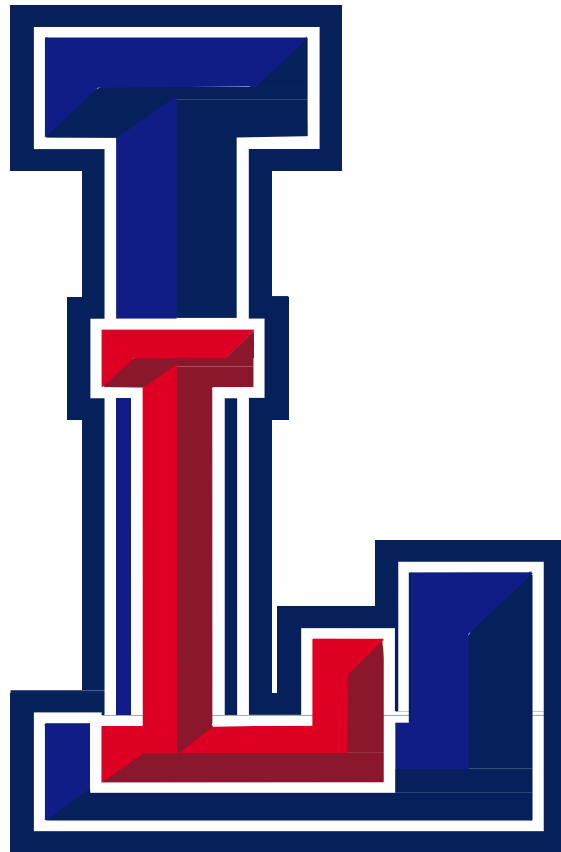


# **LAKWOOD LOCAL SCHOOL DISTRICT**



**2022-2023**

**ATHLETIC HANDBOOK**

**FOR**

**ATHLETES / PARENTS / COACHES**

# Lakewood Athletic Information

Lakewood Local School District 525 E.  
Main St.  
P.O. Box 70  
Hebron, OH 43025  
(740) 928-5878  
(740) 928-3731 fax

Lakewood High School  
9331 Lancer Rd. SE  
P.O. Box 70  
Hebron, OH 43025  
(740) 928-4526  
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Lakewood Middle School  
5222 National Rd. SE  
P.O. Box 70  
Hebron, OH 43025  
(740) 928-8340  
(740) 928-5627 fax

Mascot: Lancers  
Colors: Red, Blue and White

Superintendent  
Dr. Mark Gleichauf [mgleichauf@laca.org](mailto:mgleichauf@laca.org)

High/Middle School Athletic Director  
Jason Lee [jlee@lakewoodlocal.k12.oh.us](mailto:jlee@lakewoodlocal.k12.oh.us)

Middle School Event Supervisor  
Mat Bowen [mbowen@lakewoodlocal.k12.oh.us](mailto:mbowen@lakewoodlocal.k12.oh.us)

High School Principal  
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Middle School Assistant Principal  
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Ohio High School Athletic Association (OHSAA) [www.ohsaa.org](http://www.ohsaa.org)  
National Federation of State High School Associations (NFHS) [www.nfhs.org](http://www.nfhs.org)  
Licking County League (LCL) – Buckeye Division

For complete information including schedules visit [www.lakewoodlocal.k12.oh.us](http://www.lakewoodlocal.k12.oh.us).  
Follow us on twitter @LWHSLancers for sports scores, game highlights, etc.

## I. ATHLETIC PHILOSOPHY

The mission of the Lakewood Athletic Department is to provide activities which complement the education of students in ways not provided by the curriculum. The athletic department is committed to providing programs which are safe, sound, and productive. Sportsmanship, ethics, and integrity are the focus of these programs. Coaches, athletes, and parents are expected to set an example of sportsmanship that reflects positively on our school and community. The program is progressive in nature in that it stresses the fundamentals of a sport at the middle school and specific skill development at the higher-grade levels. The program is competitive and seeks to teach the value of athletics. It seeks to instill a feeling of pride in skill development and successful competition with students from other schools. The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules, and regulations as well as league, state and national association rules.

## II. PURPOSE

The purpose of this handbook is to provide a guide to the policies and procedures of the athletic department. This handbook provides a framework from which coaches, athletes, and their parents can best work together for the benefit of our overall athletic program. Although it is intended to be comprehensive in nature, **inevitably situations will occur that are not outlined in this handbook**. In addition, all student-athletes are held accountable to consequences in the school handbook.

Parents and athletes are required to sign the “**Acknowledgement of Athletic Policies Agreement**” stating this handbook has been read and understood before athletes can participate in a sport. Please refer to this handbook throughout the year for all sports.

Coaches, athletes, and parents are obligated to be knowledgeable and supportive of these policies and procedures.

