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## **Introduction**

This handbook is presented because your son or daughter has indicated a desire to participate in interscholastic athletics. Parents of student-athletes have the opportunity to bond with their children in a way that is extremely special. We believe that participation in sports provides a wealth of opportunities and experiences that assist students in personal growth.

Students who elect to participate in athletics are voluntarily making a choice which involves self-discipline and commitment. Only students who comply with the rules and expectations of their team are assured membership. This concept of self-discipline is tempered by the responsibility to recognize the rights of the individual within the framework of a team.

We also believe that parents must commit to certain responsibilities and obligations. Please understand that skill improvement and healthy learning experiences are a focus of the athletic program. Parents can be helpful by supporting the team and the coach. Any issues should be addressed directly with the coach. Avoid setting up a conflict in your child's mind between parents and coaches. Develop an understanding of what your child wants from sports, as not all children want the same things. It is also important to determine if your child wants to be involved at all. Please refer to page 24 and the document titled, "The Role of the Parent." This will be a helpful resource.

We would like to take this opportunity to acquaint you with our athletic philosophy and some of the specific policies that are necessary for a well-organized athletic experience.

## Athletic Philosophy Statement

The Lincoln-Sudbury Regional High School core values permeate the athletic program. These values include:

- \* Promotion of cooperative and caring relationships between all members of the school community.
- \* Respect for human differences.
- \* Satisfaction with the pursuit of excellence.

Such values set the stage for the major objectives of athletic program. L-S attempts to develop student-athletes:

- \* Physically, by learning sport skills, improving physical conditioning, developing good health habits, and avoiding injuries.
- \* Psychologically, by learning to control their emotions and developing feelings of self-worth.
- \* Socially, by learning cooperation and respect in a competitive context, and by practicing appropriate standards of behavior.
- \* By having fun, which includes the need for stimulation and excitement.
- \* By striving to win, within the rules of the game.

The L-S athletic department covenants are the guiding principles for all teams. They are a bond, a pact, a pledge, and an oath that all students and coaches must follow. The covenants of respect, commitment, and success are defined as follows.

### RESPECT

- \* Teammates - never let your teammates down
- \* School - reflect the L-S core values (listed above), abide by school wide rules
- \* Coaches & Teachers - trust your teaching, learn to take constructive feedback as a compliment
- \* Opponents - make a commitment to greet/welcome all visiting teams, play hard and fair
- \* Officials - captains and coaches greet officials, model poise with calls
- \* Differences - beliefs, customs, dress, lifestyles
- \* Facilities/equipment/bus - clean up areas such as fields, gyms, and locker rooms after use; respect opponent's facilities
- \* Self - practice humility, teachable spirit, serve the team, resist temptations, remain in control during emotional times

### COMMITMENT

- \* Team first attitude, buy into something bigger than yourself
- \* Show up every day and give your best
- \* Start your own engine, bring enthusiasm, work just as hard when nobody is watching
- \* Your effort in practice should match your effort against your toughest opponent
- \* Be a "get it done" teammate, identify team needs and get them done
- \* Go the extra mile in work ethic and building relationships

- \* Be positive, optimistic
- \* Share your passion
- \* Protect and defend by being loyal to coaches and teammates, especially when things are going poorly, never give up
- \* Choose the hard right over the easy wrong

L-S SUCCESS - An Experience Beyond Victory

- \* "We" has mentally and physically overtaken "me"
- \* Personal reward is given away to team glory
- \* When all the strengths, attitudes, energies, roles and skills are voluntarily and intentionally blended together for the sake of the team
- \* When the entire focus is on collective accomplishment

Athletics, then, are not a "frill"; not an "outside activity". They have an enormous impact upon every student who takes part. And the school has an absolute responsibility to try to make sure that effect is a positive one.

## Governances

Lincoln-Sudbury is a member of the MIAA and the DCL and must abide by all rules set forth by each organization.

**A. The Massachusetts Interscholastic Athletic Association (MIAA).** All schools are voluntary members of the MIAA and compete only with member schools. As a member, Lincoln-Sudbury agrees to abide by and enforce all rules and regulations of the association.

The primary role of the state association is to maintain rules and regulations that ensure equity in competition for the student/athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations. The state association attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

One of the primary functions of the MIAA is to sponsor and conduct post-season tournaments leading to the determination of geographical district and state champions. When our varsity teams qualify for and enter such tournaments, we are completely subject to the specific rules and regulations that govern each tournament as set by the MIAA. Tournament qualification, divisional placement and geographical district criteria are sport specific. Some of our teams may qualify for regional tournaments beyond the MIAA tournaments that are sponsored and conducted by the combined state associations that make up the region of competition.

