

LEWIS S. MILLS HIGH SCHOOL



STUDENT-ATHLETE HANDBOOK 2011-2012

SPORTS OFFERED

f=fall, w=winter, s=spring

Boys Varsity

Baseball-s, Basketball-w, Cross Country-f, Football-f, Lacrosse-s, Soccer-f, Tennis-s, Track & Field-s, Volleyball-s

Boys Junior-Varsity

Baseball, Basketball, Football, Lacrosse, Soccer, Track & Field, Volleyball

Girls Varsity

Basketball-w, Cross Country-f, Field Hockey-f, Lacrosse-s, Soccer-f, Softball-s, Tennis-s, Track & Field-s, Volleyball-f

Girls Junior-Varsity

Basketball, Field Hockey, Lacrosse, Soccer, Softball, Track & Field, Volleyball

Co-Ed

Cheerleading-w, Crew-f & s, Golf-s, Indoor Track-w, Swimming/Diving-w

Revised June 29, 2011

<http://www.gomills.us>

Lewis Mills Mission Statement

The mission of Lewis S. Mills High School is to foster academic excellence, personal growth, and respect for diversity. Within a safe learning environment, we share the collective responsibility with students, parents, and the community to cultivate the skills, knowledge and attitudes that help our students to realize their full potential as learners and responsible citizens, and to experience success beyond high school.

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INTRODUCTION

Welcome to the 2011-2012 school year! Beginning in 2010-2011, the Lewis Mills Athletic Department began providing the Student-Athlete Handbook electronically to all participating student-athletes and their parents/guardians. Printed copies are still be available by request from the Athletic Department. This effort is being made to reduce our paper use and become more fiscally and environmentally friendly. Please note that hyperlinks have been added to assist in easy access to referenced documents and websites. These links appear as rectangles around the affected text.

To ensure that families have received and reviewed the following information, we require that all student-athletes return a signed Notification of Online Access form to their coach on the first day of the season. This form must be signed by the parent/guardian and the student-athlete.

In addition, the Emergency Medical Authorization form and the Athletic Policy/Permission forms still need to be signed and returned. These forms are also available on the Lewis Mills Athletic Department website. Please print out the form, sign it, and have your son/daughter return it to the coach. Copies of these forms will also be available in the athletic office. These forms should be turned in on the first day of the season.

The Lewis Mills Athletic Department would like to extend an invitation to all students to participate in the many interscholastic athletic programs offered. The material presented in this handbook contains information pertinent to policies, regulations, and rules of the Lewis Mills High School, C.I.A.C., Pequot League and the Berkshire League. The Lewis Mills Athletic Department is concerned with the educational development of students and feels that a properly managed, well-organized sports program will meet the students' need for self-expression, mental alertness, and physical growth. In addition, the athletic department fully supports the mission of Lewis Mills High School and works to actively contribute to the academic growth of our student-athletes.

The numerous programs are designed to accommodate as many students as possible. Unfortunately, "cutting" athletes from certain programs may be necessary due to various constraints. Students who choose to participate in athletics are making a choice that requires self-discipline, personal organization and a serious commitment. For this reason, we place a strong emphasis on good training habits. Failure to comply with rules of training could affect an athlete's performance and contribution to the team. Students who do not adhere to these rules may be jeopardizing their participation in the program. They should be aware that involvement in athletics is a privilege, not a right. Student-Athletes are role models and should constantly remember to exhibit a positive image for themselves, their teams and their families. Best of luck on a great 2011-2012 school year!

Dave Tanner - Coordinator of Athletics

FORMS REQUIRED TO BE TURNED IN BY THE 1st DAY OF PRACTICE

- 1) Notification of Online Access to the Lewis Mills Student-Athlete Handbook
- 2) Lewis Mills Athletic Policy/Permission Form and Emergency Medical Authorization Form

PHILOSOPHY

The board of education believes individual students will benefit from opportunities to grow physically, intellectually and emotionally through interscholastic and intramural activities. The board will strive to provide students interscholastic competition in a variety of sports, both traditional and non-traditional. These individual and team activities challenge students in competitive environments leading to enhanced individual growth. It is also recognized that a well-organized and well-conducted athletic program has a significant effect on the morale of a student body and is an important factor in promoting positive school-community relations.

Although we are extremely proud of the success of our many programs, we do not condone a “win at all costs” attitude. The purpose of the program is to ensure a positive experience for all students who choose to participate. It is also a goal to provide all student-athletes with an opportunity to learn the importance of ethical behavior, good sportsmanship, positive values, and a realization of their self worth. The Lewis Mills Athletic Department staff is a professional group that takes great pride in their concern for the welfare of each athlete. They are cognizant of the tremendous influence of their position and strive to instill the highest ideals and character traits in our students.

DESCRIPTION OF PROGRAM

Varsity Athletics: Varsity athletic programs afford opportunities to those athletes who exhibit the greatest skills. These athletes will compete against equally talented athletes from opposing schools. The skills of Varsity athletes will be refined to provide Lewis Mills with the best win-loss record possible. Playing time at the varsity level is based on the coaches decision. Although coaches attempt to get all members playing time, there may be contests where some members of the team do not play.

Junior Varsity Athletics: Junior Varsity athletic programs offer to those students who do not yet possess the skills required of Varsity athletes an opportunity to participate in a competitive setting. Junior Varsity athletes are in the process of gaining valuable knowledge, skill, and experience required for Varsity competition. Junior Varsity athletes may, on occasion, participate in Varsity contests. Decisions of this nature are based on the evaluation of the athletes’ abilities, by the coaching staff, and are not absolute. All athletes in good standing should participate in all JV contests.

Managers: Managers are an important part of a successful program. Managers shall follow the same eligibility rules as the participating athletes.

Community Service Requirement: All teams are responsible for conducting one community service project with their program. All student-athletes are expected to participate. Details of this effort will be arranged by the coaching staff.

ATHLETIC DEPARTMENT POLICIES

Participation: Participation is not guaranteed on all athletic teams. Due to roster size constraints, some teams do have cuts at the conclusion of the tryout process. Athletes may participate in only one sport program in a sport season.