### **To the Athlete and Parent or Guardian**

In accordance with Board Policy 5610.05, it should be understood that **participation in athletics is a privilege and not a right** and that a student who elects to participate in athletics is voluntarily making a choice of self-discipline. Failure to comply with the rules of training and conduct means exclusion from the team. Being a member of a Lakewood athletic team is an ambition of many students. The attainment of this goal carries with it certain responsibilities and obligations. The most important of these responsibilities is to broaden and develop strength of character from your experiences. Another responsibility you assume as an athlete is the responsibility to your school and community. As a member of an athletic team, you are contributing to the reputation of your school. Lakewood Schools cannot maintain its position as having outstanding schools unless you do your best in the activity in which you participate. The student body, the Hebron community and other communities judge our schools by your conduct and attitude, both on and off the field. Because of this leadership role, you can make a positive contribution to school spirit and community pride. If you consistently demonstrate these ideals, you will make Lakewood proud of you and your community proud of Lakewood.

**Beginning with the date that the athlete and guardian(s) sign the “Acknowledgement of Athletic Policies Agreement,” the policy will be in effect for the athlete for 365 consecutive days. There is no “off-season” as far as adherence to the substance abuse policy is concerned. This policy is in effect 365 days a year / 24 hours a day.**

## III. SPORTSMANSHIP EXPECTATIONS

In keeping with Board policy and the guidelines of the Ohio High School Athletic Association, the following behaviors are expected of each group as each group fulfills its role in providing for an athletic program that is based on exemplary sportsmanship:

**Each Student-Athlete is expected to:**

- ✦ Accept and understand the seriousness of his/her responsibility, and the privilege of representing the school, District, and community.
- ✦ Live up to the standards of citizenship, conduct and sportsmanship established by the school administration and the coaching staff.
- ✦ Refrain from taunting, trash-talking, and making any kind of derogatory remarks to opponents during the game, especially comments of ethnic, racial, or sexual nature.
- ✦ Wish opponents good luck before the game and congratulate them in a sincere manner following either victory or defeat. ✦  
Respect the integrity and judgment of game officials.
- ✦ Win with humility, lose with grace and do both in dignity.

**As it pertains to athletic contest participation, members of Other Student Groups (Pep Club, Band) are expected to:**

- ✦ Establish themselves as leaders in conduct before, during, and after contests and events. Always provide positive support for the school's team, rather than intimidating or ridiculing the other team.
- ✦ Assist cheerleaders with yells, chants, etc., and be a working part of pep assemblies via preparation, organization, and involvement.
- ✦ Treat opposing players, coaches, spectators, and support groups with respect and enthusiasm.
- ✦ Refrain from taunting or making any kind of derogatory remarks to opponents during the game, especially comments of ethnic, racial, or sexual nature.
- ✦ Conduct themselves in an exemplary manner, remembering they represent the school both home and away.
- ✦ Respect the integrity and judgment of game officials.
- ✦ Be exemplary role models by positively supporting teams in every manner possible, including content of cheers and signs.

**Each Spectator is expected to:**

- ✦ Remember that he/she is at a contest to support and cheer for the team and to enjoy the skill and competition; not to intimidate or ridicule the other team, its fans or the officials.
- ✦ Remember that school athletics are learning experiences for students and that mistakes are sometimes made. Praise student athletes in their attempt to improve themselves as students of the game, as athletes, and as people as you would praise a student working in the classroom.
- ✦ Remember that a ticket to a school athletic event is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- ✦ Learn the rules of the game so that he/she may understand and appreciate why certain situations take place.
- ✦ Show respect for the opposing players, coaches, spectators, and support groups. Treat them as one would treat a guest in one's own home.
- ✦ Refrain from taunting or making any kind of derogatory remarks to opponents or officials during the game, especially comments of ethnic, racial, or sexual nature.
- ✦ Recognize and show appreciation for outstanding play by either team.
- ✦ Refrain from the use of any controlled substances (alcohol, drugs, etc.) before and during games and afterwards on or near the site of the event.
- ✦ Use only those cheers that support and uplift the teams involved.
- ✦ Be a positive role model through his/her own actions and by censuring those close by whose behavior is unbecoming.

**Fan Ejections:**

- ✦ Fans who do not follow the guidelines and are ejected from an athletic contest and/or demonstrate misconduct before, during and after contests may be subject to a suspension period of seven days for a first offense. During this seven-day suspension the fan may not attend any contests involving a Lakewood team or individual, including High School or Middle school events. The seven-day period begins immediately after the infraction occurs and runs seven consecutive days. There must be a phone conversation or meeting with the offender with the Principal and/or the Athletic Director within 72 hours of the offense, and a video on sportsmanship must be viewed on the NFHS website.
- ✦ A second violation of this policy may result in a thirty-day suspension with a mandatory meeting with the Principal and Athletic Director.
- ✦ Any further violations may result in a calendar year suspension with a mandatory meeting with the Principal, Athletic Director and Superintendent.