Some of our varsity teams may host and/or play in seasonal tournaments that are sponsored by local school districts or other qualified agencies. MIAA regulations specify that such tournaments be sanctioned by the Association and be conducted totally under their policies, rules and regulations. The MIAA does not sanction or sponsor any sub-varsity tournament competition. The MIAA is a member of the National Federation of State High School Associations and is bound by their set of rules, policies and regulations.

**B. The Dual County League (DCL).** Lincoln-Sudbury is a voluntary member of the DCL. This league was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages that may be gained by a unified effort.

The conference membership facilitates the arranging of schedules, equalizing competition, conducting league meets, and determining league championships. The DCL provides the opportunity for competition without excess travel and with schools of similar athletic philosophy. League membership implies abiding by conference schedules, rules, and regulations. Member schools are Acton-Boxboro, Arlington, Bedford, Boston Latin, Concord-Carlisle, Lincoln-Sudbury, Newton South, Tyngsboro, Waltham, Wayland, Weston and Westford Academy.

## Sportsmanship

The Lincoln-Sudbury Community values good sportsmanship not only from our athletes and coaches, but also from our spectators. The level of sportsmanship is not determined solely by behavior on the day of the game. It starts long before competition commences at any level. Traits learned in our youth programs, with reinforcement through family attitudes and values, all influence the ongoing development of sportsmanship as our student-athletes progress through the various levels of competition.

Some general guidelines for all to follow are:

1. Appreciate good play-no matter who makes it
2. Show compassion for injured players
3. Avoid jeering and taunting opponents
4. Avoid use of profane language
5. Avoid obnoxious cheers
6. Respect the judgment of calls by officials
7. Keep in mind that Lincoln-Sudbury Regional High School is judged not just by the team's performance and behavior but also by that of its student and adult fans.
8. Inappropriate cheering or taunting will not be tolerated at L-S activities
9. Stay off the playing area at all times
10. Respect school property
11. Dogs are not allowed on any fields or in the building
12. Alcohol, tobacco products, and drugs are strictly forbidden

### *Intent to Injure Rule*

This MIAA rule states "any student in any sport" (in the opinion of the game official) who willfully, flagrantly or maliciously attempts to injure an opponent shall be removed from the contest immediately, and shall not participate in **any sport season** for one year from the date of the incident. "Fighting" does not apply to this section unless warranted in the judgment of the game official.

### *Hazing*

The Massachusetts Hazing Law is quoted below. Hazing in any form is unacceptable. If you have any concern that your son or daughter is involved in a hazing incident, we strongly encourage you to call the Coach, the Athletic Director, or the Principal immediately.

*Massachusetts State Law - Chapter 536, Sections 17, 18*

Hazing is defined as any conduct or method of initiation into any student organization which willfully or recklessly endangers the physical or mental health of any student or person. Incidents of hazing must be reported to the appropriate law enforcement officials as soon as reasonably practicable.

*Section 17.* "Whoever is a principle organizer or participant in the crime of hazing as defined herein shall be punished by a fine of not more than \$3000 or by imprisonment in a house of correction for not more than 1 year, or by both such fine and imprisonment. Hazing is defined as any conduct or method of

initiation into any student organization, whether on public or private property, which will fully or recklessly endanger the physical or mental health. Branding, forced calisthenics, exposure to weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.”

*Section 18.* “Whoever knows that another person is the victim of hazing as defined in Section 17 and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such a crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such a crime shall be punished by a fine of not more than \$1000.”

## Athletic Code of Conduct

### *Conduct of Athletes.*

The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student/athlete is our main consideration and transcends any other consideration. All athletes are expected to abide by all school rules as well as the rules of the Dual County League and the MIAA. All MIAA regulations are detailed in the Coaches Handbook on the MIAA website. The following lists several pertinent rules.

**A. MIAA Rule on Chemical Health.** During the season of practice or play, a student shall not, regardless of the quantity, use or consume, possess, buy/sell or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor.

