

ATHLETIC TRYOUTS

The first formal tryout date for Fall sports is no sooner than Thursday, August 27, 2009. The exception is Varsity Football (see schedule below).

Physical examination policy: Any student wishing to participate in the Lincoln-Sudbury athletic program must have a physical exam within 13 months of the beginning of the season. Proof of this exam must be on file with the Health Office prior to the start of tryouts. Physicals dated July 27, 2009 or after will work for all three sports seasons. Students who are medically excused from Wellness classes may not participate in the athletic program for the duration of the excuse.

User Fee: A user fee of **\$300** will be charged each athlete per season.

1. The fee must be paid by check to Lincoln-Sudbury Regional High School. The fee may also be paid online at www.lsrhs.net by linking to "online fee payments". If you pay online your child must bring the online receipt to the athletic office before their tryout.
2. The fee must be paid before the athlete may tryout. **(Please do not mail.)**
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. We cannot ensure that all students will make the team. If an athlete is cut from the squad following the tryout period, the user fee will be refunded.
 - 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's discretion to determine the amount of playing time an athlete receives, as has always been our policy. Playing time is not negotiable
7. Financial Assistance: Financial assistance will be available in cases of hardship. Students or their parents should contact the athletic office and will need to fill out financial paperwork. These forms are available online at the LS Athletic website. All waiver forms must be turned in prior to trying out.
8. Collection Schedule: The athletic director's office will be open to collect fees and forms on:

Monday, August 24	9:00 am - 12:00 pm
Tuesday, August 25	9:00 am - 12:00 pm
Wednesday, August 26	9:00 am - 12:00 pm

Academic Eligibility: Student/athletes must be enrolled in a minimum of 4 major subjects or the equivalent. A student/athlete must also have achieved a passing grade in at least 4 major subjects, or equivalent, during the marking period preceding the athletic contest. Incomplete grades may not be counted toward eligibility. Academic eligibility shall be considered official when report cards are issued. Changes after that date do not count toward eligibility.

Chemical Health MIAA Rule 62 (Chemical Health): 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. The penalty for the first violation is loss of eligibility for 25% of interscholastic contests of the season. The second violation will be loss of eligibility for 60% of all interscholastic contests of the season. The Chemical Health Rule has been extended to be inclusive of the period from: the first allowable day of fall practice, through the end of the academic year or final athletic competition of the year, whichever is later. (Broadening this window from “in season” to the entire academic year reflects that chemical health of our students is not simply a seasonal concern.) **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.**

Attendance: In order to participate in extracurricular activities, an athlete must attend scheduled classes on the day of the contest. If an athlete is absent on Friday, he/she may not play in weekend contests.

TRIP/VACATION POLICY - ATHLETICS

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. We know that occasionally students find themselves in conflict between participation in a sport, and participation on a school-sponsored trip to a foreign country. In these cases, which are rare, a tough choice may have to be made. While both are school related, as opposed to a family vacation, the policy still must apply because of the teamwork and commitment expected from athletes.

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.

FALL SEASON HEAD COACHES

VARSITY FOOTBALL	TOM LOPEZ	(978)443-3917
VARSITY FIELD HOCKEY	VICKY CABURIAN	(978)897-5056
VARSITY BOYS SOCCER	DAVID HOSFORD	(978)318-0475
VARSITY GIRLS SOCCER	ALICIA CARRILLO	(978) 443-0005
VARSITY CROSS COUNTRY - B	PAT MCMAHON	(978) 897-5055
VARSITY CROSS COUNTRY - G	HENRY PHELAN	(978)460-5561
VARSITY GIRLS VOLLEYBALL	JUDY KATALINA	(508)877-0310
VARSITY GOLF	GREG GAMMONS	(978)261-5212

STARTING DATES AND TIMES FOR VARSITY/JV/9TH SPORTS

FOOTBALL 10 - 12	AUGUST 20	5:00 PM - EQUIPMENT ISSUE,GYM 3
	AUGUST 24	9:00 AM - LS FIELDS
FIELD HOCKEY	AUGUST 27	8:30 AM - FIELD HOCKEY FIELDS
BOYS SOCCER	AUGUST 27	8:00 AM - SOCCER FIELDS
GIRLS SOCCER	AUGUST 29	10:00 AM - SOCCER FIELDS
CROSS COUNTRY	AUGUST 31	9:00 AM - Girls, TRACK 10:00 AM - Boys, TRACK
GOLF	TBA	
GIRLS VOLLEYBALL	AUGUST 31	12:00 PM - 10-12 GRADE - GYMS
CHEERLEADING	AUGUST 31	3:00 PM - GYM 3
9TH VOLLEYBALL	AUGUST 31	3:30 PM - GYMS
9TH GIRLS SOCCER	SEPTEMBER 1	3:15 PM - LS FIELDS
9TH BOYS SOCCER	AUGUST 31	1:30 PM - LS FIELDS
9TH FIELD HOCKEY	SEPTEMBER 2	3:15 PM - LS FIELDS
9TH FOOTBALL	SEPTEMBER 1	3:00 PM - EQUIPMENT ISSUE/PRACTICE

**FOR FURTHER INFORMATION OR QUESTIONS, PLEASE CALL THE ATHLETIC DIRECTOR'S OFFICE
978-443-9961 or 781-259-9527 ext. 3100 or 3121.**