LAKELAND
JR/SR HIGH SCHOOL

STUDENT-ATHLETE HANDBOOK
2026 - 2027

CONTENTS

LAKELAND JR - SR HIGH SCHOOL ATHLETIC DEPARTMENT

0805 E. 075 N. LaGrange, IN, 46761

Athletic Director | Ryan Yoder

Phone | (260) 499-2493 Email | ryoder@lakelandlakers.net

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STRATEGIC PRIORITIES

STUDENT-ATHLETES

Offer athletic programs that provide positive and memorable opportunities for all student-athletes to achieve their highest levels of team and personal success.

- Create and support meaningful opportunities that aid in student-athletes' overall performance and success.
- Enhance and support the student-athlete experience.
- Expand and pursue additional resources for team/individual support and programming.
- Motivate, reward, and recruit student-athlete participation at all age levels.
- Encourage a well-rounded approach that emphasizes the importance of academics, citizenship, and service.

COACHES & STAFF

Develop, recruit, and retain coaches committed to enhancing student-athlete experience in the classroom and on the playing fields.

- Provide coaches and staff with necessary resources to allow them to focus on building trust, strong relationships, communication, collaboration, and accountability within their programs.
- Focus on building the best possible academic and athletic experience for our student athletes.
- Build foundational relationships and programs at the youth level.
- Attract and retain successful coaches and staff to ensure continued department success and program growth.

LAKELAND COMMUNITY

Embrace, value, and engage the community, alumni, fans, and friends of Lakeland Jr/Sr High School.

- Enhance game-day experience for athletes and stakeholders.
- Communicate, listen, and prove our commitment to maintaining the pride, tradition, and integrity of the Lakeland community.
- Continue to build upon the strong tradition of success at Lakeland Jr/Sr High School.
- Inspire and increase the Athletic Booster membership and engagement.

ATHLETIC STATEMENT

This athletic handbook is designed to inform student-athletes and their parents/guardians of the mission, rules, and information that form the foundation of athletic participation at Lakeland Jr/Sr High School. Parents or guardians are expected to complete all required Athletic Department forms and return them to the Lakeland Jr/Sr High School Athletic Department prior to their son or daughter participating on a school-sponsored athletic team.

Participation in athletics is a privilege that carries with it varying degrees of honor, responsibility, and sacrifice. Since athletic competition on a high school team is a privilege and not a right, student-athletes who choose to participate will be expected to abide by all policies established by the administration and Board of School Trustees. They will also be expected to follow specific coaches' rules for their sports. Every student-athlete represents his/her school and student body and is expected to conduct him or herself in a manner that is becoming to their family, Lakeland Jr/Sr High School, and the community.

ATHLETIC DEPARTMENT VISION STATEMENT

To provide opportunities for students, student-athletes, and the community to unite to build lasting relationships, create meaningful experiences, and work together to achieve common goals.

STUDENT-ATHLETE DEFINED

The Lakeland Jr/Sr High School student-athlete is defined as and includes all young men and women who represent a team in interscholastic competition and further includes student managers and trainers, cameramen, and statisticians. Anyone eligible to receive an athletic award at the conclusion of a sports season is considered a student-athlete.

ATHLETIC PROGRAM PROFILE

Lakeland Jr/Sr High School supports 20 varsity level programs that include over 50 different teams (Varsity/Junior Varsity/Junior High), providing opportunities for over 400 student-athletes in grades 6-12. Student-athletes are coached by over 60 men and women and participate in over 450 athletic contests per year.

ATHLETIC OFFERINGS & ASSOCIATIONS

Football
Varsity | JV | JH

Volleyball
Varsity | JV | JH | 6th

Boys' Cross Country
Varsity | JV | JH

Girls' Cross Country
Varsity | JV | JH

Boy's Tennis
Varsity | JV

Girls' Golf
Varsity | JV

Boys' Soccer
Varsity | JV | JH

Girls' Soccer
Varsity | JV | JH

Cheerleading
Varsity | JV | JH

Boys' Basketball
Varsity | JV | JH | 6th

Girls' Basketball
Varsity | JV | JH | 6th

Boys' Wrestling
Varsity | JV | JH

Girls' Wrestling
Varsity

Cheerleading
Varsity | JV | JH

Baseball
Varsity | JV

Softball
Varsity | JV

Boys' Golf
Varsity | JV | JH (Co-Ed)

Girls' Tennis
Varsity | JV

Co-ed Tennis
JH

Boys' Track & Field
Varsity | JV | JH

Girls' Track & Field
Varsity | JV | JH

INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION (IHSAA)

Lakeland Sr. High School is a member of the Indiana High school Athletic Association. The IHSAA is a member of the National Federation of High School Associations (NFHS). The control of the IHSAA rests with the high school principals who elect a Board of Directors representing three IHSAA Districts.

NORTHEAST CORNER CONFERENCE (NECC)

Lakeland Sr. High School is a member of the Northeast Corner Conference (NECC) whose members include Angola, Central Noble, Churubusco, Eastside, Fairfield, Fremont, Garrett, Prairie Heights, West Noble, and Westview.