1. **First Violation:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for 25% of interscholastic contests of the season. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation.
2. **Second and Subsequent Violations:** When the Principal confirms, following an opportunity for the student to be heard, that a second or subsequent violation occurred, the student shall lose eligibility for 60% of interscholastic contests in that sport. If after the second or subsequent violations, the student on his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement after a minimum of 40% of events. Such certification must be issued by the director or a counselor of a chemical dependency treatment center. Penalties shall be cumulative each academic year, (e.g. if the penalty period is not completed during the season of violation the penalty shall carry over to the student's next season of actual participation, which may effect the eligibility status of the student during the next academic year. (Athletes and their parents will be required to read and sign their acceptance of Rule 62).

**B. MIAA Rule, Expulsion from a Game.** Any member of a squad in any sport who is ruled out of a contest (including a jamboree) shall not participate in the next scheduled competition with a member school or in MIAA tournament play. (Exceptions, such as 5 personal fouls in basketball, are detailed in the MIAA handbook. ) An athlete ruled out of a contest twice in the same season shall be disqualified from further participation in that sport and in all sports during that season for a year from the date of his/her second disqualification.

**C. MIAA Rule, Bona Fide Team Member.**

Individual students in schools that have a team in a sport are not allowed to enter tournaments except as a bona fide member of that school team. A *bona fide member* of the school team is a student who is present for and actively participates in all team practices and competitions. Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school activity / event in any sport recognized by the MIAA. First offense: student athlete is suspended for 25% of the season. Second offense: student athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon confirmation of the violation.

**D. DCL Rule (Participation in More Than One Sport).** DCL rules do not allow students to participate in more than one sport per athletic season.

## Lincoln-Sudbury Athletic Department Policies

Besides the rules set by the governing bodies, Lincoln-Sudbury has also established rules and policies concerning athletic participation.

### A. Requirements for Participation

1. **Physical Examination:** Any student wishing to participate in the Lincoln-Sudbury athletic program must have a physical exam certificate dated within 13 months of the ending date of the season. This certificate must be on file with the school nurse prior to the start of tryouts. Students who are medically excused from wellness classes may not participate in the athletic program for the duration of the excuse.
2. **Academic Eligibility:** Student/athletes must be enrolled in a minimum of 4 major subjects or the equivalent. A student/athlete must also have secured a passing grade in at least 4 major subjects, or equivalent, during the marking period preceding the athletic contest.
3. **Athletic Participation Permission Form:** All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. Parents must read and sign the *Permission to Participate in Interscholastic Athletics* form.
4. **Chemical Health Rule Form:** All athletes and parents must read and sign this form in order to participate on any team.

### B. Financial Obligations

A user fee of \$300 (subject to change) will be charged to each athlete/per season.

1. The fee must be paid by check to Lincoln-Sudbury Regional High School.
2. The fee must be paid before the athlete may try out.
3. All user fees will be collected by the Athletic Director.
4. **Refunds:** Requests for refunds must be made directly to the Athletic Director. Guidelines for refunds will be:
  - a. If an athlete is cut from the squad following the tryout period.
  - b. If an athlete suffers a season ending injury prior to or during the first regular season contest.
5. **There will be no refunds:**
  - a. If an athlete quits, at any time, there will be no refund.
  - b. If an athlete is removed from the team for any school or MIAA rule violation, there will be no refund.

6. **Playing Time:** Payment of the user fee will in no way influence the amount of playing time an individual athlete receives. It will be up to each coach to determine the amount of playing time an athlete receives, as has always been the Athletic Department policy.

7. **Financial Assistance:** Financial assistance will be available in cases of hardship. Students or their parents should contact the Athletic Director.

*C. Cutting policies*

Choosing the members of athletic squads is the sole responsibility of the coaches of those squads. Before holding tryouts, the coach shall provide the following information to all candidates for the team:

1. Extent of try-out period.
2. Criteria used to select the team.
3. Practice commitment if they make the team.
4. Game commitments.

When a squad cut becomes necessary, coaches will inform each athlete. Coaches are available to discuss the reason for the action and offer alternative possibilities for participation in the sport or in other areas in the activity program.

*D. Equipment/Uniforms*

All athletes are responsible for the proper care and security of equipment and uniforms issued to them. School furnished equipment and uniforms are to be worn only for contests and practice. Items lost or not returned in good condition at the end of the season will be subject to a financial penalty.

*E. Reporting of injury*

All injuries, no matter how insignificant they may seem, should be reported to the coach and athletic trainer. Final determination of whether an athlete may participate will be the decision of the trainer in conjunction with the physician.

