

# Ladue Horton Watkins High School



# Athletics Handbook

## 2013 -2014



August 2013

This handbook is meant to provide you with information about the Ladue Horton Watkins High School (LHWHS) Athletics Program. It is important that you and your parents read this handbook carefully and thoroughly. If you do, you will become more keenly aware of the opportunities available to you and the expectations that must be met, both as a participant and spectator. The athletics program at LHWHS is one of the best, and I hope that you will take advantage of it.

One of the most important parts of your high school experience will be the activities in which you choose to participate. I hope that you will participate in as many activities as you responsibly can, remembering that each choice requires a strong commitment. As a result, you may not be able to participate in all the activities you want. You have a responsibility to give your best to that group and to meet its requirements. Participating in multiple activities will create conflicts in seasons, practice times, events, etc. Because of activity, club and team rules and time requirements, it is obvious that you must carefully decide to which activities you are going to commit. At times you will have to make choices between activities. But at all times, be involved!

At LHWHS we do not encourage you to specialize in one sport or activity. You should experience as many different activities as you responsibly can. I promise you that your decision to participate in the LHWHS athletics program will help you become a better person emotionally, mentally, socially and physically. Your decisions will mold your future. I wish you the best of luck during the 2013-14 school year.

Sincerely,

Brian Garner  
Athletic Director

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## **PHILOSOPHY**

We believe that interscholastic athletics supplement the secondary curricular program and, as such, become a vital part of a student’s total educational experience. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his/her education. Student activities and athletics are an integral part of the total secondary educational program which provide experiences not otherwise provided. They help students acquire additional knowledge, skills and emotional patterns necessary as attributes of good citizenship.

## **CONTACT THE ATHLETIC OFFICE**

Brian Garner, Athletic Director .....983-5421 Office  
Jenifer Strohbeck, Secretary to Athletic Director..... 983-5421  
Athletic Hotline ..... 983-5855  
Ladue Athletic Web Site..... [www.ladue.k12.mo.us/lhwhs/#](http://www.ladue.k12.mo.us/lhwhs/#)

## **AFFILIATION**

Ladue Horton Watkins High School is a member of the Missouri State High School Activities Association (MSHSAA) and the Suburban East Athletic Conference. As a member of these groups, we adhere to policies set down for student eligibility and see to it that said policies are enforced. Likewise, we adhere to the policies set down for the display of good sportsmanship by athletes, students, parents, fans and supporters. Member schools are to enforce sportsmanship rules for their own school, players, and spectators at home and away contests. Violation of rules can result in the following consequences: written reprimand, probation, suspension, ejection, or permanently not being allowed to participate in or attend events. Consequences are applicable for players, coaches, students, and fans.

A school may be suspended from membership in MSHSAA and from participating in interscholastic athletics with other member schools for unsportsmanlike conduct.

## **GOAL STATEMENT**

As a student participant, you are in school to secure the best secondary education that you are capable of achieving. Participating in Co-curricular activities plays a significant part in your total educational development. However, with this decision also comes certain responsibilities, if the values of activities are to be achieved.

## **GUIDING PRINCIPLES**

The coaching staff at Ladue believes the following guiding principles to be essential for the success of the Ladue Athletic Program.

### **PRIDE IN LADUE**

#### **Commitment to Excellence**

- Dedication
- Improvement
- Discipline
- Passion

#### **Strong Work Ethic**

- Accountability
- Confidence
- Self-worth
- Toughness (Physical and Mental)