JR NORTHEAST CORNER CONFERENCE (JR NECC)

Lakeland Jr. High School is a member of the Jr. Northeast Corner Conference (JR NECC) whose members include Angola, Central Noble, Churubusco, Eastside, Fairfield, Fremont, Garrett, Prairie Heights, West Noble, and Westview.

ATHLETIC DEPARTMENT GUIDELINES

Participation in athletics is a privilege earned by meeting the rules and standards set by schools, conferences, and the IHSAA. Students who have questions concerning eligibility should contact the Athletic Director or Principal **BEFORE** they endanger their athletic eligibility.

HIGH SCHOOL ACADEMIC ELIGIBILITY (GRADES 9-12)

To remain academically eligible, high school student-athletes must complete both of the following requirements. These requirements are set by the IHSAA:

1. **Must have earned passing grades and credits during the PREVIOUS grading period in at least 70% of the maximum number of full credit subjects that a student can take.** Lakeland has seven periods in a day, so a full course load represents seven credits. A student-athlete must have earned at least five credits (71%) in the PREVIOUS grading period in order to be eligible to participate during the CURRENT grading period. If a student earned fewer than five credits during the PREVIOUS grading period, the athlete loses his or her eligibility to participate in athletics during the CURRENT grading period. Grades are checked quarterly at the end of each mid-term and semester. *Example: A student must earn five credits during the first quarter of the school year to be eligible to play sports during the second quarter.*
2. **Must be enrolled in at least 70% of the full credit subjects that a student can take during the CURRENT grading period.** A full course load represents seven credits, so student-athletes must be enrolled in at least five courses (71%) in the CURRENT grading period to remain eligible for athletic participation. *Example: A student must be enrolled in at least five credits during the second quarter of the school year to participate in sports during the second quarter.*

JR HIGH ACADEMIC ELIGIBILITY (GRADES 5-8)

To remain academically eligible for athletic participation, junior high students at Lakeland must adhere to the following grade policy. This policy has been approved by the Lakeland School Board:

- Student-athletes who are below passing in one or more academic courses at any eligibility checkpoint will begin a two-week **Probationary Period**. During this period, the student will remain eligible for all practices and competitions. At the conclusion of the two-week probationary period, if the student is passing all subjects, he or she will move up into **Full Eligibility**.
- If, at the conclusion of the two-week probationary period, the student is still failing one or more classes, he or she will enter a two-week **Limited Eligibility Period**. During this period, the student may remain on their respective team, be eligible to practice and travel with the team, but will not be eligible to compete in any formal games or competitions.
- At the conclusion of the two-week **Limited Eligibility Period**, if the student-athlete has a passing grade in all classes, he or she will move up into the two-week **Probationary Period** and regain eligibility for games and competitions. At the conclusion of the **Limited Eligibility Period**, if the athlete still has one or more grades below passing, the student will be

Permanently Ineligible from any of the team's remaining games or competitions and will not travel with the team for the rest of that sport season.

- If a student is permanently ineligible for the remainder of an athletic season, he or she may be allowed to practice at regularly scheduled practices at the discretion of the head coach.



IHSAA PRE-PARTICIPATION PHYSICAL EXAMINATION

Every student-athlete is required by Lakeland Jr/Sr High School and the Indiana High School Athletic Association to have a physical examination completed and on file with the athletic office before practicing for any sport. A current physical is required for each school year. All physicals must be dated after April 1st to be accepted in the following school year. Physicals are the responsibility of the student-athlete and his/her parents/guardians.

By signing the form, the parent/guardian acknowledges that it is their responsibility to provide adequate insurance coverage through a private insurance carrier. By signing the insurance notification and waiver form, the parent/guardian understands that in the event their son or daughter is injured as a result of athletic competition or practice, or as a result of other school activities, any medical expenses associated with such injury will be the responsibility of the parents or guardians.

Each student-athlete must also have all other required forms on file in the athletic office or completed on Final Forms prior to participation. **Student-athletes must complete eight (8) separate days of organized practice before participating in an inter-school athletic contest.**

ACCIDENTS & INJURIES

All accidents or injuries, home or away, are to be reported immediately to the coach and a report written on the appropriate form and submitted to the Athletic Director.

ATHLETIC AWARDS PROGRAMS

An athletic awards program will be held after the completion of each sports season. It is requested that all student-athletes being honored be in attendance, neatly dressed, and respectful to their teammates as teams are being introduced.

ATHLETIC BOOSTER CLUB

The Athletic Booster Club recognizes all student-athletes and provides financial assistance to all sports at Lakeland Jr/Sr High School. Parental involvement is needed and encouraged to continue the original objectives set forth by the founders of the Athletic Booster Club. Meetings will be held each month during the school year. All parents/guardians of student-athletes should join the Athletic

Booster Club, attend meetings, and contribute in any way possible. Two senior student-athletes will also be selected as members.

ATTENDANCE IN SCHOOL

Daily attendance at school and practice is very important and expected of student-athletes at Lakeland Jr/Sr High School. A student-athlete must attend a minimum of four complete periods during the school day in order to participate in an athletic contest or practice that evening. The Athletic Director needs to approve any exceptions (funeral, dental, doctor, family emergency, etc.). Approved field trips or school activities constitute attending school. A student-athlete who is absent five or more consecutive days because of illness or injury must present a written verification from a physician stating when athletic participation may resume.