*F. Attendance*

In order to participate in extra-curricular activities, an athlete must attend scheduled classes on the day of the contest. Students who arrive in school after 11:00 am will not be able to participate in that day's contest. If an athlete is absent on Friday, he/she may not participate in weekend contests.

*G. Release from class*

It is the responsibility of the athlete to see his/her teacher before the classes that will be missed because of an away athletic contest. All work shall be made up at the convenience of the teacher. Distance and transportation limitations are the primary reasons for early dismissals. The Athletic Department will make every effort possible to schedule contests so that classes will not be missed.

*H. School Vacations*

All athletes are expected to attend practices and games during school vacations.

**Lincoln-Sudbury Trip/Vacation Policy**

Students who choose to participate on any L-S team will be expected to attend all games and practices over the vacations. During the April vacation, there is a blackout period when games are not scheduled, and practices are optional. Please contact the athletic/ activity office (978-443-9961, 3100) if you have questions regarding a specific program or season. Please refer to page 25 for a detailed description of this policy.

*I. Training Rules and Regulations*

All training rules and regulations will be established by the head coach. Enforcement of these rules and regulations will be the responsibility of the entire coaching staff.

*J. Dropping or Transferring sports*

If an athlete wishes to change sports during a season he/she shall consult with both coaches concerned and the Athletic Director. This procedure assures a smooth transfer which is in the best interest of the athlete. Occasionally, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

- a) Consult with your immediate coach and then the head coach.
- b) Check in all equipment issued to you.

*K. Missing Practice*

An athlete should always consult his/her coach before missing practice. If it is an emergency and the coach cannot be reached, the athlete should contact the Athletic Director's office. Missing practice or a game without good reason will be dealt with appropriately.

**School Discipline Obligations:** A student athlete with a school disciplinary obligation is expected to fulfill the disciplinary obligation before reporting to an athletic practice and/or game. Students cannot expect, and should not request, disciplinary action to be postponed or canceled for any athletic reason. The Athletic Department reserves the right to remove a student from a team for excessive disciplinary problems and may reinstate the student upon sufficient evidence of improvement. It is expected that our athletes be model citizens both in and out of school; they should set an example for all students.

*L. Travel*

All athletes must travel to and from out-of-town athletic contests in transportation provided by the Athletic Department unless previous arrangements are made by the parents and approved by the Athletic Director and the coach. Athletes will remain with their squad and under the supervision of the coach when attending away contests. Athletes who miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances. All regular school bus rules will be followed. Occasionally the school is unable to provide transportation and private vehicles will be used.

*Directions to Away Contests:* The Athletic Department publishes a set of directions to all DCL away contest locations. These are posted on the L-S athletic website.

*M. Conflicts in Extracurricular Activities*

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in extracurricular activities. Students have a responsibility to do everything they can to avoid continuous conflicts, and this often involves making choices. Students must be cautious about belonging to too many activities where conflicts are bound to happen. Notifying the faculty, advisors and coaches involved immediately when a conflict does arise is another expectation. When a conflict arises, the advisors/coaches will work out a solution so the student is not caught in the middle. If a solution cannot be found, the Athletic Director and the housemaster will make a decision.

*N. College Recruitment Policy:*

In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the Athletic Department.

College recruitment information is available from guidance counselors and in the Athletic Office. Information is also available on the NCAA website.

*O. Postponed Contests:*

Many contests throughout the school year are postponed due to factors such as inclement weather. In most instances it is the "home" school that calls for a postponement. By DCL philosophy, games are to be made-up on the next available open date on both schools' schedules, including weekends, whenever practical. Decisions on postponements are made as late in the day as is practical for proper notification of all interested parties. On school days, the most common time is about 1pm for afternoon contests. If there are any questions as to the status of a contest, the Athletic Office welcomes calls, but please wait until after 1 pm. On non-school days, and for evening contests, postponements are made approximately 2 to 3 hours prior to the contest, and coaches will contact their teams. It is sometimes necessary because of scheduling conflicts to cancel rather than postpone sub varsity contests. Cancellations of varsity contests, because of league standings and/or tournament qualification regulations, are extremely rare.

## **Athletic Trainer**

L-S is extremely fortunate to have a highly qualified and skilled full-time trainer. On school days, the Trainer's hours are usually 2 pm until the conclusion of the last contest. During weekends or on days when school is not in session, the Trainer is required to be on site only for contests and for some scheduled scrimmages. Occasionally, the Trainer will be on site for non-school day practice sessions.