## IV. GOVERNANCE

### A. Lakewood Local Schools Board of Education [www.lakewoodlocal.k12.oh.us/](http://www.lakewoodlocal.k12.oh.us/)

The Board of Education, responsible to the people, is the ruling agency for the Lakewood Local Schools and is responsible for evaluating the interscholastic athletic program in terms of its value to the community.

### B. The Ohio High School Athletic Association [www.ohsaa.org](http://www.ohsaa.org)

Lakewood High School and Lakewood Middle School are voluntary members of the OHSAA and agree to abide by and enforce all rules and regulations promulgated by this association. The primary role of the OHSAA is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs. The OHSAA solicits input and is responsive to requests for rule modifications from member schools, appointed committees, and coaches associations.

Lakewood Schools offer athletic participation in the following competitive sports and/or spirit groups:

- ✦ High School: Baseball, Basketball, Bowling, Cheerleading, Cross Country, Football, Golf, Soccer, Softball, Swimming, Track & Field, Volleyball, Wrestling
- ✦ Middle School: Basketball, Cheerleading, Cross Country, Football, Golf, Track & Field, Volleyball, Wrestling

### C. The National Federation of State High School Associations (NFHS) [www.nfhs.org](http://www.nfhs.org)

The purposes of the NFHS are to serve, protect, and enhance the interstate activity interests of the high schools belonging to state associations; to assist in those activities of the state associations which can be best operated on a nationwide scale; and to sponsor meetings, publications and activities which will permit each state association to profit by the experience of all other member associations. The NFHS is both a service and regulatory agency.

### D. The Licking County League (LCL)

The Lakewood High School and Lakewood Middle School are voluntary members of the Licking County League. This league was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union or effort.

The Licking County League was established to encourage member schools to improve their athletic programs. The conference membership facilitates the arranging of schedules, equalizing competition, conducting league meets and determining league championships.

The Licking County League provides Lakewood High School and Lakewood Middle School the opportunity for competition without excessive travel and with schools of similar athletic philosophies. Membership implies abiding by conference schedules, rules, and regulations.

Member Schools include:

- ✦ Buckeye Division: Granville, Licking Heights, Licking Valley, Watkins Memorial, Zanesville
- ✦ Cardinal Division: Heath, Johnstown, Lakewood, Newark Catholic, Northridge, Utica

## V. REQUIREMENTS FOR PARTICIPATION

Each athlete must meet the following Ohio High School Athletic Association requirements to be eligible for participation in our athletic department programs. Students cannot practice or participate in scheduled contests, until all forms are signed by both parent and student and a current physical is uploaded in **FINAL FORMS**.

<https://lakewoodlocal-oh.finalforms.com/students>

[https://www.lakewoodlocal.k12.oh.us/Downloads/Common%20Parent%20Questions%20\(1\)-2.pdf](https://www.lakewoodlocal.k12.oh.us/Downloads/Common%20Parent%20Questions%20(1)-2.pdf)

## **A. PROOF OF HEALTH INSURANCE**

All students must have proper insurance coverage before participating in practice sessions or try-outs. The school district does not carry insurance to cover students' athletic injuries. A parent/guardian will need to fill in and sign the insurance verification section of the "Acknowledgment of Athletic Policies Agreement" showing they possess a family insurance plan. This will be kept on file in the office of the athletic director.

## **B. SPORTS PHYSICAL**

Each athlete must provide an OHSAA Pre-participation Physical Evaluation form prior to any practice or competition on Day 1 of the start of the sport season. This document must be signed by the parent/guardian, athlete, and by the physician who certifies that the student is physically able to participate. The document includes Pages 1-6, Ohio Department of Health Concussion Information Sheet, and Sudden Cardiac Arrest and Lindsay's Law forms. A copy of the forms can be found via the following link:  
[https://ohsaaweb.blob.core.windows.net/files/Sports-Medicine/PPE\\_2020-21\\_%20Final\\_Version\\_010220.pdf](https://ohsaaweb.blob.core.windows.net/files/Sports-Medicine/PPE_2020-21_%20Final_Version_010220.pdf).  
Only one physical evaluation form is required per calendar year. This will be kept on file in the office of the athletic director.

## **C. ACADEMIC ELIGIBILITY**

Each athlete must meet the Ohio High School Athletic Association eligibility requirements.