Furthermore, any student-athlete who receives five or more unexcused absences in a 10-week period may receive an athletic penalty in addition to any penalties imposed by school administration. The student-athlete will be required to meet with a school administrator to develop a truancy prevention plan as required by Indiana code. At that time, the athletic director and the athlete's coach will be notified, and the coach may choose to enact an additional athletic penalty.

AUTOMOBILES

Automobiles are to be parked in accordance with all regulations of traffic control. Student-athletes will not be treated in a special way.

CONDUCT & CHARACTER

The Lakeland Athletic Department adheres to IHSAA Rule No. 8 regarding Conduct, Character and Discipline: "Contestants' conduct, in and out of school, shall be such as (1) not to reflect discredit upon their school or the Association, or (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school. NOTE: It is recognized that principals, by the administrative authority vested in them by their school corporation, may exclude such contestants from representing their school."

CONFLICTS IN EXTRACURRICULAR ACTIVITIES

Lakeland Jr/Sr High School believes that it is important that students participate in a wide range of school-sponsored activities. Expanding extracurricular and co-curricular programs has created an environment where conflicts may occur. By providing clearly defined guidelines, staff members, students, and parents will be able to communicate with each other in an atmosphere of fairness and consistency. The purpose of the following guidelines is to bring about this atmosphere. The following basic guidelines will be used in determining appropriate resolutions to conflicting performance schedules:

1. Scheduled State Athletic Association Tournaments and State Association Division of Student Activities Contests, including travel time, shall have preference. If a conflict exists between two of these types of activities, the student shall make the choice without penalty.
2. Regularly scheduled games and major performances beyond item #1 shall be the second priority. If a conflict exists between two of these activities, the student shall make the choice without penalty.
3. The importance of the student's participation in the success of the total group's performance is the third priority. The sponsor and the Assistant Principal shall determine this.

4. A previously scheduled event on the office school calendar will take precedence over practices.
5. Regularly scheduled games, performances and activities will take precedence over practices.

No penalty will be assessed to the student participant if he or she properly communicates the decision to all parties. Any student penalty assessed must be done with the approval of the principal.

EJECTIONS

Any student-athlete ejected from a contest for an unsportsmanlike act shall be suspended from the next inter-school contest at that level of competition and all other inter-school contests at any level in the interim and must successfully complete the NFHS Sportsmanship course before returning to competition. Any coach or fan ejected from a contest shall be suspended from the next two inter-school contests.

Ejections, per IHSAA:

8-4 Contest Ejection

a. Any student-athlete who is ejected from a Contest for an unsportsmanlike act the first time during a sports season shall be suspended from the next interschool Contest at that level of competition and all other interschool Contests at any level in the interim, unless an IHSAA sport-specific rule or policy provides a different protocol or penalty for ejections. Exception: NFHS playing rules requiring ejection from the contest but NOT deemed Unsporting (Soccer: handball in the box, Softball: illegal bat) provides for elimination from the remainder of the current contest.
However, additional suspension from future contests will NOT be applied. Sportsmanship point deductions will remain consistent with IHSAA Sportsmanship Policy.

b. Any student-athlete who is ejected from a Contest for an unsportsmanlike act a second time during a sport season shall be suspended for the next Two (2) Contests at that level of competition and all other Contests at any level in the interim, unless an IHSAA sport-specific rule or policy provides a different protocol or penalty for a second ejection.

c. Any coach, Contest Administrator, School Administrator or Fan who is ejected from a Contest for an unsportsmanlike act the first time during a sports season shall be suspended from the next Two (2) interschool Contest (Home Contests for a Fan) at that level of competition and all other interschool Contests (Home Contests for a Fan) at any level in the interim, unless an IHSAA sport-specific rule or policy provides a different protocol or penalty for ejection.

d. Any coach, Contest Administrator, School Administrator or Fan who is ejected from a Contest for an unsportsmanlike act a second time during a sport season shall be suspended for the next Four (4) Contests (Home Contests for a Fan) at that level of competition and all other Contests (Home Contests for a Fan) at any level in the interim, unless an IHSAA sport-specific rule or policy provides a different protocol or penalty for a second ejection. If any coach, Contest Administrator, School Administrator or Fan who is ejected from a Contest a second time, the principal or his/her designee must meet with the Commissioner or his/her designee.

e. As an additional penalty, a coach who is ejected from a Contest the first time during a sports season must complete the NFHS Teaching and Modeling Behavior course before returning to coach at a competition, and a student-athlete who is ejected from a Contest the first time during a sport season must successful complete the NFHS Sportsmanship course before returning to competition.

EQUIPMENT

All student-athletes should care for all equipment as though it was his/her own personal property. If equipment is destroyed through practice, it will be replaced by the school. If equipment is lost or stolen, the student-athlete will fulfill his/her responsibility by paying for the replacement of the items.