At certain times, the Trainer is extremely busy. Because of this, access to the training room and its services is limited to athletes who are there for care only; it should not be used as a student lounge. Training services will be granted on a first come, first served basis on practice days. On game days, students will be treated in an order that will allow bus and/or game commitments to be met. The training program exists to help athletes receive the best possible care.

In the event of an injury, the Trainer and/or Physician is in immediate control. At away contests, if the Trainer or Physician are not present, the host school medical personnel are in control. If no medical personnel are present, members of the coaching staff are instructed to "take charge" of the situation and, if warranted, call for emergency care. After an injury, a student may not return to competition without clearance by the Trainer which may also include written permission from the Physician.

## Athletic Awards Policy

Letters will be awarded in varsity athletics based on the following general criteria. Varsity letter awards will be presented at end-of season celebrations.

### A. General Criteria

1. All athletes are expected to be at all practices and games unless excused by the coach.
2. Athletes must realize that they are representing Lincoln-Sudbury and should conduct themselves accordingly. The highest standards of sportsmanship and fair play will be observed at all times.
3. All athletes must successfully complete the season:
  - a. Athletes dismissed from a team for disciplinary reasons will not be eligible to receive a varsity letter.
  - b. An athlete must be a member of the squad at the end of the regular season, including post season tournament play.
  - c. Injured athletes will be considered on an individual basis by the coach and Athletic Director.
  - d. All post season obligations must be satisfactorily completed, i.e. equipment and uniform turned into the equipment manager.
4. An athlete must be academically eligible.
5. Criteria established by the coach must be achieved.
6. The varsity coach's recommendation is required for all letter awards.
7. Under special circumstances, as determined by the coach and the Athletic Director, a non-player (i.e. statistician, manager) may be awarded a varsity letter.

## What to Expect from a Coach

Student athletes should expect to be treated with respect and to be treated fairly by their coaches. The coaches are professionals who are aware of and committed to upholding the responsibilities they have to follow the policies and regulations of the MIAA, the Dual County League, and L-SRHS. Each student must be treated as an individual, yet as part of the team. Rules and regulations must be uniformly and fairly enforced at all times. In most instances, during the season of play a student athlete spends more time daily under the director supervision and guidance of his/her coach than any other adult. This time spent should be enjoyable, educational, positive and worthwhile; the influence that a coach may have with each individual team member is quite powerful. As recommended by the MIAA, we encourage participation in varied activities under different teacher/coach role models. The percentage of student athletes who complete their formal athletic experiences at the conclusion of the senior year is overwhelming (well in excess of 90%). We focus our attention upon performance goals that will improve both the individual and the team.

Athletes and their families can expect the following from members of the L-S coaching staff:

*Time Commitment* - Practice and game schedules and other time commitments, consistent with the guidelines mentioned previously in this booklet, will be made known to all team members.

*Team Rules* - Coaches have the option of establishing expectations for their team members with the Athletic Director's prior approval. The coach will present these expectations to all team members in writing as soon as possible prior to the first contest of the season. All student athletes and teams will be expected to follow the athletic department covenants. These are defined in the athletic philosophy section of this handbook.

*Individual Success* - The coach will provide an opportunity for each athlete to grow socially and emotionally.

*Team Spirit* - The coach will attempt to instill and promote team spirit and cohesiveness.

*Athletic Performance* - Individual performance by an athlete will be critiqued by a coach at the appropriate time. Each athlete will be encouraged to work towards his/her potential and to develop a positive self-image.

*Skill Development* - each athlete will be taught the rules and skills of the game with the goal of developing maximum proficiency in the specific sport area.

*Approachability* - The coach will be available to all of his/her athletes. Team members are encouraged to approach the coach about any topic that they wish. If a matter is of a personal nature, students should make every effort to approach the coach privately and when there is sufficient time for worthwhile discussion.

*Competitiveness* - According to the MIAA philosophy, winning contests is a laudable goal, but it should not supersede the primary priorities of high school sports. L-S coaches do and should play to win, as all involved enjoy winning, but they also know that preparing students to succeed rather than merely to win games is more important. Win or lose, students should learn lessons of a lasting and positive nature.

## Evaluation of Coaches

Each coach employed by L-S is formally evaluated on an every other year basis. The evaluations are performed by the head coach for each of his/her subvarsity and assistant coaches, and by the Athletic Director for each head coach.