1. Eligibility for each grading period is determined by the grades that an athlete receives during the preceding grading period. Semester averages, exams, or yearly grade averages have no effect on eligibility.
2. Grades 9-12: a student must be enrolled in school during the preceding grading period in order to maintain eligibility. During the preceding grading period, the student must receive passing grades in the equivalent of a minimum of **five one-credit courses** that count toward graduation. (NOTE: For the fall quarter, a freshman is eligible as long as passing grades were obtained in five subjects during the fourth quarter of the eighth grade year.)
3. Grades 7-8: a student must be currently enrolled in school and must receive passing grades in five subjects carried the preceding grading period in which the student was enrolled. A student enrolling in seventh grade for the first time will be eligible for the first grading period regardless of any previous academic achievement.
4. Summer school grades/credits may not be used to substitute for failing grades from the last grading period of the regular school year.
5. The eligibility or ineligibility of a student continues until the start of the fifth school day of the next grading period, at which time the grades from the preceding grading period become effective.

## **D. PARENT/ATHLETE ACKNOWLEDGEMENT OF ATHLETIC POLICIES AGREEMENT**

Each parent/guardian and athlete shall read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the school district. This signed document can be found on file in the office of the athletic director.

## **E. OHIO HIGH SCHOOL ATHLETIC ASSOCIATION RULES**

To be eligible for interscholastic athletics, students in Grades 7-12 must meet the state regulations as set forth in the OHSAA Eligibility Guides. The guides can be found as follows:

- ✦ High School: [www.ohsaa.org/Portals/0/Eligibility/OtherEligibilityDocs/EligibilityGuideHS.pdf](http://www.ohsaa.org/Portals/0/Eligibility/OtherEligibilityDocs/EligibilityGuideHS.pdf)
- ✦ 7<sup>th</sup>-8<sup>th</sup> Grade: [www.ohsaa.org/Portals/0/Eligibility/OtherEligibilityDocs/EligibilityGuideMS.pdf](http://www.ohsaa.org/Portals/0/Eligibility/OtherEligibilityDocs/EligibilityGuideMS.pdf)

As an overview, these regulations cover the following:

- a. Scholarship
- b. Semesters of Enrollment
- c. Age
- d. Enrollment
- e. Residence Requirements
- f. Non-Enrolled Students
- g. Transfers
- h. International & Exchange Students
- j. Recruiting
- k. Open Gyms/Facilities
- l. Coaching Instruction Permissions
- m. Participation on Non-School Teams
- n. Alcohol, Tobacco, Drugs and Steroids
- o. Pre-participation Evaluations
- p. Concussion and Sudden Cardiac Arrest Mgmt.
- q. Expectations on Sporting Behavior
- i. Amateurism/Awards

## **VI. TRYOUTS**

Tryouts for athletic programs are open to all students providing they meet the standards for participation outlined above. In certain sports, more students try out than can be kept on a team. When this situation occurs, cutting is necessary. Cutting students is a difficult process and all coaches should realize that sensitivity and communication are essential. During the tryout period the coach must explain the expectations and criteria used to select players for the team. It is the coach's responsibility to evaluate and communicate with the athletes during the tryout period and decide which students will be placed on the team. Students who do not make the team should be informed in person by the coach as to the reason for the cut. Coaches have discretionary authority in choosing their teams.

## **VII. TEAM SELECTION**

It is reasonable to expect that varsity teams will be comprised of the best players. It is also important to recognize that high school athletes who work hard and can contribute to a team's success should also be given the opportunity to be on a varsity team. The athletic department must, therefore, work to balance the desire to reward talent with a sincere effort to include as many students as possible within the varsity experience.

### **Seniors on Varsity / Junior Varsity**

Players who have participated as members of junior varsity teams should be given every consideration to be on varsity as a senior; however, a coach must evaluate that player's attitude, effort, character, and skill level against all other candidates for the team. Varsity team membership is an earned privilege, not a guaranteed entitlement for senior student-athletes. Coaches are discouraged from playing seniors on their junior varsity teams.

## **VIII. SELECTED FOR A TEAM**

A student must be eligible according to the standards listed in this section in order to be a member of a 7<sup>th</sup> Grade, 8<sup>th</sup> Grade freshman, junior varsity, or varsity team. Head coaches are **required** to conduct a team meeting to include all players, their parents/guardians, and coaches in the program. Program philosophy as well as expectations and specific team rules should be shared. Team rules regarding student-athletes and parents will be discussed at this meeting.

### **A. ACADEMICS**

Refer to Ohio High School Athletic Association "Academic Eligibility" requirements on previous page.

### **B. DAILY ATTENDANCE**

In order to participate in a school-day practice or contest, a student-athlete must be in attendance for four full periods (approximately ½ day). Field trips, medical/dental appointments (with a physician's note), and special family situations may be excused by an administrator. Final judgment rests with the principal. A team member under disciplinary inschool or out-of-school suspension for any reason forfeits his/her participation rights for practices, tryouts, interscholastic contests or other team functions while suspended.