ESTABLISHING TEAM ROSTER

Each coach is hired for his/her knowledge and expertise in the particular sport. It is within the coach's discretion to establish who will be the members of a particular team or squad. It may be necessary to cut participants after conducting try-outs for a particular team. It is noted that there is no final cut and that team members may be dropped from a team at any point during the season.

GYMNASIUM USAGE AND LOCKER ROOMS

Great care needs to be given to the gymnasium and locker area as they represent a considerable investment of money, time and energy. If any area is dirty, clean it. Athletic lockers should always be secured to prevent theft. Students are responsible for securing their personal property. The school will provide them with a lock for $1.00.

INSURANCE

The Lakeland School Corporation and the Lakeland Jr/Sr High School Athletic Department do not carry insurance for student-athletes. While the school provides the opportunity for participation in athletics, the parent retains the right of denial of such participation and must carry the responsibility for providing medical care and insurance coverage for their son or daughter.

LIMITING STUDENT-ATHLETES | MULTI-SPORT ATHLETES

Student-athletes may participate in more than one sport per season. A meeting of both coaches and the Athletic Director prior to the first contest shall take place. All practice schedules and athletic contest participation shall be determined at this meeting. At the conclusion of this meeting, all participants must agree to the terms; that would include coaches, the student-athlete, and the Athletic Director. If an agreement is not reached, then the student-athlete is limited to one sport per season.

NCAA CLEARINGHOUSE

If you wish to attend college and participate in collegiate athletics at the Division I or Division II level, you must contact a guidance counselor to obtain and complete information pertaining to the NCAA Initial-Eligibility Clearinghouse. This should be done in the student-athlete's junior year.

NEW STUDENT, RESIDENCY, ENROLLMENT, & AGE REQUIREMENTS

Any student-athlete that is new to the Lakeland School Corporation (e.g. move-ins, foreign exchange students, etc.) must complete the necessary forms required by the IHSAA in order to gain athletic eligibility. Student-athletes must be enrolled at Lakeland Jr/Sr High School and must not have been enrolled in more than the allotted semesters/trimesters allowed by the IHSAA. **Student-athletes cannot have reached their 20th birthday prior to or on the scheduled date of the IHSAA State Finals tournament in a sport.** Student-athletes are solely responsible for contacting the Lakeland Athletic Director to begin the IHSAA Transfer Process.

OFFICIALS

Contest officials deserve respect. Everyone involved with high school sports must realize that officials do not lose a game or contest. Their purpose is to ensure both teams a fair contest. IHSAA licensed officials are required for most interscholastic athletic competitions and should be treated as valued members of your student-athlete's athletic experience.

PARTICIPATION AND AMATEURISM

During the IHSAA contest season, student-athletes may participate in out of school sport activities (club sports), however, they may not participate in out of school sport activities while being a member of the school's team in that same sport. The IHSAA limits the number of teammates from one school who may participate on the same out of school sports team to three in basketball and volleyball, five in baseball and softball, six in football, and seven in soccer. Student-athletes should consult with their coach or the Athletic Director for clarifications regarding out-of-season and summer participation and participation in non-school camps. Student-athletes must also retain their amateurism by denying any award in recognition of their athletic ability not approved by their principal or the IHSAA.

PERSONAL BRANDING ACTIVITIES

The IHSAA's Personal Branding Activities (PBAs) Policy allows student-athletes to benefit from their name, image, or personal brand while still preserving their amateur status.

Allowable PBAs include:

- **Non-School, Non-Athletic PBAs**: Students may engage in PBAs provided they do not represent the Member School and do not perform athletic services.
- **Personal Brand Development**: Students may develop and monetize their personal brand through social media, personal appearances, and endorsements unrelated to their school athletic participation.
- **Skills-Based Services**: Students may provide non-athletic services such as tutoring, personal training instruction, or coaching youth sports for reasonable compensation.

Prohibited PBAs that will result in ineligibility include:

- **School Representation**: Any PBA that represents or references a Member School, unless directly connected to the student's participation in the school's interscholastic athletic program and directed by the school.
- **Prohibited Activities**: Students may not participate in any PBAs related to products, services, individuals, companies, or industries that promote gaming or gambling, alcohol, tobacco, cannabis, illegal or banned substances (including performance-enhancing substances), sexually explicit material, or firearms or weapons.
- **Athletic Services**: PBAs that involve utilizing athletic skills or participation in interschool athletic contests or demonstrations that are organized, sponsored by , or affiliated with a Member School. A student may provide the following activities if not associated with Member School representation:
    - **1**. Instructional Services – Individual or group instruction, lessons, clinics, or camps.
    - **2**. Appearances and Demonstrations – Participation in events, exhibitions, or promotional activities that may involve athletic skill, provided such participation is not tied to Member Schools or Member School competitions, or outcomes.
    - **3.** Private Training and Coaching – Providing training or coaching services to individuals or teams not affiliated with the Member School.

- **PBA Collective Participation**: Participation in or acceptance of benefits from PBA collectives that work on behalf of, in conjunction with, affiliated with, or for the benefit of any Member School.
- **Recruitment-Related Activities:** PBAs offered to entice a student to attend a particular high school for athletic purposes.