### LINCOLN-SUDBURY REGIONAL HIGH SCHOOL

#### ATHLETIC PROGRAM CONFLICT RESOLUTION PROCESS

Athletic involvement, while fun and exciting, can be very emotional and time consuming. Because of this, conflicts and issues between a student and his/her coach may arise. It is imperative that any conflict and/or issue be addressed immediately, and as directly as possible, so that it can be resolved promptly. Students and parents should use the following process as a guideline when seeking resolution to conflicts and/or issues between a coach and an athlete.

##### *FIRST STEP: PERSONAL STUDENT-COACH CONTACT*

The conflict/issue should be presented as soon as possible to the coach by the athlete. If personal contact is not practical, a student may ask his/her team captain to approach the coach. If contact by the captain is not practical either, then contact may be made by the athlete's parent at an appropriate time. In order for this conversation to be as productive as possible, times to be avoided are:

- either immediately prior to or right after a contest
- during an active practice session
- during a time when other students are present or when the discussion is readily visible to others
- when it is apparent that there is not sufficient time to allow for a complete discussion

The best solution is to set up an appointment with the coach. A parent or student may leave a note for a coach in the athletic office, or speak to him/her in person, or by phone.

##### *SECOND STEP: STUDENT-ATHLETIC DIRECTOR CONTACT*

If a satisfactory resolution is not reached through direct contact with the coach, the student and/or parent should contact the Athletic Director. The coach should be informed that this contact is going to be made. If this discussion does not result in a satisfactory conclusion a meeting will be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution. As this process can be time consuming, and, since athletic seasons are relatively short, there should be no time delay in airing concerns. It is important that students and their parents trust that any comments, concerns, or issues raised to the Athletic Director will be addressed. Parents and students may also expect to hear from the Athletic Director regarding the outcome of their concerns. Issues concerning coaching personnel may not be publicly communicated. While there is no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

##### *THIRD STEP: STUDENT-SUPERINTENDENT/PRINCIPAL CONTACT*

If a satisfactory resolution has not yet been reached, the student or parent should contact the high school superintendent/principal. The Athletic Director should be informed that this contact is going to be made.

*"RETRIBUTION"*

On occasion, there is a perception by members of the Lincoln-Sudbury community that voicing an opinion or concern about a coach, or about the Athletic Department, carries with it the risk of "retribution" towards the athlete either by the coach or by other staff members within the department. The Athletic Director and coaches are committed to insuring that there be no "retribution" in any form, within the Athletic Department at Lincoln-Sudbury Regional High School, for raising an issue or concern. (Of course, students who violate team, department or school rules will continue to face consequences.)

Using the aforementioned process to voice a concern is strongly encouraged. If at any time, a student or his/her parents suspect that some form of "retribution" is surfacing as a result of voicing a concern, the Athletic Director should be immediately informed.

The athletic program at Lincoln-Sudbury offers a wide variety of choices. The following charts list all the sports that are offered at Lincoln-Sudbury for each season. As an aid for students in making their choices, each sport is listed with the appropriate experience level necessary for a student to participate. Some sports, such as track, take members at all levels. Please examine the charts and feel free to ask questions in the Athletic Office (978-443-9961, 781-259-9527, ext. 3100 or 3121)

## FALL SPORTS

### Begin Before Labor Day

	Experience Helpful	Experience Necessary
Varsity Football - Boys 10 -12		*
JV Football - Boys 10 -11	*	
9th Grade Football - Boys 9	*	
Varsity Field Hockey - Girls 9 -12		*
JV Field Hockey - Girls 9-11	*	
9th Grade Field Hockey - Girls 9	*	
Fall Cheerleading - 9 -12	*	
Varsity Volleyball - Girls 9 -12		*
JV Volleyball - Girls 9 -11	*	
9th Volleyball - Girls 9	*	
Varsity Soccer - Boys 9 -12		*
JV Soccer - Boys 9 -11	*	
9th Grade Soccer - Boys 9	*	
Varsity Soccer - Girls 9 -12		*
JV Soccer - Girls 9-12	*	
9th Grade Soccer-Girls 9	*	
Cross Country - Girls 9-12	*	
Cross Country - Boys 9-12	*	
Golf - Coed 9-12		*

