GENERAL RULES FOR ALL SPORTS

1. Attendance is required at all practices and games unless the absence is approved at least 24 hours ahead of time by the coach. Any absence must be in WRITTEN form from your guardian. Doctor’s notes are required if you are out for any medical reason. If the student athlete must leave school early for an emergency or appointment, please leave a note in the coach’s box or with the front office explaining the absence. If you are returning to school to practice, you must have been present at least half of the day. If you do not attend school due to illness or family death, your parents must notify the coach via email, phone call or letter by noon that day. If you did not attend school on a practice or game day, you cannot participate for that day. Your sport must take priority over all other extra-curricular activities for the entire time of commitment.

**Consequence:** One unexcused absence equals a 2 quarter suspension. Two unexcused absences equal a one game suspension. Three unexcused absences will result in termination from the team. After school detention is considered an unexcused absence. If you skip detention to attend practice, it is still considered unexcused. No matter what...“If you do not practice, you will not play.”

2. Promoting good sportsmanship by way of example is required at all times. NO foul language or fighting will be tolerated. Watch your attitude on the court/field and during school!

**Consequence:** Conference with parents, after practice running, game suspensions, or removal from the team. (or any combination)

3. By being part of Lakeside athletics, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions where you are recognized as a representative of Lakeside Middle School.

**Consequence:** after practice running, game suspensions, or removal from the team. (or any combination)

4. Student athletes are responsible for having all practice equipment at each practice. Game uniforms will be given out before each game, but you must have your other required uniform attire for game days. Uniforms will NOT be allowed to go home with the student athletes. No jewelry is allowed at practices or games for your safety and the safety of others. For girl’s sports, only soft hair pieces allowed.

**Consequence:** Not having the correct uniform attire will result in not being able to play in the game. Three times of not having appropriate practice or game attire will result in termination from the team.

5. All equipment issued to a student athlete is the player’s responsibility. A locker will be issued to each athlete, but it is their responsibility to purchase a lock. Each sport also requires that certain equipment be purchased in order to participate. Please see your coach for these items and their cost.

**Consequence:** Any lost or stolen equipment must be paid for before the athlete will be issued a new piece of equipment. For certain sports, this will mean that the athlete will not be able to participate in practices or games if the equipment is not replaced.

6. Student athletes must report to the locker room by 3:30pm and they must be on the court or field by 3:45pm ready to go.

**Consequence:** After practice running, game suspensions, dismissal from the team.

7. Student athletes are responsible for arranging their own transportation to and from practices, fundraisers, and games. ALL RIDES MUST BE ON TIME and in the back parking lot (behind cafeteria)!
Consequence: If you are picked up late from practices and/or games, you will be terminated from the team after three occurrences.

8. Use of any drugs or alcohol will result in immediate termination from the team.

9. Being a school sponsored organization, school rules apply at all times. Student athletes are expected to behave in a manner that will represent Lakeside and their parents in a positive way.

Consequence: Each case of discipline will be judged individually. The general rule is the same as missing practice. One discipline issue equals a 2 quarter suspension, two issues equal a one game suspension, and three equals dismissal from the team.

10. The coaches, with the assistance of the administration, have the final decision in any discipline situation. Parents will be kept informed of problem situations.

11. All student athletes are expected to maintain a passing average in ALL classes. We like A’s and B’s however and will push for this from our student athletes.

Consequence: Not maintaining good grades could result in extra study sessions, running, game suspensions, etc. If you cannot maintain good grades, then you do not need to be on the team. Being part of the LMS athletics is a privilege and SCHOOL COMES FIRST! Sports will get you nowhere without grades!

12. If you are injured, consult your coach immediately – do not wait for your injury to get worse! This could cause the problem to last longer than it should or become a permanent issue.

13. Student athletes are required to purchase athletic insurance ($25) in order to participate on an athletic team. This is required by the South Carolina High School League. Due dates will be decided by your individual coaches, but this must be received before your can play in any games.

14. A physical completed and signed by a doctor, parent permission and a copy of the student athlete’s birth certificate is also required to participate in athletics at Lakeside. Again, this is required by the South Carolina High School League and must be completed before you can practice or play.

15. Any student who failed their grade previous to the year they are trying out or who was placed the previous year is ineligible to play sports. This is also a South Carolina High School League rule.

16. Student athletes are expected to give their best effort when at all times. This means listening to and completing the drills, plays, etc. as the coach has instructed them to do so. As long as the athlete is giving their best effort and showing respect to their coaches and teammates, then that is all that we can ask.

Consequence: If the athlete shows any sign of disrespect, or refuses to do what the coach has asked, then it will result in after practice running. If it continues, it could result in game suspension or dismissal from the team.

17. Each sport’s coach also reserves the right to add to these rules. These rule/guideline additions are usually sport specific. Every student athlete will be held to the rules and standards as stated here and in additions.

18. Parents, please remember that as a coach, I am very proud of your child, too. I am concerned and very aware of your child’s playing time in games. Unfortunately, all players will not have the same amount of playing time. Some may play very little in games. Some may play every minute. I choose the players on the basis of performance in practice (Skill – Attitude – Effort) and in school. The ultimate goal is to have a good season, but at the same time I try to get everyone in the games whenever possible. Respectfully, the subject of playing time and how we coach will not be discussed throughout the season with parents; however, any other concerns dealing with your child will be happily addressed. Sports are great because they build skill, knowledge of the sport, teamwork, and character. Please encourage your child each day to enjoy the season no matter how much they play. Just because they are not “starting” doesn’t mean that they aren’t learning and having fun, which is the ultimate goal.
I have read and understand all of the rules and consequences stated in this packet of information regarding all sports at Lakeside Middle School.

Parent _________________________Date _________________________
Signature

Athlete _________________________Date _________________________
Signature

CONTACT INFORMATION

Name ________________________________

Phone # (Cell Preferable) ________________________________

Email ________________________________