PETS

Pets are prohibited in athletic field areas unless individuals with disabilities are being accompanied by their service animals according to Lakeland School Corporation Board of School Trustees Policies 8390 and 9160.

PRACTICES, VACATIONS, SCHOOL CLOSINGS

All team members are expected to attend all regularly scheduled practices. However, student-athletes shall be excused from practice without being disciplined on the day's proceeding and following family-type vacations such as Thanksgiving, Christmas, and Easter for the purpose of family commitments and travel. It shall be the student-athlete's responsibility to prearrange the absence with a note or phone call from the parent/guardian. No practice shall be scheduled on Good Friday from 12:00 noon to 3:30 p.m. Practices during a school closing (snow, etc.) are often held and attendance at these practices are considered voluntary.

PRACTICE REGULATIONS

Participants are expected to attend all practices punctually. An illness, emergency, or a pre-arranged family vacation are the only good reasons for missing practice. The participant or parent should always inform the coach when he/she will be missing from a scheduled practice/contest. Each coach will set the practice/contest attendance policy for his/her sport. Scheduling practices during a vacation period will be left to the discretion of the coach.

QUITTING A TEAM

A student-athlete who quits a team shall not be restored to that team or any other team for the remainder of that sport's season unless by mutual consent and agreement of both coaches involved, the Athletic Director, and the student-athlete.

RISK OF ATHLETIC PARTICIPATION

All student-athletes and their parents/guardians should realize that trying out, practicing, playing, or any other form of participation in any sport could be a dangerous activity involving many risks of injury. The dangers and risks of participating in any sport include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular-skeletal system, concussions and head injuries, and serious injury or impairment to other aspects of body, general health, and wellbeing. Please be advised that due to Indiana Codes 20-34-7 and 20-34-8, schools are now required to distribute information sheets to inform and educate student-athletes and their parents of the nature and risk of concussion and head injury and sudden cardiac arrest to student-athletes, including the risks of continuing to play after a concussion or head injury.

SAT & ACT CONFLICTS

Student-athletes should recognize that the SAT and ACT college entrance exams are an important part of the application process for colleges and universities. Since these tests are offered several times during the school year and athletic contests may conflict with the testing dates and times, great care should be taken when selecting a testing date.

SCHOOL SUSPENSION

A student-athlete suspended from school may not attend any practice or contest during the term of the suspension.

SHUTTLE BUS

Shuttle buses are available and are scheduled according to the needs of the Lakeland Intermediate and Lakeland Jr/Sr High School student-athletes. **The shuttle buses will not run on evenings upon which there are parent-teacher conferences held at Lakeland Intermediate School and Lakeland Jr/Sr High School.**

TEAM SPECIFIC GUIDELINES

A coach may establish team guidelines that apply to his/her particular team regarding physical appearance, attendance, tardiness, conduct, etc. These guidelines may be more stringent than what other policies require, providing they are reasonable and are not in conflict with school, athletic department, or corporation policies. The head coach will determine the appropriate disciplinary action for the participants violating these guidelines.

TICKET PRICES

All Lakeland School Corporation students are permitted to attend Lakeland athletic events free of charge courtesy of athletic department sponsors (currently sponsored by Pick & Pack Travel). In order to enter a contest, a student must display his or her student all-sports pass to indicate that he or she is a Lakeland student. This does not apply to NECC tournament or IHSAA tournament events. When NECC tournament or IHSAA tournament events are hosted at Lakeland, all fans, including students, will be required to pay the required admission price.

TRAINING ROOM

The training room is located off the east end of the auxiliary gymnasium. Student-athletes are not permitted in this room without adult supervision. Only student-athletes requiring treatment are permitted in this room.

TRANSPORTATION TO ATHLETIC EVENTS

Lakeland students of all grade levels who are participating in any program requiring furnished transportation shall use transportation provided by the school. Exceptions may be made only under unusual circumstances, and arrangements must be made ahead of time with school officials. A release signed in the presence of a school official by the parent or guardian will be required. Student-athletes will be allowed to ride home with a parent/guardian from an athletic contest if permitted by the coach. The parent/guardian must sign-out their student-athlete from the athletic competition in the presence of the coach. Other pre-arranged post event transportation provided by the parent/guardian may be accepted, provided such arrangements are communicated to the coach in

person and any required release forms are signed. If seat belts are provided, they must be worn at all times.

WALL OF HONOR RECOGNITION

The Lakeland Wall of Honor recognizes teams or individuals who have earned exceptional levels of athletic distinction. To have a picture added to the Wall of Honor display, an individual must have won a sectional, regional, or semi-state championship, qualified for the state finals, or been selected to an Indiana All-Star team. A team photo will be added to the Wall of Honor for any team winning a sectional, regional, or semi-state championship, or qualifying for the state finals. The school issued uniform is the only acceptable attire to be worn in a Wall of Honor photo. An individual photo will not be added until the athlete has graduated. Team photos will be added in the year the accomplishment is achieved.

WEIGHT ROOM

The weight room is available from 7:00 – 7:45 AM and from 3:15 – 4:15 PM every day that school is in session. In addition, the weight room is available for use by teams when supervised by a member of the coaching staff. No student shall use the weight room without proper adult supervision.