## WINTER SPORTS

Begin On The Monday After Thanksgiving

	Experience Helpful	Experience Necessary
Varsity Basketball - Boys 10 -12		*
JV Basketball - Boys 9 -11	*	
9th Grade Basketball - Boys 9	*	
Varsity Basketball - Girls 9 -12		*
JV Basketball - Girls 9 -11	*	
9th Grade Basketball - Girls	*	
Gymnastics - Girls 9 -12	*	
Nordic Ski - Coed 9 -12 (No experience necessary)		
Alpine Ski - Coed 9 -12	*	
Winter Track - Boys 9 -12	*	
Winter Track - Girls 9 -12	*	
Wrestling - Boys 9 -12	*	
Varsity Hockey - Boys 9 -12		*
Varsity Hockey - Girls 9 -12		*
JV Hockey - Boys 9 - 11		*
Swimming - Girls 9 -12	*	
Swimming - Boys 9 -12	*	
Diving - Coed 9 - 12		*

## SPRING SPORTS

### Begin On The Third Monday In March

	Experience Helpful	Experience Necessary
Varsity Lacrosse - Boys 10 -12		*
JV Lacrosse-Boys 10 -11	*	
9th Grade Lacrosse- Boys 9	*	
 Varsity Lacrosse - Girls 10 -12		*
JV Lacrosse - Girls 10 -11	*	
9th Grade Lacrosse - Girls 9	*	
 Varsity Volleyball - Boys 9 -12		*
JV Volleyball - Boys 9 -11	*	
 Sailing - Coed 9-12		*
 Varsity Baseball - Boys 10 -12		*
JV Baseball - Boys 10 -11	*	
9th Grade Baseball - Boys 9	*	
 Varsity Softball - Girls 9 -12		*
JV Softball - Girls 9 -11	*	
9th Softball - Girls 9	*	
 Spring Track - Boys 9 -12	*	
Spring Track - Girls 9 -12	*	
 Tennis -Boys 9 -12		*
JV Tennis - Boys 9 - 11		*
 Tennis -Girls 9 -12		*
JV Tennis - Girls 9 - 11		*

## Goals of Lincoln-Sudbury Athletics

The common goals of the athletic program at **ALL LEVELS** of play are for athletes to:

- \*Have FUN
- \*Develop their physical, emotional, social and mental skills
- \*Develop respect for authority, teammates, opponents and themselves
- \*Develop pride in themselves, their team, school and community
- \*Develop leadership qualities
- \*Learn to work as a team member towards the attainment of common goals
- \*Develop team responsibility and dedication
- \*Learn rules of particular sport
- \*Develop skills necessary to play a particular sport
- \*Attempt to place athletes on a team level that will allow them to succeed to the best of their ability

- Top Five Educational Outcomes of Interscholastic Athletics**
1. **Promotion of Learning (physical, social, personal, psychological development)**
  2. **Life Skills (balance life, emotional wellbeing, leadership, personal growth, decision-making)**
  3. **Healthy Lifestyle (addiction-free, physically active, long-term healthy lifestyle)**
  4. **Sportsmanship (learn respect and commitment for teammates, coaches, officials, opponents, and rules)**
  5. **Citizenship (acquire knowledge, attitudes, experience and skills that prepare one to become a productive and responsible member of society)**

### Specific Goals of 9th Grade Teams

- \*Introduce and develop the skills and rules of the sport
- \*Present an opportunity for an athlete to experience a specific sport
- \*Introduce young athletes to interscholastic competition
- \*Allow an athlete to explore further study in a specific sport
- \*Give all participants playing time in all games, assuming that athletes have attended practice, worked to their potential, have the proper attitude, and have committed to the team. Athletic skill is also a factor

### Specific Goals of Junior Varsity Teams

- \*Further develop the skills and knowledge of the sport
- \*Increase the intensity of the competition
- \*Prepare for the varsity level in that sport
- \*Give all participants playing time based upon practice attendance, work ethic, attitude, commitment to the team and athletic skill

**Specific Goals of Varsity Teams**

- \*Develop skills and knowledge to their highest level
- \*Allow talented athletes the chance to excel and prepare them for future competitions
- \*Compete for League, Sectional and State Championships
- \*Expect all members to be role models and mentors for younger students

There is a possibility that some students may be cut during tryouts. These students will be encouraged to tryout for another sport team whenever possible, or to join an intramural activity.

Please note: When 9th graders have demonstrated an advanced level of ability, they may be placed on a junior varsity or varsity team after agreement among the athlete, his/her parents, the coach, and the Athletic Director. Age does not dictate level.