Tryouts: Student-athletes will be encouraged to try out for various athletic teams. A minimum try-out period of three opportunities will be in effect for each team considering making cuts for the coming season. Upon reaching the first contest date, as indicated by the C.I.A.C., currently enrolled students will not be allowed to gain membership to any team. Please note that all teams will hold try-outs, even though some teams do not have cuts. Attitude, attendance and coachability are always considered.

(Note: HS cheerleading tryouts occur during the previous spring)

C.I.A.C. Sport Seasons:

Fall: Aug. 27, 2011; Winter: Nov. 21 (girls basketball) Nov. 28 (all others), 2011; Spring Mar. 19, 2012; Note Football conditioning begins on August 22.

Attendance – School and Class:

1. Athletes will attend all classes regularly and on time. Tardiness and cutting will not be tolerated. All student athletes must attend at least 4 hours of school to participate in a practice or a contest on that day. Serious extenuating circumstances may allow exceptions to this rule if documentation exists and it is presented to the School Administration or the Coordinator of Athletics prior to the practice or contest.

2. In order to participate on game days, athletes will not use their sport as an excuse to miss class time and are expected to participate in their regular physical education classes unless the team is departing early from school. In the event a student-athlete does not participate in Wellness Class on the day of a practice or game, the student-athlete will NOT be allowed to participate in that contest. In the case of early dismissal, the Coordinator of Athletics and/or Coach will notify teachers.

3. Please refer to the Lewis Mills High School Student Handbook regarding student attendance and athletic participation. Any violation of the aforementioned rules may lead to up to 3 game suspension or dismissal from the team for the remainder of the season.

General Attendance at Practice and Games: Attendance at all practice sessions (M-S) and/or games (including tournament and vacation periods) for all team members is mandatory. If for any reason you will be absent or tardy for a practice/game, the athlete must speak personally to a member the coaching staff prior to that practice/game. If this is not possible, the athlete must follow up with the coach at the next available opportunity. Athletes are not permitted to leave practice or games early without prior approval of a member of the coaching staff. Athletes should be aware that high school contests may be scheduled or rescheduled for Saturdays (Sundays in the case of football and in other special circumstances approved by CIAC). Coaches may hold optional Sunday practices that begin after noon.

Dress Code: The Athletic Department expects all student-athletes to adhere to the dress code found in the student-handbook. Failure to follow these guidelines may result in disciplinary action.

ATHLETIC CODE OF CONDUCT

The community, school administration, and coaching staff believe high standards of conduct and citizenship is essential to a sound athletic program.

1. Athletes will conduct themselves as ladies or gentlemen at all times. Remember you are a representative of Lewis Mills High, your team, coach, and family.
2. Athletes will conduct themselves in an exemplary manner at all times in school, the community, and on any campus, which their team is visiting.
3. Acts of unacceptable conduct such as, but not limited to removal from class by a teacher, theft, vandalism, arrest, or any violation of the law, will result in disciplinary action. In addition, inappropriate actions classified as negative faculty involvements by the school administration will not be tolerated and may result in disciplinary action.
4. Detentions/suspensions from school of any type will not be tolerated. Any violation of the aforementioned rules may lead to up to 3 game suspension or dismissal from the team for the remainder of the season.
5. If a player verbally harasses or taunts an official, player, coach or spectator, a one game suspension is mandatory and upon review by the school administration, a season suspension may be in order.
6. If a player has a negative police involvement or is arrested, that player will be suspended until a review of the incident can be made. This review will be made by the athletic director and principal and may result in suspension from the team for any length of time and/or loss of captain's responsibilities.

SPORTSMANSHIP

Lewis Mills athletes are expected to treat opponents, officials, coaches and spectators with respect at all times. Any time you participate with your team in a practice, contest or in any other capacity, you represent your school. This is a responsibility you must take seriously.

Coaches will discuss good sportsmanship with his or her teams at the beginning of each season. Students must comply with the rules stated in the student handbook, student-athlete handbook in addition to any team specific guidelines identified by the coaching staff. In addition, unsportsmanlike conduct on or off the field of competition may result in an athletes dismissal from the team and may jeopardize future participation in athletics at Lewis Mills. The final decision in this matter will be made cooperatively between the coach, athletic director and principal.

At the conclusion of each season, team members from Berkshire League sponsored sports will work with their coaches to fill out the Ted Alex sportsmanship ballot where they will rate opposing players, coaches and fans on their demonstrated sportsmanship for that season. In addition, CIAC conducts Sportsmanship Ratings Weeks during each of the three seasons to evaluate all participating teams.

FIGHTING PRIOR, DURING, OR AFTER ATHLETIC EVENTS

This type of behavior by Lewis Mills athletes will not be tolerated for any reason. It does not matter if you are the victim of an unsportsmanlike act, if you are provoked or taunted, if you are verbally or physically abused, or any other set of circumstances. The relevant question is... Did you, the Lewis Mills athlete, actively participate in a fight, retaliate in a fight, or leave the bench or sideline to

join a fight in progress? If the answer is YES to any part of this question, you, the athlete, will be subject to serious sanctions such as, but not limited to, suspension from school, team, and/or dismissal from the team.

In addition, any student athlete who physically assaults an official, coach, opposing player or spectator will be immediately suspended and may be dismissed from the team for the remainder of the season.

SPECTATOR EXPECTATIONS

1. Respect decisions made by contest officials.
2. Refrain from taunting, booing, heckling, and the use of profanity in any way.
3. Sit in the designated area assigned to each school.
4. Once a student fan leaves a contest, they may not return.
5. Admission to any athletic contest is not a license to verbally assault others or to be generally offensive. Negative interactions with opponents, fans, officials or game personnel will not be tolerated.
6. The use of alcoholic beverages, drugs, and tobacco products are prohibited on the Lewis Mills campus.
7. Respect athletes, coaches, and fans.
8. Be a fan . . . Not a fanatic.

Spectators who cannot control themselves or whose behavior is judged by the coaching staff, athletic director, school administrator or their representative will be asked to leave the contest. Serious infractions may be referred to the school administration for further disciplinary action.

ADMISSION FEES TO HOME GAMES

The following admission fees will be in place for the 2011-2012 school year:

Football: Adults \$5, Students (5-12th) \$3, Senior Citizens \$3, Under 10 \$1.