ATHLETIC AWARDS

The purpose of athletic awards is to reward student-athletes for their work and dedication, and to provide visible proof of their accomplishment in a sport. Lakeland Jr/Sr High School issues the awards and will designate on what they are to be worn.

The athletic award system used by Lakeland Jr/Sr High School is as follows:

1. **Varsity Award –** Each time a student-athlete earns a varsity letter in a sport, he/she will receive a varsity certificate and a chevron to place on the sleeve of his/her letter jacket. When a student-athlete earns his/her second varsity letter, he/she will also receive a six-inch, three-dimensional block “L” in the colors of Columbia blue, scarlet, and white to be placed on the front of his/her letter jacket.
2. **Minor Awards -** There are two different minor awards, a junior varsity award and a freshman award. The recipients of these two awards will receive a certificate.
3. **Numerals -** Only one set of numerals will be awarded to a student-athlete throughout the course of his/her athletic career. Graduation numerals will be presented to the student-athlete when an athlete earns his/her second varsity certificate.
4. **Varsity Jacket -** The varsity jacket may be purchased by the student-athlete after a second varsity certificate is earned. Jackets will be presented no earlier than the athletic awards program after the season in which the student-athlete qualifies.
5. **Name Plate -** The name plate may be purchased by the student-athlete after a second varsity certificate is earned and the student-athlete has been made aware of the honor. Name Plates will NOT be presented at the athletic awards program.
6. **Nine Varsity Letters -** A specific award/trophy/plaque will be presented to any student-athlete that has lettered in nine varsity sport seasons. All awards earned by any

student-athlete will be presented during the Spring Sports awards program of their senior year.

7. **Scholar Athlete -** All student-athletes who have a cumulative GPA of 3.5 at the time of the Athletic Awards Night will be designated a "Scholar-Athlete" and will receive special recognition in the Athletic Awards Night program. The first time a student-athlete earns this honor, he/she will receive a Scholar Athlete pin, and a Scholar Athlete 'L' for the front of his/her letter jacket. Each subsequent time the honor is earned, the student-athlete will receive a pin only. **The pin will only be awarded one time per year. If a student-athlete earns the Scholar Athlete honor multiple times in a school year, he/she will only receive the pin the first time the award is earned that year.
8. **Three + Sport Athlete -** Any student-athlete who has participated in and lettered in three sports seasons during their career (Freshmen, Sophomore, Junior, & Senior Years) at Lakeland Sr. High School will receive special recognition and a 3 Sport 'L' for the front of his/her letter jacket.
9. **Foreign Exchange Students -** Any foreign exchange student who participates in at least one sport may purchase a jacket at the end of the school year.
10. **Team Specific Expectations -** Athletic Award expectations will be explained to team participants by their coaches at the beginning of the season. In general, a team member should participate in approximately one-third of the regular season contests in order to receive an award at any level. Any student-athlete who is not allowed to participate in athletic contests at the end of a sports season because of academic ineligibility or athletic suspension will forfeit all letters and awards for that season.
11. **Patches –** Patches will be presented to NECC regular season championship or IHSAA Sectional, Regional, Semi-State, and State Championship team members. Only one patch, per sport, per year, will be awarded to team members. In the case of multiple championships, one patch representing all championships will be awarded, with the exception of a state championship.

CIVILITY & COMMUNICATION

As your children become involved in the Athletic programs at Lakeland Jr/Sr High School they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way that they had planned. These experiences, when handled well by all, can be excellent "life lessons." Discussions between the coach and the athlete to reduce any type of frustrations and/or misunderstandings are encouraged.

CIVILITY TOWARDS INSTRUCTIONAL STAFF

We expect our instructional staff (teachers, aides, coaches and sponsors) to uphold the honor and dignity of their profession.

- We ask them to lead by example, displaying the highest ethical and moral conduct.
- They are to be professional and accept responsibility for their actions.
- We believe we have an instructional staff that exemplifies the aforementioned traits.

We ask and expect parents to also uphold the honor and dignity of our instructional staff.

- We ask and expect parents to serve as positive role models to their children
- We ask and expect that any concerns parents may have go through the proper chain of command.
    - Initial Concerns – Discussed with teacher, coach or sponsor.
    - If you believe you have not received adequate information – Please call to schedule a meeting with the Athletic Director, Coach, and Student-Athlete.
    - If you believe the previous methods have not provided adequate information/results – Please call the Superintendent of Lakeland School Corporation.

COMMUNICATION BETWEEN PARENT/ATHLETE/COACH

It is very difficult to accept when your child is not playing as much as you may hope or at the level you believe they deserve. However, the decision must be made by the coach and/or coaching staff without undue influence from the parents. Coaches are seen as professionals. They make decisions based on what they believe to be the best for their team's success and all athletes involved. Those decisions have a measure of subjectivity that you may not agree with yet must be accepted. Please allow your child to enjoy the experience of athletic participation, without pressure or negative remarks about their performance. Comments to your child that questions the competence of the coaching staff or game officials will only harm your child's opportunity to grow and learn from their experience.