#### **Character**

- Sportsmanship
- Respect
- Integrity
- Teamwork

## BASIC GUIDELINES FOR PARTICIPATION

1. Students are free to make their own selections as to activities in which they wish to responsibly participate. Students facing a conflict between two LHWHS sponsored activities should consult with both coaches / sponsors before making a choice about which activity to attend.
2. A student who has gone out for a sport but quits of his / her own accord, will not be eligible to start practicing for another sport before the end of the competition in the sport that was quit unless the head coach (of the sport that was dropped) signs a release and the head coach of the new sport involved accepts the athlete. Every athlete should understand this policy.
3. Students will usually be transported to and from respective activities via school-provided transportation. Some exceptions of this are when a parent makes a request to transport the student and contacts the head coach personally to seek permission, when the length of an activity makes it impractical to provide transportation, when the difficulties of working with a bus company make it impossible for them to arrive on time, or when the close proximity of the event makes providing transportation impractical. We discourage student athletes being transported by other students except in extreme circumstances.
4. If it is necessary for a participant to be absent from any scheduled event (practice, game, etc.), the student is expected to notify the head coach / sponsor a minimum of 24 hours prior to the absence. In the case of illness or emergency, the participant should notify the head coach / sponsor as soon as possible.
5. Students must be in attendance at school a minimum of half a day to participate in any scheduled activity for that day (practices included). If a student comes to school and during the day visits the nurse and is sent home, they may not return or participate that day. For a Saturday event, a student must be in attendance for at least half the day on the preceding day.
6. In the event that suspension of a student takes place, the student will not be eligible until he / she has fulfilled the disciplinary requirements established by the administration.
7. In the event that a student is assigned an afternoon detention as the result of a classroom problem, the student is not allowed to use the excuse of "I have practice, so I can't stay."  
**The classroom obligation always comes first.**
8. The possession or use of alcohol, tobacco or other drugs is known to be detrimental to the individual as well as the activity he / she represents. Therefore, the Code-of-Conduct has been established which sets expectations for activity participants. Each individual should make it a goal to abstain from using substances which are harmful.

## **LADUE RAMS CODE OF GOOD SPORTSMANSHIP**

(Based on the Missouri State High School Athletics Statement on Sportsmanship and Citizenship)

### **Basic Principles**

- Show respect for the opponent at all times, including athletes, coaches, cheerleaders, and fans
- Show respect for the officials and their decisions
- Know, understand, and appreciate the rules of the game
- Maintain self-control at all times
- Recognize and appreciate skill and performance regardless of affiliation
- Display behavior that reflects positively on your school

### **Do's - Acceptable Behavior**

- Stand, remove hats, and face the flag for the playing of the National Anthem
- Applaud during the introduction of athletes, coaches, and officials
- Accept all decisions of officials
- Cheerleaders lead fans in positive yells in a positive manner
- Cheer for your team and applaud effort by all athletes
- Show concern for an injured athlete, regardless of team
- Show courtesy and respect for all athletes, coaches, officials, and fans
- Encourage surrounding people to display only sportsmanlike conduct
- Support all other LHWHS extra-curricular activities

### **Don'ts - Unacceptable Behavior**

- Disrespectful or derogatory yells, chants, cheers, songs, gestures, signs/banners
- Booing, heckling, or taunting athletes, coaches, officials, cheerleaders, or fans
- Turning backs on opposing athletes or cheerleaders
- Using profanity or displays of anger that draw attention away from the game
- Entering the floor, playing field, or cheerleader area at any time
- Refusing to comply with the directives of any school official

**Fans who choose not to comply with these guidelines may be asked to leave.**

By Board policy, Ladue Schools are a tobacco-free environment. There is to be no smoking inside the buildings or outside on any school or athletic grounds.

Please support the players in a positive manner rather than possibly placing them in a position of being penalized for unsportsmanlike conduct. Thank you for your understanding and cooperation.

## **MSHSAA Special Reports And Unsportsmanlike Conduct**

The Missouri State High School Activities Association (MSHSAA), under By-Law 810, provides that each school is responsible for the conduct of its teams, coaches, students and fans at both home and away games. These by-laws make it clear that the MSHSAA Board of Directors has the responsibility to take action when the school does not, or cannot, adequately control the conduct of its players, coaches, students or fans.

Unsportsmanlike conduct or misconduct by an athlete, coach, student or fan, whether before, during or after an event is concern to the Board of Directors if the incident can be directly related to an event under the jurisdiction of MSHSAA.

It is the responsibility of game officials, as well as school administrators and other staff members present when such unsportsmanlike conduct or misconduct occurs to file a report with MSHSAA as follows:

Official Duties - Game officials are required to file a special report with the high school principal and the superintendent, with a copy to the MSHSAA office, no later than 48 hours after the penalties have been assessed for such conduct observed before, during or following an athletic game.

Duty of School - When unsportsmanlike conduct (technical fouls, red card, etc.) or misconduct occurs, the school shall take immediate action to correct or resolve the matter. Such action will be communicated in writing to the MSHSAA Office within ten (10) days.