Basketball & Volleyball: Adults \$4, Students (5-12th) \$2, LSM Students \$1, Seniors/Under 10 \$1. Night Soccer: \$2/person, \$5 car, Seniors/Under 10 \$1.

Senior Citizens from Burlington & Harwinton may request a Senior Pass from the Athletic Office which allows free admission to all home regular season contests.

Fees for League & CIAC Tournaments are set by the Berkshire League & CIAC.

TEAM CAPTAINS

The position of Captain is not just an honor but a privilege. This honor will require the utmost leadership knowing that the captain will be a role model for other team members. Student-athletes begin to hold the position of Captain when announced by the coach. To gain final approval as a team captain, a signed Captains Contract form must be returned with signatures from the parent and student athlete to the Coordinator of Athletics. Failure to comply with rules and regulations of the Athletic Department and/or Team may lead to dismissal as captain. Captains will be expected to take part in all Captains Council activities.

CHEMICAL HEALTH POLICY (illegal and non-prescription)

Participation in Athletics at Lewis Mills is a privilege and not a right. The policy and procedures found herein apply to all C.I.A.C. controlled and non-CIAC controlled Athletic Department activities sponsored by Lewis Mills. There will be absolutely no use or possession of any quantity of tobacco (including smokeless),

alcohol, illegal/non-prescription drugs (including steroids) or drug paraphernalia by a Lewis Mills athlete. No student may knowingly be in the presence of those who are in possession of, using, transmitting, or under the influence of any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, alcoholic beverage, or intoxicant of any kind on or off campus.

It is understood that action taken against a student athlete will be taken only if it is confirmed that the athlete is using or possessing tobacco, steroids, alcohol or illicit drugs identified in this handbook or is seen in the presence of others that are using or are under the influence of alcohol or illicit drugs. Action will be taken if the student athlete is determined by police to have used or was in the presence of someone who had possessed or used these substances.

Please refer to the Lewis Mills High School Student Handbook regarding penalties for violations of the drug and alcohol policy.

PERFORMANCE ENHANCERS

The Lewis Mills Athletic Department in no way endorses the use of “Creatine” or any other ergogenic aid intended to enhance athletic performance. It is recognized that even natural substances in unnatural amounts may have short-term or long-term negative health effects. School personnel and coaches may never supply or recommend or knowingly permit students to use any drug, medication or food supplement for the specific purpose of enhancing their athletic performance.

In addition, C.I.A.C. Rules, effective July 1, 2007 specify the following:

Athletes found using performance enhancing drugs by their school district will be immediately disqualified from any further participation in CIAC-sponsored sports for a period of 180 school days on each occurrence. These C.I.A.C. imposed sanctions may extend beyond those imposed by Region 10 for use of these substances by athletes.

Any student athlete who refuses to submit to testing as part of a member school’s Board of Education approved random drug testing policy shall be ineligible to participate in any CIAC-controlled activities. Performance enhancing substances and practices subject to this policy include but are not limited to, the following:

- a. Anabolic Agents, Diuretics, Peptide Hormones and Analogues
- b. Blood doing (the intravenous injection of whole blood, packed red blood cells, or blood substitutes).
- c. Substances and practices identified as banned by the NCAA and the USOC.

All C.I.A.C. contests/games/tournaments/championships in which the offending athlete participated while under the influence of performance enhancing substances shall be declared forfeitures and all records will be expunged.

A member school may apply to the C.I.A.C. Board of Control for reinstatement of the athlete’s eligibility to participate in C.I.A.C. controlled activities. Any such application must include:

- a. The results of a CIAC-approved medically validated drug test which confirms that the student-athlete is chemical free. The test must have been completed within 30 days prior to the application. The C.I.A.C. shall not be responsible for any expenses related to this testing.

b. A statement of the compelling circumstances on which the member school bases its application for reinstatement of the athletes' eligibility.

The C.I.A.C. allows member schools to make exception for those student athletes with a documented history demonstrating the need for regular use of substances that are banned in this policy. These identified substances shall be medically prescribed by the student-athlete's doctor for therapeutic purposes. The documentation should contain information as to the diagnosis, medical history and dosage prescribed.

Lewis Mills High School will periodically provide preventive and intervention educational programs for or student athletes. Administration, enforcement and monitoring of the above policy is the responsibility of the Lewis Mills Administration, Guidance, Coordinator of Athletics, Athletic Trainer, School Nurse and Coaches. Prevention programs will include pre-season meeting reminders and review of this policy every athletic season. Intervention programs will be determined on a case by case basis by the appropriately involved parties.

The above policy information will be distributed and reviewed at the start of each athletic season with parents and student-athletes. All student-athletes and parents will be required to sign a Lewis Mills Athletic Policy form containing the above policy information prior to participating in any C.I.A.C. controlled game or contest.

TRAVEL

All athletes must travel to and from athletic contests in transportation provided by the Athletic Department. All other transportation requests will require coaches approval and a signed transportation agreement that must be approved by the Coordinator of Athletics and/or school administration. This form may be found on the athletic department website at: www.gomills.us

1. Athletes will remain with their team and under the supervision of the coach.
2. Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and must receive their coach's approval prior to the teams departure for the contest.
3. With the permission of the head coach, parents may pick up student-athletes from an away contest by providing a written note from the parent AND face to face contact with the coach at the time of the release.
4. Parents will not transport other athletes unless they receive approval from the Coordinator of Athletics or Principal. A signed transportation agreement will be required.
5. Athletes may not transport other student-athletes to any contests or practice sessions. When transportation is not provided to off-campus home venues, a transportation agreement form must be completed for an athlete to drive to the off campus meeting site. Student-athletes may only drive to school if they have parking privileges.

C.I.A.C./LEWIS MILLS ELIGIBILITY RULES: To be eligible to participate, the following conditions must be met.

COURSE and GRADE REQUIREMENTS:

- 1 You must have passed at least four (4) units or the equivalents at the last regular

marking period with the exception of Fall eligibility. Incomplete (inc.) grades are not considered to be passing grades.

2. Marking period grades (not semester grades) are to be used in determining scholastic eligibility except for quarter 1 (see #3).