### **C. COMMITMENT / MISSING PRACTICE OR GAMES**

During tryouts, and after team selection, the head coach will explain expectations related to practice times and locations, as well as game schedules. Students should expect to make at least a six-day, two-to-three-hour-per-day commitment to the team each week. An athlete should always consult his/her coach before missing practice. Missing practice or a competition without good reason will be dealt with by the head coach and his/her team rules and consequences.

### **D. FAMILY VACATIONS/EXTENDED ABSENCES**

Each parent/guardian and athlete must determine if the athlete will be able to meet the commitment of time for the duration of the sport season. Work and/or vacation are not acceptable reasons for missing practice and/or games during their season of sport as designated by the Ohio High School Athletic Association calendar. Consequences will be determined by the head coach and his/her team rules.

## **E. TEAM RULES**

Coaches of each sport have the authority to set their own rules and expectations which are approved by the Athletic Director. Coaches have the responsibility and authority to enforce these rules. An athlete and his/her family agree to these expectations by virtue of agreeing to participate on the team. Questions concerning team rules should be addressed with the coach at the pre-season parent meeting.

## **F. TRANSPORTATION**

Athletes are expected to ride school-provided transportation to and from contests. Exceptions to this on an emergency basis are to be made at the coach's discretion, and then communicated to the athletic director. It is ultimately at the discretion of the coach in charge to set up guidelines and make decisions as they relate to the transportation policy. If approved, parents may not transport any student other than their own child(ren). Parents must present written notice to the coach for their son/daughter to travel home with them.

## **G. EQUIPMENT**

Students have an obligation and responsibility to properly care for and return all equipment issued to them. Students failing to turn in equipment or returning equipment damaged through misuse are responsible to meet the current replacement cost for such equipment. Payment is required at the time of the loss. Payment must be received prior to the next season of athletic involvement or graduation, whichever comes first. Students may not be allowed to try out for an athletic team if they have an equipment obligation.

## **H. ATHLETIC AWARDS**

Prior to the beginning of each season, coaches should clearly define and communicate criteria for earning varsity letters. These criteria are sport-specific. Student athletic trainers and managers are eligible for varsity letters. At seasonal athletic banquets all varsity letter winners will receive recognition. Certificates of participation will be awarded to all non-varsity letter winners completing a full season. Individual awards may also be given out at the discretion of the coach of each sport. At the discretion of the head coach and athletic director, awards may be withheld from studentathletes who fail to attend the end of season awards banquet.

## **I. FORMS**

Students participating in athletics are required to have the following forms **on file in the office of the athletic director prior to the start of the first official practice for that sport.**

1. Preparticipation Physical Evaluation form
2. Concussion Information Sheet
3. Sudden Cardiac Arrest and Lindsay's Law form
4. Acknowledgement of Athletic Policies Agreement
5. Drug Testing Policy and Expectations form

It will also be necessary that the Team Rules signoff form (if applicable) and Emergency Medical Authorization form be completed and turned into each coach prior to Day #1 so he/she has it on-hand for all practices and events.

## **J. QUITTING OR DROPPING A SPORT**

Quitting is an unacceptable habit. On occasion 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:

1. Consult with the head coach.
2. Report the situation to the athletic director.
3. Return any and all equipment.

If an athlete in "Sport A" quits or is barred from participating on that team, he/she is not eligible to join "Sport B" during the same season and may not begin organized practice or conditioning for a sport in the upcoming season until all members of "Sport A" are eligible. This rule may be waived by mutual consent of all coaches involved and the necessary school administration.

## **K. HAZING**

No student or group of students shall take part in an act done to haze by way of initiation, or to harass by banter, ridicule, criticism, or derogative racial comment.



## **L. SEASON**

Once an athlete begins practice for a particular sport, he/she may not participate in another sport for the remainder of that season, unless such participation begins before the first contest and the athlete has permission from the coaches of both sports and the athletic director. In this instance, a Concurrent Sports Contract will be signed by the athlete, a parent and all coaches involved. This contract will be on file in the office of the athletic director.

A season is defined as lasting from the first day of mandatory practice through the final contest. An athlete coming out for a sport must do so before the first contest unless he/she is a new student and enrolls in the District after the first contest. (NOTE: This pertains only to sports that do not have cuts.)

## **IX. COLLEGE/CAREER GUIDANCE**

One of the most important decisions facing high school students is what to do with their lives after they graduate. The members of the Lakewood High School athletic staff are eager to assist all student-athletes with this extremely important decision. They may be able to answer questions, contact schools and/or coaches, send video tapes, and write letters of recommendation. If a student's goal is to compete athletically at the collegiate level, it is important to be aware of the ever changing National Collegiate Athletic Association (NCAA) regulations.