The action taken by the school will consist of the athlete receiving the MSHSAA report at a meeting with the Athletic Director to explain the reasons for the inappropriate display of sportsmanship or misconduct. Before the athlete can be reinstated in good standing, the Athletic Director must be assured that the athlete understands why the conduct was inappropriate and receive assurance that there will be no other occurrences of unsportsmanlike behavior. Penalties for unsportsmanlike conduct are at the discretion of the Athletic Director.

By-Law 810 also provides that any player who is ejected from a game for unsportsmanlike conduct shall at a *minimum* be prohibited from playing in the next interscholastic contest at the same level.



## ELIGIBILITY

The official handbook of the Missouri State High School Activities Association states, **“to be eligible to participate in school athletics/activities is a privilege and not an inherent right. The particular privilege is granted if you meet the eligibility standards as set forth by the Missouri State High School Activities Association. According to MSHSAA eligibility standards, students/athletes must be good citizens in their school community. A student whose character is such as to reflect discredit upon himself/herself or his/her school is not considered a creditable citizen. His/her conduct shall be satisfied in accord with the standards of good discipline.”** The participation privilege represents a year round commitment and will help the student to develop physically, mentally, socially, and emotionally. Ladue Horton Watkins High School believes that all students are good citizens until they display behavior which indicates that they are not.

Students who participate in athletics, cheerleading, and dance team are thought of as school leaders. These students represent the school in the eyes of the community and serve as role models for other students. As a result, these students are held to a high standard of conduct. They need to maintain their physical and mental well-being not only while at school and school-sponsored activities, but at all other times as well. To achieve these ends, LHWHS has developed an *Athletic Responsibility Form* (A.R.F.) which includes the *Athletics Code-of-Conduct*. The *Athletic Responsibility Form* must be signed by students in order to participate in athletics, cheerleading, and dance team. Parents are also asked to indicate their support of the *Athletics Code-of-Conduct* by signing the *Athletic Responsibility Form* along with their child.

## STANDARDS

The privilege of participating in athletics carries with it the responsibility of good citizenship, adhering to the Athletics Code-of-Conduct and meeting the following basic standards.

1. Students must have earned a minimum of 3.0 credits the semester previous to participation. Students may earn up to 1.0 unit of credit for the successful completion of approved work in summer school.
2. Students must be enrolled in and regularly attending courses which offer a minimum of 3.0 credits during each semester of competition.
3. Any student with one or two unsatisfactory citizenship marks will be placed on probation.
4. Any student with three or more unsatisfactory citizenship marks may be declared ineligible.
5. If a student is beginning the 9th grade, he/she must have been promoted at the close of the previous school year.
6. Students must have a current physical examination on file for athletics, cheerleading, and dance team. Physicals dated after February 1st of the preceding school year are valid throughout the current school year.
7. Student must have a signed parent permission form on file for the sport/ activity in which they are participating.
8. Athletic participants should provide proof of medical insurance that covers the student in case of injury.
9. Students must have met all obligations (returned all equipment or paid for lost equipment, etc.) from the last sport before they can begin participation in a new sport.
10. Students must have signed the *Athletic Responsibility Form (A.R.F.)* and abide by the *Athletics-Code-of-Conduct*.

## **STATE OF MISSOURI STANDARDS OF ELIGIBILITY**

### **Citizenship**

You must be a credible school citizen. Credible school citizens are those students whose conduct (both in school and out of school) will not reflect discredit upon themselves or their school.

### **Academics**

- a. You must be currently enrolled in and regularly attending courses that offer a minimum of 3.00 units of credit.
- b. You must have earned 3.00 units of credit the preceding semester.
- c. If you are a beginning 9th grade student, you must have been promoted at the close of the previous school year.
- d. You must be making satisfactory progress toward graduation as determined by your school's policies.
- e. Do not drop courses without first consulting with your school principal or Athletic Director to determine whether it will affect your eligibility.

### **Transferring Schools**

- a. If you transfer schools and your parents do not move into the district of your new school, you will be ineligible for 365 days, unless you meet one of the exceptions listed in the MSHSAA Residence and Transfer Rules.
- b. If you move with your parents to your new school district, you will be eligible at your new school provided you were eligible in all other respects at your former school. A student shall not be eligible to represent two different schools in the MSHSAA state tournament series in the same sport during the same season.
- c. Always check with your school principal before you transfer to determine whether it will affect your eligibility.