There are many decisions made on a regular basis by members of our coaching staff. These include: which athletes should start a contest, who should play what position and the amount of playing time. These very difficult decisions are made only by members of our coaching staff after weighing a considerable number of factors. The most competitive, skilled team members will play the major portion of contests. However, teams cannot be successful without committed substitutes or "second string players". These athletes push the starters, and can help make the team more competitive. They must also strive to do their best.

**Intramurals**

In an effort to provide students with less competitive and more recreational experiences, various activities are offered through intramurals. These activities run in the fall, at the beginning of March, in the spring, and some are year long. For example, some of the more popular intramural offerings include Basketball, Sailing, Indoor Soccer, Tennis, Cheerleading, and Fitness training. Programs are offered based upon interest, instructor availability, and the budget. Club teams, such as Frisbee, Boys Rugby and Girls Rugby, also provide sport opportunities.

## THE ROLE OF THE PARENT WITH L-S ATHLETICS

- Do everything possible to make the athletic experience positive for your child and others.
  - View the game with team goals in mind.
  - Attempt to relieve competitive pressure rather than increase it.
  - Encourage multi-sport participation (vs specialization).
  - Release your children to the coach and the team.
  - Look upon opponents as friends involved in the same experience.
  - Accept the judgment of the officials and coaches; remain in control.
  - Accept the results of each game; do not make excuses.
  - Demonstrate winning and losing with dignity.
  - Dignify mistakes made by athletes who are giving their best effort and concentration.
  - Be an encourager – encourage athletes to keep their perspective in both victory and defeat.
  - Be a good listener.
  - Accept the goals, roles, and achievements of your child.
  - If you have a concern, make sure your child feels the same way. Ask your child to discuss the concern with the coaches. If there is still a problem, set up a meeting with the coaches and your child to try and solve the problem.
  - Coaches and parents should be viewed as being on the same team – we are allies.
  - After a game, parents should give their children space and time.
  - After a game (win or lose), youngsters need a parent – not another coach/critic.
  - Parents should be confidence builders by maintaining a consistent perspective and not saying or doing anything that will have their children feel like their self-worth is tied to playing time or outcome of a game.
  - There are 4 roles in interscholastic athletics: player, coach, official, parent/spectator. Pick one role only.
- Thank you and enjoy the season!

## TRIP/VACATION POLICY

The Dual County League often schedules contests over school vacation weeks. The primary reasons for this include scheduling needs, and conditioning/training principles. Each season is limited to a certain period of weeks, and it becomes necessary to compete and practice over vacations in order to safely complete schedules. The weather has a major effect on schedules, particularly in the spring, and using the vacation week helps to prevent weeks consisting of four or five makeup games. It is also important to note that student-athletes must regularly train and practice in order for a team to progress. When students take a week off, they lose valuable conditioning and instruction time. This results in loss of information such as strategies and tactics. It is also possible that a student-athlete may suffer an injury due to lack of conditioning.

All LSRHS athletes who have contests scheduled over school vacations will be expected to attend all scheduled practices and contests during that week. Students who are planning to go away are expected to communicate this with their respective coach prior to the season. Those students who do make a team, and then choose to go away during the vacation (other than the April vacation grace period discussed below) will have to adhere to the following policies.

- \* Students who choose to go away, and miss part of their season, will lose playing privileges to students who are at practices and games throughout the vacation.
- \* Varsity students-athletes who are absent during the entire vacation week will be suspended from contests on the week that follows. For each contest that they miss, they will be suspended from that number of contests on the following week. If a student misses two games, she/he will be suspended from two games. However, they will be expected to practice and attend all contests. This policy will be more flexible with regards to sub varsity student-athletes.

\* Varsity student-athletes who are absent for part of a vacation will not compete in contests for part of the following week (for example, if a student misses one game, he/she will be suspended from the next game). This will be determined by the coach.

The Dual County League policy regarding April vacation allows students flexibility for a five-day period over this vacation. The actual days may vary, depending upon religious holidays. During this time, no contests are scheduled, and practices are optional. Although practices are optional during this time, they will be conducted. Students who are best prepared will, therefore, receive more playing time during the games that follow this time period. Please note that there are no 9th grade teams with obligations during the vacation. However, if a 9th grader makes a junior varsity or varsity team, there will be obligations, starting on the Wednesday of the April vacation.