### **NCAA CLEARINGHOUSE**

The NCAA Clearinghouse is a central repository for information on high school curricula. The NCAA maintains this information to conduct evaluations of incoming freshmen. The NCAA evaluates high school graduates' academic records in light of current NCAA initial-eligibility requirements. A prospective collegiate athlete needs to apply and receive a final certification by the Clearinghouse in order to participate in college athletics at the Division I or II levels. A student does not need to apply if he/she will attend a junior college, NAIA, or NCAA Division III institution. Students can pick up Clearinghouse forms in the high school Student Success Center.

## **X. USE OF FACILITIES/SUPERVISION**

Students are expected to treat all facilities, both home and away, with proper care. Lakewood High School has some excellent facilities and only proper care and respect will keep them this way. Vandalism is cause for dismissal from a team and further disciplinary action by the administration. Athletes using any facility must be under the direct supervision of a Lakewood coach. Under no circumstances should any workout be unsupervised.

## **XI. 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. Suspensions, including those that begin on a Friday, shall render a student ineligible for competition over the weekend or until the regular classes resume. Saturday school renders an athlete suspended during the hours of such a detention. 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. It is expected that our athletes be model citizens both in and out of school.

## **XII. ALCOHOL, TOBACCO AND OTHER DRUGS VIOLATION PROCEDURE**

### **A. POSSESSION AND/OR USE OF ALCOHOL AND OTHER DRUGS**

A student may not use, possess, or transmit drugs (narcotic hallucinogens, intoxicants, steroids or body-building drugs, stimulants, counterfeit drugs), controlled substances, alcohol, tobacco, or vape devices or the like at any time. A student violating this policy is subject to the following consequences:

### **Self-Referral Policy**

1. A self-referral occurs when a student or his/her parent reports to a coach, or school administration that the student has been using drugs, alcohol, and/or a tobacco or vape product. The timeline for this referral is within one school day of the infraction or the first opportunity to contact the previously identified sources. The self-referral provision will only be available prior to the involvement of law enforcement.
  - a. After the self-referral, the student will not be denied participation, but he/she must undergo intervention/counseling through a certified agency. In the event of a failure to complete the requirements, the student will receive the same penalties as a First Violation below.
  - b. All self-referrals will be kept on file in the athletic director's office. A student is allowed one self-referral in Grades 7-12.
  - c. Any student who is under investigation for an infraction is denied the self-referral process.

### **Penalties for Substance Abuse Infractions**

#### **A. First Violation**

The student-athlete may lose 25% of competition in the athletic season; AND

- a. Within five days, set an appointment with a certified agency for intervention/counseling and follow the recommendations of the counselor, OR;
- b. Denial of participation in interscholastic athletics for one calendar year from the date of the infraction.

#### **B. Second Violation**

The student-athlete may lose 50% of competition in the athletic season; AND

- a. Within five days, set an appointment with a certified agency for intervention/counseling and follow the recommendations of the counselor, OR;
- b. Denial of participation in interscholastic athletics for one calendar year from the date of the infraction.

#### **C. Third Violation**

The student will be permanently denied participation in athletics, extracurricular activities and driving/parking privileges immediately.

Violations are cumulative throughout the student's school career (Grades 7-12).

Students who have been permanently denied participation are eligible to appeal their denial of participation to the Superintendent after the following conditions have been met:

1. The student enters into the drug testing pool and submits to testing for 12 consecutive months (at the family's expense). All test results must be negative.
2. The student is in good academic standing during the 12-month testing period.
3. The student maintains a clean discipline record during the 12-month testing period.

Students whose appeals are denied by the Superintendent may appeal their permanent denial to the Board of Education.

## **XIII. DUE PROCESS**

A violation of OHSAA, LCL, Lakewood Local Schools, or team/coach rules and policies may result in denial of sports participation. Procedure for denial is as follows:

- a. When an athlete has committed an offense, the athlete will be confronted and disciplinary action explained at that time.
- b. After the athlete has been advised of the offense and disciplinary action to be taken, a report will be made to the athletic director who will then advise the principal. A letter explaining this action will be forwarded to the athlete's parents. During denial of participation, the athlete will relinquish all privileges, which he/she has received as an athlete.
- c. A coach may deny participation of an athlete for a set period of time.

According to Board Policy Manual 5610.05, students prohibited from participation in any part of any extra-curricular activity are not entitled to further notice, hearing or appeal rights. Disciplinary action resulting in dismissal from the team may be appealed to the building principal by the parent/guardian. The parent/guardian must contact the school office to set up a hearing appointment within 24 hours. The decision rendered by the building administrator is final and there will be no further appeals.