3. For fall sports eligibility, a student must be a continuing student (eighth to ninth grade) or have received credit for four (4) units or its equivalent towards graduation at the conclusion of the school year preceding the contest. This is determined by the final grade and not by the fourth quarter grade.

In addition, the student must be registered for four quarter Carnegie Units or equivalent of work in the current marking period to participate.

AGE RESTRICTIONS and YEARS OF PARTICIPATION:

4. The student shall not have reached his or her twentieth (20th) birthday. A student-athlete will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls. A student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition. Date of entry is defined as the first date of enrollment as a grade 9 student taking four (4) or more high school subjects.

TRANSFER RULE:

5. You must not have changed schools without a change of legal residence (See complete C.I.A.C. rule for further clarification).

OUTSIDE PARTICIPATION:

6. You must not play or practice with an outside team in the same sport while a member of the school team during the C.I.A.C. season of that sport. (Grades 9 through 12). The exception to C.I.A.C. Eligibility Rule II.E shall be:

- a. Participation in parent-child and caddy tournaments, and
- b. Swimming, tennis, gymnastics – a pupil may practice but not compete with a non-C.I.A.C. team during the season.

FALSE IDENTIFICATION:

7. You must not play under an assumed name on an outside team

ECONOMIC GAIN:

8. You must not have received personal economic gain for participation in any C.I.A.C. sport.

ACADEMIC INTERVENTION PROGRAM (AIP): Student-athletes who fall below a weighted 2.0 at any of the published reporting dates for the AIP will be required to participate in the appropriate AIP participation level. Specific details about this program, forms and it's requirements may be found on the athletic department website under Athletic Resources. Student-athletes who do not follow through with all AIP requirements will be subject to suspension from game play until the requirements have been met.

C.I.A.C. EJECTION POLICY

If a player is ejected from a varsity, junior varsity, or freshman, league or non-league contest, he/she will be suspended for a minimum period of one contest at that level of play and all contests at any level played in the interim.

“CAPTAIN’S PRACTICE”

The C.I.A.C. and Lewis Mills High School do not in any way sanction or condone “Captain’s Practice” in any sport. “Captain’s Practice” may be a clear violation of C.I.A.C. Eligibility Rule II, D, and, therefore, is not permitted on any Lewis Mills High School facility.

C.I.A.C. RULES MAY BE OBTAINED FROM THE C.I.A.C. WEB SITE:
WWW.CASCIAC.ORG OR FROM THE LEWIS MILLS ATHLETIC DEPARTMENT

OUT OF SEASON PARTICIPATION

Outside participation by student athletes is governed by the above eligibility rules (#8) as well as other C.I.A.C. rules. Student-athletes may only participate with their high school team during the specified C.I.A.C. season (see page 2). No other formal contact is allowed between the coaching staff and the athletes outside of the season with the following exceptions:

Post season team meetings as well as individual meetings to provide feedback for off-season training are allowable. These meetings may not be designed to offer coaches the opportunities to instruct athletes on the improvements of skills.

Post season practice is not allowed after the end date of your season per the annual C.I.A.C. calendar.

Activities involving team building or community service where athletic based activities are not the focus of the event.

Off-season and summer conditioning programs must be completely voluntary and participation may in no way directly affect the following seasons team placement. Student-athletes must have a current physical on hand and coaches are required to collect Blue Cards prior to initiating all out-of-season conditioning programs.

No formal or informal contact by any participating student athlete with the coach(es) where any sport specific activities take place are outside of the C.I.A.C. determined playing season.

HAZING / INITIATIONS AND BULLYING

Hazing, initiations, or bullying of student-athletes by other team members are not acceptable, and any practice of this type of behavior will not be tolerated. Actions (such as but not limited to taunting, teasing, bullying, and harassment) of this type may be illegal, and those involved may be subject to police action as well as dismissal and/or suspension from participation in any athletic program. Please refer to the BOE Policy statement for more information

ATHLETIC DEPARTMENT FORMS

All candidates and their parents/guardians must complete the Lewis Mills Athletic Policy/Permission form, the Emergency Medical Authorization form and the Notification of Online Access to the Student-Athlete Handbook form and return them to their coach before they may tryout or participate in any practice sessions. There will not be any exceptions to this rule.

PHYSICAL AND BLUE CARDS/RED CARDS

Prior to the first tryout/practice session, all candidates for athletic teams are required to provide the school nurse with a valid physical signed by a physician.

Students are then responsible for obtaining a signed Blue/Red Card from the school nurse. A Blue card is issued when the physical covers the student-athlete for the entire season. If the physical is going to expire before the end of the season, a Red card is issued. It is the responsibility to the Student-Athlete to provide the nurse with an updated physical exam to maintain their eligibility when their physical expires.

These cards serve several purposes and must be turned into the head coach before the athlete will be allowed to tryout or practice with the team in any way. In addition, it will also provide the coach with the date that the athlete's physical expires. Should the physical expire during the season, the athlete will immediately become ineligible to participate unless a new physical exam is completed by a physician and turned into the nurse and a new Blue Card is issued.

The Blue Card finally provides the coach with one more extremely important piece of information. Any special restrictions or serious medical concerns that the coach needs to be aware of will be noted on this card. This is often information that may not be readily understood on the physical signed by the physician. Parents and Student-Athletes are responsible for ensuring that the sports physical is up-to-date. The sports physical examination is valid for 13 months.

ATHLETIC TRAINER

The Athletic Department contracts the services of a part time Certified Athletic Trainer through Bristol Hospital. The athletic trainer will be on-site for most practices and contests played on the Lewis Mills Campus. When possible, other events may be covered. Student athletes are encouraged to bring any questions or concerns relating to injuries or physical problems associated with participation on any of our athletic teams directly to the trainer. The Athletic Trainer will coordinate return to participation programs with the appropriate individuals, including the coach, physician and school nurse. To best ensure the well being of our student-athletes, the Athletic Trainer and/or the school nurse may directly contact physicians providing treatment. The Athletic Trainer will have the final sign-off on when a student-athlete is allowed to return to participation on all Lewis Mills Athletic Department teams.