### **Participation Limits**

- a. You are eligible to participate in any sport for a maximum of four seasons. Any part of a contest played during a season counts as a season or participation.
- b. Your eligibility to participate in high school athletics begins when you first enter 9th grade and lasts for the next succeeding four consecutive years. (Eight consecutive semesters).

### **Graduated Students**

You will be ineligible to participate after graduation from senior high school. Students who are granted an early release after their junior year are ineligible for further participation. Note: You are eligible to participate in state events which extend beyond the date of your school's graduation at the end of the spring semester of your senior year.

## BY-LAW 200

# STUDENT ELIGIBILITY REQUIREMENTS

210.

### GENERAL STUDENT ESSENTIAL ELIGIBILITY REQUIREMENTS FOR ALL INTERSCHOLASTIC ACTIVITIES

210.

Any student who represents his/her school in interscholastic activities shall be a bona fide student enrolled as an undergraduate student of the school (except as provided in By-Laws 232.0-c and 238.2-a), and shall meet the following general standards of eligibility and the specific standards in By-Laws 230 through 295.

#### 211.0 DEFINITIONS

- a. Participation: Eligibility to represent a school in interscholastic activities is a privilege to be attained by meeting the standards of eligibility cooperatively set by the member schools through this Association and any additional standards set by a member school for its own students.
- b. Bona fide student: In order to represent the school the individual must be a bona fide student and meet all eligibility requirements. A bona fide student is one who is enrolled in and regularly attending classes at the member school which meet the minimum academic requirements in By-Law 213.
- c. Interscholastic Activity: An interscholastic activity shall be defined as any extra-class activity involving two or more schools in which two or more students participate who are identified with their schools.

#### 212.0 CITIZENSHIP REQUIREMENTS

Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper authority. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered "creditable citizens." Conduct shall be satisfactory in accord with the standards of good discipline.

- a. Law Enforcement: A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.
- b. Local School:
  1. A student who violates a local school policy is ineligible until completion of the prescribed school penalties.
  2. The eligibility of a student who is serving detention or in-school suspension shall be determined by local school authorities.
  3. A student shall not be considered eligible while serving an out-of-school suspension.
  4. A student who is expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal.
  5. If a student misses class(es) without being excused by the principal, the student shall not be considered eligible on that date. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes.
  6. Each individual school has the authority to set more restrictive citizenship standards and shall have the authority and responsibility to judge its students under those standards.
  7. Each school shall diligently and completely investigate any issue that could affect student eligibility.
- c. Student Responsibility: Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. If the student does not notify the school of the situation prior to the school's discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the Board of Directors.

## **Non-School Competition**

- a. You may not practice for or participate with a non-school team or in any organized non-school athletic competition and your school team in the same sport during the same season.
- b. You may participate on a school team and a non-school team in different sports during the same season; however, you may not practice for the non-school team or participate in organized non-school athletic competition on the same day that you practice with or participate for the school team without prior approval of your school administrator.
- c. You must receive approval in advance from your school principal in order to miss school time to practice for, travel to, or compete in an organized non-school athletic competition.
- d. You will become ineligible in any sport in which you play as a member of a junior college, college, or university team.
- e. You may participate in international competition during the school year; however, the competition must meet the established criteria published in the MSHSAA Official Handbook and must be approved by the MSHSAA Board of Directors.
- f. Before you join a non-school team or enter any non-school competitive athletic event, your school principal or athletic director should be consulted to make certain these standards are met.

## **College Auditions/Tryouts**

You may participate in an “audition” or “tryout” for a college team only after you have completed your last season of eligibility in the sport for which you wish to “audition” or “tryout.”

## **All-Star Games**

You may not compete in an all-star game or contest before you complete your eligibility in all high school sports. Participation in an all-star game or contest will result in you becoming ineligible to participate in any high school sport.

## **Recruiting of Athletes**

You will be ineligible for 365 days if you are influenced by a person or persons to attend upon promotion or transfer schools for athletic or athletics purposes.