## **XIV. CONFLICT RESOLUTION**

Athletic involvement is highly emotional and very time-consuming. Sometimes conflicts arise between students, coaches, and parents; however, the student's interest is best served when each participant understands the position of the other. This understanding can only be accomplished by open and honest communication. When conflicts or issues arise, it is important that they may be addressed immediately, and as directly as possible, so that they can be promptly resolved.

Students and their parents should use the following process as a guideline when seeking resolution to conflicts or issues between an athlete and a coach:

### **A. Step #1: Contacting the Coach**

The athlete should present the conflict/issue to the coach as soon as possible. If personal contact is not practical, a student may ask his/her team captain to approach the coach. If the personal or captain route is not possible, contact may be made by the athlete's parent at an appropriate time. In order for the contact to be as productive as possible, times that athletes, captains, and parents **should avoid** are:

1. Immediately prior to, during, or following a contest
2. During an active practice session
3. When other students are present or when it would be readily visible to others that the discussion is taking place
4. When it is apparent that there is not sufficient time to allow for a complete discussion

The best solution is to ask the coach, either over the phone or in person, if an appointment could be made to discuss the issue. A parent or student may also leave a note for the coach in the athletic office.

### **B. Step #2: Contacting the Athletic Director**

If a satisfactory solution 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, then a meeting will be scheduled involving all parties in attempt to reach a satisfactory resolution.

### **C. Step #3: Contacting the Principal**

If there is still not a satisfactory resolution, the student or parent may contact the high school principal. The athletic director should be informed that this contact is going to be made.

#### **Issues which are not appropriate to discuss with a coach:**

1. Team Strategy
2. Playing Time
3. Other Student Athletes

#### **Issues which are appropriate to discuss with coach:**

1. The treatment of your child physically and mentally
2. Ways to help your child improve
3. Concerns about your child's behavior
4. College options and recruiting

## **XV. SOCIAL MEDIA GUIDELINES FOR STUDENT-ATHLETES**

As you begin participation in another athletic season, the Athletic Department of Lakewood High School and Lakewood Middle School wants to make sure you are aware of our social networking guidelines.

The Lakewood Local Schools and the Athletic Department recognize and support the student-athletes' rights to freedom of speech, expression and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for Lakewood Local Schools is a privilege. As a student-athlete, you represent

Lakewood Local Schools and the communities within our district, and you are expected to portray yourself, your team, and the School District in a positive manner at all times.

Here are some guidelines for social networking site usage:

- ✦ Everything you post is public information. Any text or photo placed online is completely out of your control the moment it is placed online, even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the website and may be searchable even after you remove it.
- ✦ What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- ✦ Similar to comments made in person, the Lakewood Local Schools Athletic Department will not tolerate disrespectful comments and behavior online, such as: Derogatory language or remarks that may harm: teammates or coaches; other Lakewood student-athletes, teachers, or coaches; student-athletes, coaches, or representatives of other schools, including comments that may disrespect opponents.
  - Incriminating photos or statements depicting: violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism; stalking; underage drinking; selling, possessing, or using controlled substances; or any other behaviors deemed inappropriate.
  - Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
  - Indicating knowledge of an unreported school or team violation, regardless if the violation was unintentional or intentional.

In review, students should not have a false sense of security about the rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

## **XVI. RANDOM URINE DRUG TESTING PROGRAM**

This policy applies to all students in Grades 7-12 participating on an OHSAA-sanctioned athletic team, an extracurricular activity as defined by the Board, or a student required to have a parking permit. Please refer to board policy for specifics of the program.

Consequences of a positive test are as follows:

**A. First Violation** - For the first positive result, the student will be given the option of:

- ✦ Denial of participation in athletics, extracurricular activities, parking on District property when a permit is required, and social probation for one calendar year. (NOTE: Social Probation includes any student being denied the privilege to attend any or all of the school's social events at home or away facilities. This includes, but is not limited to: dances, performances, athletic events, etc.)

**OR**

- ✦ The student will have to make an appointment with a certified chemical dependency counselor (or at an agency certified by the Ohio Department of Health or the Ohio Department of Alcohol and Drug Addiction Services) for chemical dependency assessment and then follow the recommendations of the counselor. The parent/guardian/custodian is responsible for all expenses and for providing the school administrator with documentation that the student completed all recommendations of the counselor. The student will be denied participation for a minimum of **25%** of the combined present and next athletic or extracurricular season. The parent/guardian/custodian and student will meet with the school administrator and coach/advisor to determine

reinstatement. The student may be required, at parent/guardian/custodian expense, to submit to weekly or random testing for the remainder of the current athletic season.

For Example:

**Athletics:** The student will be denied participation for 25% of the current season, with any remaining percentage of the denial of participation applied to the next season of participation if needed. (NOTE: The student may continue to practice and travel with the team. The student may not wear a team uniform, warm up with the team, or sit/stand with the team during this denial of participation.)