INJURIES, ACCIDENT FORMS & INSURANCE

All injuries sustained by an athletic team member are to be reported immediately to the coach or advisor in charge. This is the responsibility of the student. The second responsibility of the student is to report the injury to the Athletic Trainer. Athletes with an illness / injury sustained in an athletic event, physical education class, or other activity, that requires a visit to a doctor, hospital, or primary care facility must receive written clearance by a physician in order to return to participation in Lewis Mills Athletic activities. Students should, when necessary, seek care from their family physician, a specialist or the school physician.

Secondary insurance is available for student-athletes injured during practice/ games. These forms are available from the Athletic Trainer.

IMPACT TESTING INFORMATION

Beginning in the fall of 2008, all student athletes are required to take a baseline

ImpACT test at the initiation of their athletic careers. This will usually be conducted in the athletes freshman year. All student athletes participating in collision and contact sports (as defined by the American Academy of Pediatrics) will be required to take a “new” baseline test during their junior year.

For additional ImpACT information, please see the Lewis S. Mills High School “Procedures for Management of Head Injuries”. This document is available from the link above or from Athletic Training link on the website.

The Lewis Mills Athletic Department is in full compliance with the newly adopted State Law concern concussion management. Please click on the previous link or visit our website for more information and a link to Public Act 10-62.

EMERGENCY ACTION PLAN

Up-to-date copies of the emergency action plan are available on the Lewis Mills Athletic Department Website under the Athletic Training Link.

LIGHTNING POLICY

The Lewis Mills Athletic Department will follow the Region 10 Policy on Lightning. The Athletic Trainer will carry a portable lightning detector that will be utilized as the first method for determining when to suspend any outdoor contest due to a pending storm. Should the lightning detector be unavailable or fail to function, the second method employed will be the flash-to-bang count recommended by the National Severe Storms Laboratory. A flash-to-bang count below 30 seconds will suspend all outdoor athletic activities. A minimum of 30 minutes following the last visible lightning or audible thunder will be waited prior to returning to play.

UNIFORMS AND EQUIPMENT

Uniforms and equipment are on a loan basis and are to be worn only when authorized by the coach. Only uniforms issued or authorized by the Athletic Department will be permitted to be worn for contests. All uniforms and/or equipment are the responsibility of the athletes during the season and must be returned at the conclusion of the season. If lost or stolen, a replacement charge will be assessed and will be submitted to the office as a student-obligation.

ATHLETIC LOCKERS & LOCKER ROOMS

During the season, student athletes should store and lock all valuables, clothing and equipment in a locker in their respective school locker rooms. Lewis Mills will not be responsible for any lost or stolen property that is stored improperly.

TEAM/SPORT SPECIFIC RULES AND EXPECTATIONS

At the beginning of each season, students will be informed by the coach of the rules and expectations for all team members. This will include types of behavior which may warrant suspension or removal from the team. Each case will be considered individually. Parents, the Coordinator of Athletics, and Building Principal will be notified as soon as possible after a student has been suspended or permanently removed from the team.

DUE PROCESS

Coaches may only dismiss an athlete from a team according to the following procedure:

1. Inform the athlete that he/she is suspended from the team, the reasons for the suspension, and that approval for dismissal is being sought from the Athletic Director.
2. Meet with the Athletic Director to discuss the particulars of the case and to determine if removal from the team is appropriate.
3. If removal is agreed upon, the coach must next inform the athlete and his/her parent(s)/guardians of the penalty and the reasons for it.
4. If the parent insists, an appeal may be made to the Athletic Director, who will meet with the parent(s) and/or athlete in question.

For more information on the formal application of Due Process as it applies to application to the C.I.A.C. Eligibility Committee please refer students to their Student Handbook.

Note: Reasons for major disciplinary actions (i.e. suspension or removal from the team or school) should never be discussed with or commented about to the press or other individuals under any circumstances. This may violate the privacy rights of the student.

PROCEDURE FOR CONTACTING ATHLETIC DEPARTMENT PERSONNEL

1. Please afford your son or daughter the opportunity to discuss the issue with their coach. Many times these meetings may resolve an issue or concern.
2. If your son or daughter's meeting with the coach did not resolve the issue, then encourage your child to meet with the Coordinator of Athletics about the concern.
3. In the event, the first two steps do not resolve the issue, please contact the coach directly to talk and/or set up a meeting.

NOTE: Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

5. If the meeting with the coach did not provide a satisfactory resolution, please call and set up an appointment to meet with the Coordinator of Athletics to discuss the situation.
6. If the meeting with the Coordinator of Athletics did not provide a satisfactory resolution, please call and set up an appointment to meet with the building Principal to discuss the situation.
7. If the meeting with the Principal did not provide a satisfactory solution, please call and set up an appointment to meet with the Superintendent to discuss the situation.

HIGH SCHOOL ATHLETIC AWARDS REQUIREMENTS

1. Varsity Letter Requirements: The varsity award shall be presented to an athlete who satisfies the participation requirements as list below, completes the season as a team member in good standing, and receives the recommendation of the coach. The question to considering when awarding a varsity letter is did the athlete make a significant contribution to the varsity team? In general, this means playing in more than 50% of the available periods of play at the varsity level. The season is defined as the period between the date officially designated by the

C.I.A.C. as the start of the season for that sport and the final game or contest of that sport for the current season.

A. Baseball/Softball:

1) play in one-fourth of all innings played or; 2) pinch hit or pinch run in three-fourths of the games played or ; 3) pitch in four starts or six game appearances.

B. Boys and Girls Basketball: participate in 50% of the quarters the contests played.

C. Cheerleading: meet 90% of contest and practice requirements.

D. Crew: row in first boat in at least one race.

E. Boys and Girls Cross Country: score a point in a Varsity meet by placing in the top 5 runners or placing 6th or 7th and ahead of the #5 runner of an opponent.

F. Field Hockey: participate in 50% of periods played.

G. Football: participate in 50% of the available quarters or start on a special team for at least half of the season.

H. Golf: participate in the varsity team in at least 50% percent of the matches.

I. Boys and Girls Indoor Track: qualify for state competition.

J. Boys and Girls Lacrosse: participate in 50% of periods played.

K. Boys and Girls Soccer: participate in 50% of periods played.

L. Boys and Girls Swimming:

1) earn as many points as there are meets

2) one point for each event entered plus actual place pts.