## **Sports Camps/Clinics**

- a. You may attend a specialized summer athletic camp(s)/clinic(s) where you receive instruction or coaching from a member of your school’s coaching staff for a maximum of two calendar weeks in any one sport. A calendar week for sport camps is defined as any seven consecutive days and any consecutive grouping of days shall be counted as one calendar week.
- b. You may attend a non-school sponsored summer specialized sports camp(s) for as long as you wish where you do not receive instruction or coaching from a member of your school’s coaching staff.
- c. You may attend a non-school sponsored specialized sport camp(s) during the school year provided it does not result in any loss of school time; attendance does not occur within fourteen days of the start of the school sport season for the sport concerned; it is not a team camp; and no member of the coaching staff of the school you attend or will attend the following year is involved in any way.

- d. Before attending any specialized athletic camp(s)/ clinic(s) you should consult with your school principal or athletic director to make sure it meets the criteria published in the MSHSAA Official Handbook.

### **Attendance Requirements**

A student must be in attendance at school at least half the day on the day of the game or activity in order to be eligible to participate that day. For a Saturday event, they must be in attendance for at least half the day on the preceding day.

### **Athletic Code of Conduct**

Students have to decide if they want to be athletes. If a student does wish to be an athlete, he or she must make the commitment to be a competitor. A big part of this commitment is following a simple set of training rules which the department of athletics believes to be fair.

**NO TOBACCO**—Students shall not use or possess any tobacco products, including but not limited to smokeless tobacco, cigarettes, and cigars.

**NO ALCOHOL**—Students shall not use or possess any alcoholic beverage of any kind, including but not limited to beer, wine, and hard liquor.

**NO DRUGS**—Students shall not use or possess any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, steroids, or other controlled substance of any kind.

**\*THIS CODE APPLIES TO STUDENT-ATHLETES 24 HOURS A DAY, 365 DAYS A YEAR, BOTH IN SCHOOL AND AWAY FROM SCHOOL.**

## **PENALTIES FOR VIOLATIONS**

### **District Policy**

All students are subject to current district policies contained in the student handbook. This Code of Conduct is an added layer of responsibility for our student athletes.

### **Voluntary Admission to Any School Representative**

Voluntary admission of a violation of the Code will not result in suspension from competition but will count as a first violation, as the Athletic Director will be notified. In such a case, the student is required to meet with an intervention counselor. This provision may be used only one time by any athlete. The purpose of this provision is to allow the student to seek help and may not be used by a student if the Code violation is already known by the school or school representative.

### **Consequences for Violations in Season Violation**

1st violation—The first violation shall result in the student being suspended from 10 percent of all scheduled MSHSAA competitions. The interscholastic competition(s) will be the first competition during or after a suspension.

2nd violation—The second violation shall result in the student being suspended from an additional 20 percent of all scheduled MSHSAA competitions. The interscholastic competition(s) will be the first competition during or after a suspension. If the penalty is not fully administered during that sport season, the remainder of the penalty will be applied to the next sport season in which the athlete participates.

3rd violation—The third violation shall result in the student losing eligibility for up to 180 school days.

### **Out of Season Violation**

1st violation—The first violation shall result in the coach or Athletic Director calling the parents and recommending intervention counseling. This violation will result in the student being subject to 2nd in-season violation consequences if he/she is reported again during a season.

2nd violation—The second violation shall result in a meeting with the coach, administrator, parents and student athlete. This violation will result in the student being subject to the 3rd in-season violation consequences if he/she is reported again either in or out of season.

### **Special Note**

Students whom the Principal considers not to be “creditable citizens;” those who have committed multiple violations; or those who have committed one significant drug or alcohol related act—may lose total eligibility. (MSHSAA By-Law 212.0)

## **Procedural Implementation of the Code**

1. Violations of the Code shall be deemed verified based upon the word of an authorized adult, which shall be defined as a coach, sponsor, administrator, teacher, police officer, the student's parent or guardian, or by the admission of the student.
2. Students in athletics who violate the school district's rules and regulations on drug, tobacco, or alcohol use or possession are subject to the established procedures and consequences of the school district's discipline policy in addition to the procedures and discipline set forth herein.
3. Prior to suspension of a student from a team competition for a first and second violation, the principal, along with the coach or sponsor, shall hold an informal conference with the student wherein: (1) the student shall be informed of the alleged violation of the Code; (2) the student's parents or guardians will be contacted immediately; (3) if the student denies the allegation, the student shall be given an explanation of the facts which form the basis of the proposed suspension; and, (4) the student shall be given an opportunity to present his or her version of the incident. In determining whether there has been a violation of the Code, the administrators, coaches and sponsors shall review the statements of those individuals who have been interviewed, as well as that of the student and determine whether a violation has occurred. A final appeal can be made to the superintendent.
5. The facts of a given violation may result in accelerated repercussions based on the severity of that violation and/or impact on other students.



