subs can change throughout the season. **Being a member of a Lakewood Athletics team does not guarantee any playing time.** A head coach has the right to promote and demote as they determine how to create the strongest team possible. Players who are only concerned with their own playing time and own statistics are strongly urged to not try out.*

A goal in the Lakewood Athletics program is to be as competitive as possible and to win as many games as possible. In order to do so, playing time will be based on those athletes who can help us win. This does include all the things above as well as skill execution. Roles will be defined in the beginning of the season as to what is expected of each player in each role. **Playing time and positions played will not be equal.** While the goal may be to win - it is not a “win at all costs” mentality - the purpose of Lakewood Athletics is to instill responsibility, respect, and integrity to develop our athletes into individuals who display these values throughout their lives.

### **ACADEMICS & CLASS CONDUCT**

Academics are the top priority; extracurricular activities are a privilege, not a right, schoolwork must be taken care of. Any type of classroom disruption i.e. Referral, Suspension and/or Tardiness may result in a suspension or dismissal from the program.\*

**A GPA of 2.0 or higher is mandatory to be able to play and participate.**

Athlete attitude and respect to others will reflect the program, school and community. Please keep this in mind even when we are not at a Lakewood Athletics event.

**GIVE 100% IN THE CLASSROOM AND WITH THE TEAM**

### **SOCIAL MEDIA**

Any type of negative posting via text, Facebook, Twitter, Snap-Chat, Instagram, email or any other form of social media/technology will not be tolerated and may result in suspension or immediate removal from the program. Any infraction and course of discipline is at the discretion of the Head Coach and/or Administration as outlined in the Lakewood HS School Discipline Plan.

### **SPORTSMANSHIP**

The Lakewood Athletic program encourages good sportsmanship and we expect that all athletes practice good citizenship with teammates, coaches, and opposing teams. Concerns should be directly discussed with the coach. We will not tolerate any show of unsportsmanlike conduct and the athlete responsible will be disciplined accordingly per the Lakewood High School Discipline Plan and CIF rules of play. Any violence or physical conduct towards players, coaches and opposing teams may result in an athlete being dismissed from the program immediately, this includes both on and off the court/field of play, related or unrelated to the sport participating in, during or outside of the season.

Below is the language (\*Athletic Suspension) given to parents and athletes in the event of a poor behavior decision at Lakewood HS - we believe strongly in holding our athletes to high levels of behavior and the chances of being removed from an athletic team are extremely high should an athlete violate the LHS Discipline Plan.

### **\*\*\*\*\*ATHLETIC SUSPENSION\*\*\*\*\***

In ordinance with our Lakewood High School Discipline Plan, CIF and LBUSD Codes of Conduct, your student is in direct violation of the aforementioned due to a discipline incident. The discipline infraction, considered egregious, is likely to result in immediate removal from the Lakewood High School athletic team. Lakewood High School Athletics prides itself in maintaining integrity, respect, and responsibility in our athletic programs. Athletes represent our school on the campus, in the community, and in the public. We are committed to retaining players who honor school policies and CIF/Moore League/LBUSD Codes of Ethics and removing students who do not uphold good standing through negative actions/activity/behavior. Playing on a Lakewood High School Athletic team is a privilege, not a right. Athletes have a responsibility for representing Lakewood High School in a respectful manner.

The athletic team (Athletic Directors, Athletic Administrator, Head Coach) will meet to discuss next steps and share the results directly with the parent/guardian. In the interim, the athlete is not permitted to attend the class period or any after school practices/games/competitions and is suspended from the team pending further review.

## **CONTRACT ADDENDUM FROM COACH/SPECIFIC SPORT**

Each coach has the right to add an addendum to this Athletic Contract - addendums will reflect the uniqueness of each sport and will be added and honored as a portion of this signed contract. Coaches who add addendums will provide a copy to the parent and athlete.

## **PARENT/GUARDIAN/FAMILY/SUPPORTER CODE OF CONDUCT**

Parents and Guardians play a critical role in developing their child's character by reinforcing appropriate behavior. This is especially true in a competitive environment. We believe that parents' positive actions both verbal and non-verbal, serve as effective learning tools for their children.

In order for all Lakewood Athletic events to be a positive, wholesome, and rewarding experience for all involved, the following code of conduct must be followed by parents/guardians and family members/supporters when in attendance.

- a. Your child's participation on a team is a privilege, not a right. Keep athletic competition in perspective. It is a part, not the main focus, of your child's educational experience. Your child is expected to behave appropriately, which includes good sportsmanship, supporting his/her teammates, and winning/losing with honor. Parents are asked to behave in a similar fashion.
- b. Be positive: encourage your child to do her best when competing. Cheer for good play and refrain from negative comments/gestures.
- c. Officials: treat officials with respect. Their job is to do their best to enforce the rules. Do not complain or argue about calls/non-calls during or after an athletic event - you/the individual may be removed from the athletic event and potentially future events.
- d. Fans/Coaches: treat others in attendance with dignity and class. You may not agree with a coach's strategy, but during/after the game is NOT the time to discuss it. Schedule an appointment to voice your concerns with the coach. Playing time is not a discussable issue. The best practice is to wait 24 hours before contacting the coach after a game/contest/match with concerns.
- e. Be a role model: your child is watching you. Set a high standard of behavior so your child can be proud of you. Your behavior can affect your child's performance. Represent your child, your school and the program with integrity, dignity, and class.

***With my electronic signature attached it is acknowledged that the parents and athletes have read and agree to abide by the Lakewood High School Lancer Athletic rules, it is also acknowledged that by signing this contract it is on behalf of all parents/guardians/family supporters of the athlete.***