M. Boys and Girls Tennis:

1) earn as many points as there are matches

2) one point for playing and one additional point for winning.

N. Boys' and Girls' Track: qualify for the Varsity level conference championship.

O. Boy's and Girls' Volleyball: participation in 50% of games played.

1st year varsity player: Receives a varsity letter and may purchase a letter jacket

2nd year varsity player in the same sport: Receive sport pin

2nd varsity letter overall: Graduation numerals

3rd year varsity player in the same sport: Receive a silver bar pin

4th year varsity player in the same sport: Receive a gold bar pin

8th varsity letter overall: Chenille Spartan Award

12th varsity letters: Spartan wind jacket

Captains receive a captain's pin; Managers receive a managers pin

2. Junior Varsity awards will be given on the recommendation of the coach to those athletes who complete the sport season in good standing. They will receive a JV pin for the first award and a certificate each time after.

Crew also recognizes novice level rowers with awards based on the recommendation of the coach.

3. A coach will have the prerogative to award varsity status to a senior who has not met the seasonal requirements.

4. Injury Rule: any athlete who is a Varsity starter or plays in Varsity contests on a regular basis and becomes injured may be awarded a letter if in the coach's judgment he/she would have met the criteria had the injury not occurred.

NCAA ELIGIBILITY

For up-to-date NCAA Eligibility information, visit the athletic department website. All students interested in participating in collegiate athletics should consult with their Guidance Counselor at the earliest possible time. NCAA Guide for the College Bound Student-Athlete.

LEWIS MILLS BOOSTER CLUB

This organization plays a very important role as a key supporter of all programs at Lewis Mills. This volunteer organization provides both moral and financial support to our teams. Parents are encouraged to join the booster club, and student athletes and coaches are asked to support the club in their efforts. While fund-raising activities will never be mandatory of an athlete, students are encouraged to participate to help support the sports they play. More information about the Booster Club may be found on the Athletic Department website:

TEAM PARENTS

Team parents for each sports team are coordinated through the booster club with the approval of the Coach and the Coordinator of Athletics. Specific team parent guidelines are available from the Booster Club link on the website.

PARENTAL SUPPORT IS KEY TO AN ATHLETES SUCCESS

As a parent, you can be a tremendous asset to your child, their team and our school. Recognizing that our athletes are sons and daughters first, students second and athletes third are very important. Your positive and patient involvement as a fan and a supporter of your child, their team and our school is crucial. Please recognize that our athletes always do their best and mistakes, errors or just being out-played are sometimes part of the athletic experience. In the academic world, failure is viewed as feedback. It is an opportunity to grow and learn what is necessary to be successful in the next challenge. Please celebrate your child's effort as much as you do their success.

NONDISCRIMINATION/EQUAL EMPLOYMENT/EQUAL EDUCATION OPPORTUNITY

In compliance with regulations of the Office of Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, the Lewis Mills Board of Education, as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or services, on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability, or related abilities to perform the duties of the position. The right of a student to participate fully in classroom instruction and extracurricular activities shall not be abridged or impaired because of race, gender, color, religion, national origin, age, sexual orientation, pregnancy, parenthood, marriage, or for any other reason not related to his/her individual capabilities.

SEXUAL HARASSMENT

The Board of Education prohibits sexual harassment or intimidation of its students and employees. Any student or employee who believes he or she has been the subject of discrimination/ sexual harassment should contact the district's Equity/Title IX Coordinator or an administrator.

LSM Athletic Booster Club – What do we do & how do we help?

The Lewis S. Mills Athletic Booster Club offers program support through volunteer services at the various sponsored events along with financial support through fundraising efforts. Its purpose is to operate in full support of the school athletic director and principal. The Booster Club will at no time interfere with the policies, methods, eligibility requirements, or other practices of the athletic department or administration. The club's goal is to provide support to all of our student athletes and coaches. Fairness across the board is our goal. Fairness, however, does not mean equal. Consideration is given to unique and time sensitive needs that may be planned or may arise with less notice.

Money raised comes from various activities including membership, concession sales, merchandise sales, scrip sales and fundraising. Membership for 2010-11 consisted of 164 families (approximately 38%) of the student athlete households. Membership contributions topped the \$10,000 mark for the first time in 2011! Help us reach our goal of 100% and join today. Since 2008-2009, almost \$50,000 in equipment, supplies, awards and support have been donated to our student-athletes, coaches and programs. We can't do all of this without your support! Please consider lending a hand!

Recent Equipment Purchases for Athletic Program:

2011-12 Purchases

- * Game Goals Field Hockey \$2425
- * 23 Cascade CPX Helmets for Boys Lacrosse \$3000
- * Huddle Video Analysis Software for Football \$800

2010-11 Purchases

- * Gill high jump pit, base material, cover, standards and bar for B/G Track \$6,395
- * Pole Vault Standards for B/G Track \$1150
- * Installation of dual practice courts for B/G Volleyball \$2880

2009-10 Purchases

- * Wind screen for Tennis Courts \$1200
- * Away Uniforms for Girls Lacrosse \$380
- * Shell purchase contribution for Crew \$2500

2008-2009 Purchases

- * Scoreboards for Softball & Soccer/Track, Lacrosse/Field Hockey Fields \$12,214
- * Golf Cart for Trainer \$2,500
- * Track Timers for Cross Country, Indoor & Outdoor Track \$441
- * Training Supplies for Soccer \$203
- * Goalie equipment for Field Hockey \$1515
- * Catcher's gear and training items for Softball \$677
- * Concession Upgrade & Hot Water Containers \$1000

Past Purchases

- * Cheerleading Mats
- * Donations for Boat Rack/Slings (Crew team)
- * Nassahegan Lights Donation
- * Drag Mat for Baseball Field
- * Tennis Ball Machine
- * 1000 Point Plaque
- * Fence along Route 4
- * Bleachers for Softball Field

Sponsored Events

All sponsored events are hosted by the Booster Club with volunteers primarily consisting of Executive Board members and a core group of member volunteers. In addition to time donated by our volunteers, items are donated for raffles, food supplied for refreshments (also from membership volunteers), programs/handouts.