**Extracurricular Activities:** The student will be denied participation in 25% or 45 school days of all extracurricular activities, with any remaining percentage/days of denial of participation applied to the next season of participation if needed. (NOTE: The student may not attend club meetings and or participate in off campus trips or special events. Students who participate in extracurricular activities that have performances may continue to practice/rehearse but may not perform during the denial of participation.)

**Driving and Parking:** The student will be denied 25% or 45 school days of driving/parking privileges on District property.

**In order for participation and privileges to be reinstated after the 25% penalty, the student must have already agreed to submit to a minimum of 5 follow-up drug tests within 6 months at no cost to the District. The drug testing dates will be determined by the principal/designee.**

**B. Second Violation** - For the second positive result, the student will be given the option of:

- ✦ Permanent denial of participation in athletics, extra-curriculars and social probation during the student's remaining career at Lakewood High School.

**OR**

- ✦ The student will have to make an appointment with a certified chemical dependency counselor (or at an agency certified by the Ohio Department of Health or the Ohio Department of Alcohol and Drug Addiction Services) for chemical dependency assessment and then follow the recommendations of the counselor. The parent/guardian/custodian is responsible for all expenses and for providing the administrator with documentation that the student completed all recommendations of the counselor. The student will be denied participation for a minimum of **50%** of the combined present and next athletic or extracurricular season. The student may be required, at parent/guardian/custodian expense, to submit to weekly or random testing for the remainder of the current athletic season.

For Example:

**Athletics:** The student will be denied participation for 50% of the current season, with any remaining percentage of the denial of participation applied to the next season of participation if needed. (NOTE: The student may continue to practice and travel with the team. The student may not wear a team uniform, warm up with the team, or sit/stand with the team during this denial of participation.)

**Extracurricular Activities:** The student will be denied participation in 50% or 90 school days of all extracurricular activities, with any remaining percentage/days of denial of participation applied to the next season of participation if needed. (NOTE: The student may not attend club meetings and or participate in off-campus trips or special events. Students who participate in extracurricular activities that have performances may continue to practice/rehearse but may not perform during the denial of participation.)

**Driving and Parking:** The student will be denied 50% or 90 school days of driving/parking privileges on District property.

**In order for participation and privileges to be reinstated after the 50% penalty, the student must have already agreed to submit to a minimum of 5 follow-up drug tests within 6 months at no cost to the District. The drug testing dates will be determined by the principal/designee.**

**C. Third Violation** – For the third positive result:

- ✦ The student will be permanently denied participation in athletics, extracurricular activities and driving/parking privileges and will be placed on social probation immediately.

Violations are cumulative throughout the student's school career (Grades 7-12).

Students who have been had three positive testing results are eligible to appeal their permanent denial of participation to the Superintendent after the following conditions have been met:

1. The student has remained in the testing pool and has submitted to testing for 12 consecutive months (at the family's expense). All test results must be negative.
2. The student is in good academic standing during the 12-month testing period.
3. The student maintains a clean discipline record during the 12-month testing period.

Students whose appeals are denied by the Superintendent may appeal their permanent denial to the Board of Education.

**SELF REFERRALS**

A student may give a self-referral once in 6 years, between Grades 7-12. **Self-referrals can only happen before being randomly selected for testing.** A self-referral occurs when a student asks a coach, advisor, director, counselor, administrator or any other school personnel for help and an assessment prior to any known violations of this policy. A self-referral will not be subject to any disciplinary action provided that:

- A) The student completes a drug assessment and counseling program and verification is provided to the principal/designee. The counselor and or agency must be certified by the Ohio Department of Health or the Ohio Department of Alcohol and Drug Addiction Services. Parents/Guardians/Custodians must pay for this expense.
- B) The student agrees to submit to 5 follow-up drug tests within 6 months at no cost to the District. The testing dates will be determined by the principal/designee and testing will be completed by the District's drug testing company. If the student tests positive during the follow-up drug tests, the student will be subject to first-time offense consequences.

**Student Participants: Random Urine Drug Testing Program** (\*Denotes High School & Middle School)

Baseball	Football*	Spring Musical
Basketball – Boys & Girls*	Golf – Boys & Girls*	Student Council (7-12 only)*
Bowling – Boys & Girls	Junior Class Officers	Student Drivers required to have a parking permit
Cheerleading – Boys & Girls*	Quiz Bowl	Swimming – Boys & Girls
Cross Country – Boys & Girls*	Robotics	Track & Field – Boys & Girls*
Drum Major	Senior Class Officers	Volleyball*
Fall Play	Soccer – Boys & Girls	Wrestling*
Flag Corp	Softball	