# HAZING

## *What is it?*

Hazing is a fundamental violation of human dignity. Hazing is a broad term encompassing any action or activity which does not contribute to the positive development of a person; which inflicts or intends to cause physical or mental harm or anxieties or sleep deprivation; which may demean, degrade, or disgrace any person, regardless of location, intent or consent of participants.

## *Why do you want to avoid hazing?*

Hazing is prohibited at Ladue Horton Watkins High School. It is incompatible with the school's academic mission and compromises personal freedoms. Hazing can be physical or psychological in nature. It is an intentional act or method of initiation into a group, club, organization or team that subjects another person, whether voluntarily or involuntarily, to conduct that may injure, abuse, humiliate, harass or intimidate that person.

## *What are some examples of hazing?*

- Requiring a person to engage in conduct prohibited by the school
- Forcing or requiring unnecessary physical activity or exercise
- Forcing or requiring extended isolation or unnecessary exposure to the elements
- Paddling or any form of physical abuse
- Cutting hair or shaving new members heads
- TP-ing
- Kidnapping
- Scavenger hunts
- Embarrassing and/or required stunts and costumes or any other degrading activities
- Depriving others of food, sleep, study time or the ability to communicate
- Forcing or requiring ingestion of any liquid or solid matter
- Preventing others from practicing personal hygiene
- Anything that tends to diminish the self-esteem or dignity, or categorizes the new member as a second-class citizen
- Addressing, interrogating, or deceiving others in a manner that may physically injure, abuse, humiliate, harass, or intimidate them

## *Who is responsible for preventing and investigating hazing?*

Every member of the school is responsible for reporting actual or suspected hazing activities to the principals or the Athletic Director as soon as possible. Appropriate school officials will investigate the report to determine whether the allegations warrant a charge of hazing. If a charge is brought, the individual, group, club, organization or team will be subject to disciplinary procedures. Law enforcement officials may also be notified.

*What are the penalties for hazing?*

Sanctions for hazing may include detention, in-school suspension, out-of-school suspension, forfeiture of the privilege of participating on a team for part or all of a season, or forfeiture of the privilege of being a member of a club or a group.

*What if you are not sure it is hazing?*

Some activities are easily categorized as hazing. Others are more difficult to classify. If you are not sure, ask yourself the following questions:

- Does this activity add to the worth of the individual?
- Would you be willing to invite a coach, sponsor or teacher to the activity?
- Would you be willing to invite your parents or the parents of the new member to the activity?
- Would you be willing to go to court to defend the merit of this activity?
- Is this an activity in which new members and old members can participate equally?
- Can this activity be written into a team, group or club information manual?

## **PARENT/COACH/SPONSOR COMMUNICATION**

Parents and coaches are important role models for students. Each provide necessary guidance to young adults in their development and their understanding of the world in which they will live and work as adults. When parents and coaches understand and respect each other, they can work together to benefit children. You have a right as a parent to understand the commitment, expectations and responsibilities that accompany participation in the Ladue athletic program. Clear communication between parents and coaches facilitates this understanding. Listed below are a number of steps to enhance parent/coach communication. It is important also to remember that the first link in the communication network is the one established between coach and student. Encourage your child to exercise the opportunity to speak directly with his/her coach about any topic and preferably before a parent/coach conversation is scheduled.

### **Communication you should expect from your child's coach:**

1. Philosophy of the coach
2. Location and times of all practices
3. Explanation of training rules
4. Team requirements (i.e. special equipment, fees, off-season conditioning)
5. Procedures if your child is injured during participation
6. Explanation of excused and unexcused absences from practices/games

### **Communication coaches expect from parents:**

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Specific questions regarding a coach's philosophy and/or expectations

As your child continues their participation in the Ladue athletic program, they will experience some very rewarding moments. It is also important to remember there are times when adversity and disappointment inevitably occur. At these times discussion with the coach is encouraged.