- * Fall Parent/Athlete Night
- * Fall Awards Night
- * Winter Parent/Athlete Night
- * Winter Awards Night
- * Spring Parent/Athlete Night
- * Spring Awards Night
- * IMPACT Testing Volunteers
- * Alumni Night Celebration
- * Concession Sales during Volleyball and Basketball games
- * Homecoming Concession Sales
- * 8th Grade Activity Fair
- * Senior Athlete & Family Picnic

Yearly Ongoing Purchases

- * Professional Development for Coaches (\$1000 annually)
- * \$50 per team for Senior Night activities
- * Berkshire League Champ t-shirts (for qualifying teams)
- * State Championship Awards (for qualifying teams)
- * Scholarships: Six (6) \$300 Scholarship awards
- * Senior Gifts
- * Startup donation for new athletic programs \$500

How does the LSM Athletic Booster Club support my team?

Each year the athletic department distributes an "Equipment Budgetary Request" to all coaches allowing them the opportunity to request items for their team. This form is submitted to the Coordinator of Athletics as part of the regular budget process. Each of the items requested are prioritized by the coach as follows:

- 1 = required equipment for program to function at current level – uniforms or necessary replacement equipment;
- 2 = upgrade replacement of current equipment (must state rationale);
- 3 = equipment that would enhance program (must state rationale).

Once submitted, the administration reserves the right to discuss alternatives to requests if said items fall outside responsible budget guidelines. Those items that can be covered by the budget will be approved. In some cases, teams may also be able to purchase these items using money fundraised or donated to that specific program. Any item that is deemed necessary but is not covered by the school budget or team will be sent to the Booster Club for their consideration. Final approval by the Booster Club is based on recommendations from the administration, current financial level, etc. and is then voted on for approval by the Executive Board.

**Notification of Online Access to the
Lewis S. Mills High School
Student Athlete Handbook of 2011-2012**

Dear Parent/Guardian:

Please be advised that the Lewis S. Mills High School Student Athlete Handbook of 2011-2012 is posted on our website at www.gomills.us. The Student Athlete Handbook includes a description of our athletic program as well as the details of the policies and rules that participating students are expected to know and abide by. Since we will only be providing the Student Athlete Handbook on our web site, it is important that you access and review the Handbook with your child prior to your child's participation in the athletic program.

If you do not have access to the Internet or want a printed copy of the Student Athlete Handbook, please contact the Athletic Coordinator at 860-673-9657 (office) or by mail at: Coordinator of Athletics – Lewis Mills High School; 26 Lyon Rd., Burlington, CT 06013 and a copy of the Student Athlete Handbook will be provided to you free of charge.

Please detach and complete the following acknowledgement form and return to the Head Coach of your child's sport by the first day of practice.

**Acknowledgement of Online Access to the
Student Athlete Handbook - 2011-2012**

We have received notification that the Lewis S. Mills High School Student Athlete Handbook of 2011-2012 is available on www.gomills.us. We understand that in order to participate in the athletic program, the student named below is required to know and abide by the policies and rules described in the Student Athlete Handbook of 2011-2012.

Student's Name (printed)

Parent/Guardian (printed)

Student's Signature

Parent's Signature

Date: _____

Date: _____

Lewis Mills Athletic Policy/Permission Form

(update June 2011)

I. Chemical Health Policy

Sport: _____

Please read and commit to memory the following rules of training:

1. No student athlete will be permitted to use or possess tobacco [smoke, chew, or snuff], steroids, alcohol, or illicit drugs on or off school grounds.
2. No student athlete may be knowingly in the presence of those who are in possession of, using, transmitting, or under the influence of any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, alcoholic beverage, or intoxicant of any kind on or off campus.
3. Any athlete who is determined to be selling or distributing steroids, illicit drugs or alcohol on or off school grounds, will be suspended from all teams for the remainder of the school year.
4. Any athlete that breaks the above training rules will receive a minimum of a two-game suspension for the first offense. In the event the student is suspended from school, the game(s) missed will not count towards this suspension. The second time this offense occurs, the athlete will be suspended from participating in the sport for the remainder of the season.
5. Before any "suspension from a team" provided for under these rules shall take effect, the student shall be advised by the coaching staff/administration of the alleged violation and the student will have the opportunity to explain or justify the action. If after such conference the coaching staff/administration is satisfied that a suspension is justified, the student and parents will be notified.
6. All athletes are subject to school policies, which in effect mean that if you are serving an in-school or out-of-school suspension, you cannot attend practices or games. When your school suspension is over and you are waiting for your two game suspension to be completed, you may attend practice but only at the discretion of the coach.

II. Performance Enhancers Policy

The Lewis Mills Athletic Department in no way endorses the use of "Creatine" or any other ergogenic aid intended to enhance athletic performance. It is recognized that even natural substances in unnatural amounts may have short-term or long-term negative health effects. School personnel and coaches may never supply or recommend or knowingly permit students to use any drug, medication or food supplement for the specific purpose of enhancing their athletic performance.

In addition, CIAC Rules, effective July 1, 2007 specify the following:

Athletes found using performance enhancing drugs by their school district will be immediately disqualified from any further participation in CIAC-sponsored sports for a period of 180 school days on each occurrence.

Any student athlete who refuses to submit to testing as part of a member school's Board of Education approved random drug testing policy shall be ineligible to participate in any CIAC-controlled activities. Performance enhancing substances and practices subject to this policy include but are not limited to, the following:

- a. Anabolic Agents, Diuretics, Peptide Hormones and Analogues
- b. Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes).
- c. Substances and practices identified as banned by the NCAA and the USOC.

III. Checklist for Student Eligibility

Although there are exceptions* to many of the following rules, this list is the basic guideline we follow in determining whether your child is eligible to participate in high school athletics.