A. Facts
- Parenting and coaching are both difficult.
- Coaches and parents both want the athletes to have a positive experience as they participate on athletic teams.
- There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have an understanding of the other's position.
- Communication is the key to making a positive experience become a reality. Everyone is responsible for effective communication.

B. Communication that Coaches expect from Players:
- Athletes should express concerns immediately and directly to the coach.
- Notification of any schedule conflicts – well in advance.
- Specific concerns in regard to a coach's philosophy and/or expectations.

C. Communication parents should expect from Coach:
- Philosophy of the Coach.
- Expectations the coach has for your child as well as all members of the team.
- Locations and times of all practices, contests, and meetings.
- Team Requirements (Fees, forms, special equipment, practice packs, off-season conditioning, etc.)
- Procedure should your child be injured during participation.
- Any discipline measures that result in the denial of your child's continued participation on the team.

D. Appropriate concerns to discuss with Coaches:
- Concerns regarding your child's mental and physical status.
- Ways to help your child improve in the activity.
- Concerns about your child's behavior.

E. Issues not appropriate to discuss with Coaches:
- Team Strategy
- Play Calling

- Playing Time
    - Asking how the student athlete can improve, and what opportunities there are to improve is welcomed, and is the correct approach.
- Other Student Athletes.

F. If you have a concern to discuss with the Coach:

- Contact the coach VIA email or phone to set up a meeting. DO NOT confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Impromptu meetings at these times will NEVER provide a positive resolution.
    - If you are unable to schedule a meeting, or struggle to get a response from the Coach. Please call the Lakeland Athletic Office, and we will ensure that a meeting is scheduled to resolve and issue. (260) 499-2493.

G. What a parent can do if a meeting with the coach does not resolve the concern:

- Call the Lakeland Athletic Office and discuss the situation. A meeting will be scheduled to adequately handle the situation.

- The Athletic Director WILL NOT discuss playing time, team selection, level of play, as the Athletic Director is not the overall evaluator of talent. These topics are the responsibility of the coaching staff and WILL NOT be overruled by the Athletic Director, a School Administrator, or the Superintendent.
- The Athletic Director WILL NOT discuss issues regarding another student athlete (comparisons).

SOCIAL MEDIA USAGE

Participation in activities, groups and teams is a privilege at Lakeland Jr/Sr High School. Student-athletes are responsible for information contained in written or electronic transmissions (i.e. email) and any information posted on a public domain (i.e. Internet, blogs, Facebook, Twitter, etc). Student-athletes are not precluded from participation in such online social networks; however, student-athletes should be reminded that they serve as representatives of their teams, the entire athletic program, and Lakeland School Corporation.

The use of social media by a student-athlete considered to be “unbecoming” of a Lakeland athlete may result in discipline including suspension or removal from the activity, group, leadership position or team. Texting, tweeting, and uses of other social networks to disparage or criticize the team, other students, opponents, coaches, or other school personnel is inappropriate behavior and unbecoming of a Lakeland student-athlete. Furthermore, inappropriate or embarrassing information or pictures should not be posted in any public domain. Any individual identified on a social networking site which depicts illegal or inappropriate behavior, due to the Code of Conduct or other school policy, will be considered in violation and subject to athletic discipline or suspension.

CODE OF CONDUCT

STATEMENT OF PHILOSOPHY

Participation in Jr. High & High school athletics is a privilege which carries with it varying degrees of honor, responsibility, and sacrifice. Since athletic participation on high school teams is a privilege and not a right, those who choose to participate will be expected to follow the Student-Athlete Code of Conduct year round and comply with specific coaches’ rules for their sport in season. Individual

student-athletes and teams serve as representatives of our teams, school, corporation, and community, and they should conduct themselves in a manner that is acceptable to their family, Lakeland Jr/Sr High School, the corporation, and the community.

High standards of conduct are expected for students participating in these activities. The athletic phase of the total education program is an area in which leaders have a unique opportunity to instill desirable qualities, among which may be principles of justice, fair play, good sportsmanship, respect for rules and authority, respect for others, respect for one's own health and physical well-being, development of leadership, group pride, teamwork, self-discipline, and self-sacrifice.

Lakeland Jr./Sr. High School shall respond systematically and professionally to students' problems as they appear in athletic activities. We shall use procedures that acknowledge and respect the civil, personal, and due process rights of the student involved. We shall enlist the support and involvement of staff members and agencies to achieve a comprehensive program. The policies presented in this document reflect our understanding of a balance between the school's need to maintain its primary educational purpose and its duty to respond to the individual needs of students.

Athletic participants are reminded that the rules contained in this code prohibiting certain conduct apply both on and off school property, and they apply when student-athletes are in school or out of school (i.e. at home or on a family vacation/school or personal trip in a location where laws are different than those we follow in LaGrange).

SUSPICIOUS DRUG USE TESTING POLICY

The Lakeland School Board and the Administration of Lakeland Jr/Sr High School has made the determination to switch from a "Random" drug testing policy to a "Suspicious Drug Use" testing policy. All student-athletes at Lakeland are subject to this policy, and a violation of this policy will lead to an athletic penalty as described in this document. The full policy is detailed below.