### **Appropriate issues to discuss with coaches:**

1. The mental and physical treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept that your child may not play as much as you, or perhaps he/she, had hoped. Coaches are professionals. They are charged to make judgment decisions based on what they believe is equitable and best for all students involved. As you have read in the list above, certain items are open for discussion with your child's coach. Other decision making must be left in the hands of the coach assigned the responsibility of coaching your child's team.

### **Issues not appropriate to discuss with coaches:**

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between the coach and the parents or guardians. These conferences are encouraged. It is important that both parties involved have a clear understanding of the other's position. When conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

### **Procedure to follow when you discuss a concern with a coach:**

1. Call to set an appointment.
2. If the coach cannot be reached, call the Athletic Office at 983-5421
3. Please do not confront a coach before or after a contest or practice without setting up an appointment. These can be emotional moments. Meetings of this nature are not likely to promote resolution.

### **What can a parent do if the meeting with the coach did not provide a satisfactory resolution?**

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting, the appropriate next steps can be determined.

### **Summary**

Research has consistently established that students involved in co-curricular activities have a greater chance of success in adulthood. The Ladue athletic program has been established to assist in the development of traits that will promote the long-term health and welfare of students at our school. We hope the information provided helps to make your family's experiences with the Ladue athletic program enjoyable and rewarding.

Please help to re-enforce the guiding principles listed on page 3 of this handbook.

## **SPORTS INJURIES**

Injuries are an inherent risk of sports participation. Therefore, it is necessary to make every effort to prevent them from happening. Methods of injury prevention may include: participating in a strength and conditioning program, proper stretching and flexibility, and using correct techniques involved in a sport.

When an injury does occur, it is important to get it evaluated and treated as soon as possible. Treating an injury quickly and correctly may prevent a minor injury from becoming major, reduce the time lost before returning to play, and reduce the risk of re-injury.

Certified athletic trainers (ATC), in cooperation with a team physician, can provide prevention, evaluation, treatment, and rehabilitation of athletic injuries. ATCs will also refer injured athletes to appropriate medical professionals when necessary. Together, the ATC, the physician, and the athlete, along with their parents and coaches, must work together to ensure the student's safety and good health.

## **LHWHS CERTIFIED ATHLETIC TRAINER**

LHWHS has secured contracted services with St. Louis Sports Medicine and Training Center for two trainers. The trainers will be available to work with Ladue athletes after school, at practices and LHWHS hosted contests.

Any students wishing to be involved in the athletic program while not participating in a sport, are encouraged to meet with the ATC about becoming student athletic trainers. Student athletic trainers will work with the ATC in the athletic training room and preparing for and covering home contests while learning about a potential career choice that is fun and exciting.



## ATHLETIC RESPONSIBILITY ACKNOWLEDGEMENT FORM

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Athlete's Name \_\_\_\_\_

Date Of Birth \_\_\_\_\_ Grade Level 13-14 School Year \_\_\_\_\_

Prior to participating in any interscholastic sport, a Ladue student shall:

1. Successfully pass a physical examination by a registered physician and the copy of such examination must be on file in the Athletic Office. One current physical examination per year is sufficient for all sports during the school year.
2. Properly fill out and return the Parent Permission Form to the Athletic Office.
3. Return this signed Athletic Responsibility Acknowledgement Form to the Athletic Office by the first day of practice.

As a Ladue student-athlete participating voluntarily in interscholastic athletics,

I understand that:

1. I will abide by the Ladue student code of conduct, the school's athletic handbook, the coaches team rules, and the rules of the Missouri State High School Activities Association.
2. I will conduct myself in an exemplary manner at all times.
3. I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for all of the equipment not accounted for by me at the end of the season. I understand that I will not be able to start practicing with another team if I have not complied.
4. I will not use or be in possession of tobacco, alcohol or controlled substances. If I do use any of these substances, or am in possession of such substances, I will be subject to disciplinary actions as indicated in the Athletic Code of Conduct (page 11).
5. I, along with my parents/guardians, certify that I understand all the Ladue Athletic Policies in order to be eligible for participation.
6. I, along with my parents/guardians, certify that I am covered by accident insurance that provides protection for accidental bodily injury while participating in approved school athletics.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_