1. Enrolled in four full time courses
2. Passing in four full time courses.
3. Passed four classes earning ¼ unit of Carnegie Credit (2nd-4th marking period) or earned four Carnegie units towards graduation in the preceding school year (1st quarter eligibility).
4. Is an enrolled student in the school for which he/she is playing.*
5. Has never dropped out of school.*
6. Has not changed schools without parents moving to another school district or school service area.*
7. Has not played more than four seasons of the same sport after starting high school.
8. Will not turned 20 years of age before or during the season in question.
9. Has not played or practiced the sport with another team during the high school season for the sport.*
10. Has not been on more than one school team in the same season nor represented more than one school in the same season at the same time.
11. Has not received a salary or personal economic gain for playing the sport or competed under an assumed name.
12. Has not been recruited to attend this high school for athletic purposes.
13. Is an American citizen.*
14. Is a foreign exchange student registered with the Council on Standards for International Educational Travel [CSIET].

AIP Program: For student-athletes whose weighted GPA falls below a 2.0 at any of the published reporting periods, the student-athlete is required to participate in the Academic Intervention Program and will abide by all requirements. Failure to follow through with the AIP requirements will result in suspension from game play until the requirements are met.

IV. Good Sportsmanship and Good Behavior

To emphasize our commitment to good sportsmanship, the coaching staff is asking you to structure your behavior around the following ideas.

1. The roots of good sportsmanship are traced from one word: "respect". Respect for officials, opponents, coaches and spectators. Respect means I will never argue make verbal comments or visual gestures that indicate disagreement.
2. I will learn the rules of the game thoroughly.
3. I will not bait, anger, embarrass, ridicule or demean other players, coaches, spectators or game officials. This is called taunting and can result in a game suspension.
4. I will treat opponents with the respect that is accorded a guest or friend.
5. If I receive a technical foul or are sent off by an official, I will be immediately removed from the game. The length of time I spend on the bench will be determined by the severity of the infraction and my immediate reaction to the technical. If I cannot control my emotions after being removed from the game, my length of time on the bench will be increased. I realize that observed negative actions such as verbal comments and physical gestures will not be tolerated by the coaching staff.
6. I understand that hazing of any kind is wrong and will not be tolerated.
7. I will follow all guidelines and expectations set forth in the Student Handbook. I understand that rules infraction or negative faculty involvements during the school day are not acceptable and may result in disciplinary action, including suspension or removal from the team.
8. I will participate in all Wellness Class activities on practice and game days. In the event that I am unable to participate in Wellness Class without prior instructor permission, I will not be able to participate in practice or games on that day.

In addition, the following regulations exist to ensure that our athletic teams comply with what is considered to be acceptable and appropriate behavior.

1. Any student-athlete who physically assaults an official, coach, opposing player or spectator before, during or after a contest or practice will be immediately suspended from the team pending an investigation. Further disciplinary action may result.
2. If a student-athlete verbally harasses or taunts an official, player, coach or spectator, a one game suspension is mandatory and upon review by the school administration, further disciplinary action may result.
3. If a student-athlete has a negative police involvement or is arrested, that player will be suspended until a review of the incident can be made. This review will be made by the Coordinator of Athletics and Principal and may result in suspension from the team for any length of time and/or loss of captain's responsibilities.

V. Policy on Team Selections

The following policy is to insure that all candidates trying out for teams at Lewis Mills understand our team selection process. Please understand that previous participation does not guarantee a place on the team. ***PLEASE NOTE:*** In order to try out, **ALL** players turn in a valid **Blue/Red card** along with the **Notification of Online Access** to the LSM Student-Athlete Handbook form, **Emergency Medical Authorization form, Athletic Policy and Permission forms** to the coach prior to the first practice they participate in.

1. There must be a minimum of three tryout opportunities before cuts are made. Any change from this policy needs the approval of the Coordinator of Athletics. A student who does not have forms turned in does not qualify to request an extension of the tryout period.
2. Coaches may have a no cut policy. The coach will provide this information to the athletes at the start of the tryout period.
3. If you are cut, you are encouraged to talk this decision over with the coach if you wish to do so.
4. If you become sick or injured during tryout session, an additional tryout can be requested. Other legitimate reasons will be considered for extending an individuals try-out period. Family vacation will not generally be an acceptable one.
5. The following criteria will be used for selection:
Skill, speed, strength, etc., motivation, attendance, knowledge or understanding of the sport, Intangible qualities that may benefit the team, grade level (If a junior or senior will not play much, an underclassman may be selected instead).
In addition, a rating chart will be kept by all coaches so that an objective evaluation can be made of each athlete.

Lewis Mills Athletic Policy and Permission Form

I have read the Chemical Health Policy, Performance Enhancers Policy, Good Sportsmanship, Athlete Selection, and Student Eligibility Rules and I agree to these regulations while involved in athletics in the Region 10 School System and give my son/daughter permission to participate.

Print Student's Name: _____

Parent/Guardian Signature

Year of Grad

Student Signature

Date Signed

Lewis Mills Emergency Medical Authorization Form

(update June 2011)

I/We give our permission for _____, class of _____ to participate in _____, realizing that such activity involves the potential for injury that is inherent in all sports. I/We acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, or even death.

Parent(s)/Guardian(s): _____ Home Phone(s): _____

Mother Address: _____

Father Address: _____

Business Phone – Mother: _____ Business Phone – Father: _____

Cell Phone – Mother: _____ Cell Phone – Father: _____

Additional Parent/Guardian Contact Information: _____

Doctor's Name and Address: _____

Doctor's Phone: _____

Dentist's Name and Address: _____

Dentist's Phone: _____

Person(s) to contact if we are unable to contact parent/guardian in case of emergency:

1) Name: _____ Address: _____ Phone: _____

Cell Phone(s): _____

2) Name: _____ Address: _____ Phone: _____

Cell Phone(s): _____

Choice of hospital _____

Emergency Medical Authorization

Please sign and date either Part I or Part II:

Part I

In the event that reasonable attempts to contact me [parent/guardian] or the other name(s) listed above have been unsuccessful, I hereby give my consent for the administration of any emergency treatment necessary by the available licensed physician or dentist. This consent does not cover major surgery unless the medical opinions of two other licensed physicians or dentists are obtained prior to the performance of such surgery.

Part II

I DO NOT give my consent for any emergency treatment for my child. In the event of illness or injury requiring treatment, I wish the school authorities to:

Signature of Parent/Guardian

Date

Signature of Parent/Guardian

Date