The School Board believes that drug and/or alcohol use by students in the Corporation is a threat to the health and safety of the Corporation's students, faculty and staff. In particular, drug and/or alcohol use by students in the Corporation jeopardizes the efficiency and the quality of the Corporation's educational programs. The School Board intends this policy to help provide a drug and alcohol-free learning environment for all students, faculty and staff of the Corporation.

For purposes of this policy, the term "drug" means:

A. All controlled substances as defined by Indiana law, including any synthetic drug or derivative (see I.C. 35- 48-1-9);
B. All chemicals which release toxic vapors;
C. All alcoholic beverages;
D. Tobacco and tobacco products;
E. Any prescription drug or patent drug except those which are permitted to be used in the Corporation's schools in accordance with School Board policy;
F. Anabolic steroids;
G. Any "look-alike" substances (*see* I.C. 35-48-4-4.6 *et seq.*); and
H. Any other illegal substance prohibited by law.

The Corporation may require a student to submit to a drug test if the student exhibits behaviors which lead school officials to have a reasonable suspicion that the student is under the influence of a drug. If the Corporation has reasonable suspicion, it may also test items in a student's possession to determine if those items contain a drug. Any student found to be under the influence of a drug or in possession of a drug while on school grounds; at a Corporation activity, function, or event; or when traveling to or from a Corporation activity, function, or event, will be disciplined in accordance with the student discipline policy. Any refusal to submit to a drug test based upon reasonable suspicion will be considered willful disobedience and will result in disciplinary action, up to and including, expulsion from the schools of this Corporation.

Reasonable suspicion may arise from the following:

A. A student's behavior, in conjunction with physical appearance, actions, and/or odor, indicating the possibility that the student has used or is in possession of a drug;
B. The student possesses a drug or drug paraphernalia;
C. An Administrator of the Corporation receives information from an employee of the Corporation, parent, law enforcement personnel, other adult, or a student of the Corporation indicating a student is using, possessing, or under the influence of a drug. Any such report will be investigated by the Corporation Administration and will be substantiated by other physical indicators or physical appearance, if deemed necessary;
D. A tip given to staff.

The Superintendent, or the Superintendent's designee, will develop drug testing procedures to implement this policy. If a drug test indicates a student has used a drug, disciplinary action will be taken with respect to that student. Disciplinary action may include: participation in the Corporation's student assistance program(s), drug and alcohol prevention activities, suspension, or recommendation for expulsion.

If a drug test indicates a student has used a drug and such student participates in privileges granted by the Corporation, such as athletic or extra-curricular activities, then such student may have those privileges restricted or revoked as recommended by the Corporation's Administration, and/or as outlined by any additional rules and regulations established by the Lakeland Student-Athlete Handbook.

ATHLETIC CODE VIOLATIONS & CONSEQUENCES

There are two categories or "Groups" of violations.

Group A Categories:

- Tobacco Use, Possession, and or Sale.
- Failed Drug Test – Nicotine.
- Alcohol Consumption, Possession, and or Sale.
- Present, or found to be present at a Party*
- Bullying/Hazing
- Truancy/10 or more unexcused absences in one school year
- Two School Suspensions within the same school year, regardless of the reasons.

*Attending a gathering where alcohol/drugs are present constitutes a violation of the Athletic Code. Failure to immediately leave a gathering where alcohol or drugs are present ("leave" means – leave immediately and wait outside if necessary) will result in a violation of Group A of the athletic code.

Group B Categories:

- Failed Drug Test – Defined as Drugs within the Definition section of the Suspicious Drug Use Testing Policy.
- Illegal Drug Use, Possession, and or Sale.
- Felony Charges
- School Expulsion

GROUPS	PUNISHMENT
A	1st Offense | Amount of Scheduled Events x .33 2nd Offense | Amount of Scheduled Events x .50 3rd Offense | 365
B	1st Offense | Amount of Scheduled Events x .50 2nd Offense | 365 3rd Offense | Life

NOTE: Additional consequences and/or suspensions may be imposed by the Coach.

The specific examples listed in Group A and Group B do not represent an exhaustive list of punishable offenses. When determining if an athletic behavioral violation has occurred, Lakeland Jr/Sr High School will consider the following two expectations as recommended by the IHSAA. A student-athlete's conduct, in and out of school, shall not:

(1) bring discredit upon his/her school or the IHSAA, or
(2) create a disruptive influence on the discipline, good order, moral or educational environment at Lakeland Jr/Sr High School.

Student-athletes may receive punishments from their coaches or the Athletic Department for actions that violate these two guidelines even if those actions are not expressly listed in Group A or Group B.

REDUCTION IN PENALTY BY COMPLETING SERVICE HOURS

Students committing a first offense will receive the option of reducing their suspension by up to 25% if they choose to complete service hours on behalf of Lakeland Jr/Sr High School or the Athletic Department. This will only be offered for a first offense.

VIOLATION & CONSEQUENCES

If the offense happens mid-season or at the end of the season, and the entire suspension cannot or is not served, then the percentage left of the suspension will be carried over to the student-athlete's next athletic season.

Punishments may be served throughout the IHSAA Tournament Series.