

SALT LAKE LUTHERAN HIGH SCHOOL
ATHLETIC DEPARTMENT
STUDENT - ATHLETE POLICIES and AGREEMENT
2009-2010

Name _____ Grade _____

The following general policies shall govern each student-athlete participating in any phase of the Salt Lake Lutheran High School interscholastic program. The SLLHS Activities Handbook, (available in the school and athletics offices) defines the rules, regulations and policies for all interscholastic activities.

As a member of the Athletic program, participating in the following activities (check all the activities you wish to participate in), I agree to abide by the following policies:

- | | | |
|--|---|---------------------------------------|
| <input type="checkbox"/> Volleyball | <input type="checkbox"/> Girls Basketball | <input type="checkbox"/> Track |
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Boys Basketball | <input type="checkbox"/> Golf |
| <input type="checkbox"/> Cross Country | <input type="checkbox"/> Boys Soccer | <input type="checkbox"/> Girls Soccer |

I. Adherence to the Utah High School Activities Association Constitution, Rules, By-Laws

The student will abide by all the rules and regulations of the Utah High School Activities Association Constitution, Rules, By-Laws contained in their handbook. Copies of the handbook are available on-line at www.uhsaa.org and in the school and athletic offices. Each athlete is advised to familiarize themselves with those rules and regulations.

II. Eligibility

The student must meet all of the age, enrollment, attendance and scholastic requirements established by the Utah High School Activities Association. Bi-weekly eligibility for students will be determined through the LHS Academic Review process. Any student, who does not meet these eligibility requirements, will be ineligible for participation in the interscholastic events until sufficient improvement has been made. Students may not participate in any other community sports during the season in which they wish to participate at the school.

III. Forms and Releases

Before a student may participate in any sport including conditioning and practices, he/she must have completed and returned the following information to the Athletic Office. (This includes transfer students)

- | | |
|---|--|
| A. UHSAA Tryout Checklist | D. SLLHS Student-Athlete Policies and Agreement-Sport Disclosure Statement |
| B. UHSAA Physical Examination Forms A & B | E. Transportation Release Form |
| C. Emergency Medical Authorization form | F. Transfer of Eligibility (new students only) |

IV. Attendance the Day Before and After a School Contest

A student is expected to attend all classes on his/her schedule on the day of a contest and the next school day following the contest. Habitual absence from school before and after a contest may result in suspension from the team. To be eligible to participate in the contest of the day, the athlete must be present at least 1/2 a school day, unless the student has been excused from school attendance for such reasons as doctor's appointment, field trip, college visitation, driver's test or such reasons other than illness. (1/2 day is equivalent to 4 full class periods M-F).

V. Attendance at Practices, Team Meetings, and Pre-Season Meetings.

Team members are expected to be present at all practices, team meetings, contests, and special occasions unless excused by the head coach. A pre-season meeting will be held for each activity. School policies, team rules, practice and game schedules, sportsmanship guidelines, and rules interpretations will be discussed. Athletes and parents are required to attend. The athlete should inform the coach of any pre-planned absences and provide explanation of any unexcused absences. Coaches will make a judgment regarding excused and unexcused absences. Students who are not in regular attendance may not be eligible for post season awards.

VI. Equipment & Uniforms

The athlete is responsible for all equipment issued to him/her. The athlete or his parents must pay for stolen or damaged equipment before grades are issued. All uniforms and equipment must be returned to the school, coach, or athletic director within 10 days from the last scheduled contest of the season. A deposit fee may be requested from student-athletes prior to issuing school uniforms, equipment or team gear. An athlete may not participate in another activity until equipment and uniforms have been returned from the previous season. Athletic equipment issued remains the property of LHS and athletes may use this equipment only during practices or contests directly related to LHS athletics. No student will be allowed to enroll for a new term until all past fees have been paid or special arrangements have been made. Additionally, transcripts, diplomas will not be issued until all fees have been paid in full. [This includes returning uniforms and equipment or paying for these items] (Student/Parent Handbook - Tuition Agreement).

VII. Transportation to Athletic Contest

All team members will travel to and from away athletic contests by means of the transportation provided or organized by the school, coach, or athletic director. Each athlete must complete a transportation release form. A student may be excused from the transportation, which LHS has arranged, providing they are riding with parents or guardians. A student may only drive him or herself, transport other team members, or ride with other students to an athletic contest within the Salt Lake valley (South side of Draper to North Salt Lake, Magna to East Bench).

Transportation arrangements include the following:

*Travel only with the transportation that LHS has arranged for this activity.

*Leave from athletic practices or contests in order to be picked up by a family member or other responsible adult at a designated meeting point.

*Use their own personal vehicle as transportation to or from athletic practices or games within the Salt Lake valley (South side of Draper to North Salt Lake, Magna to East Bench).

*Use their own personal vehicle to transport other team members to and from athletic practices or games within the Salt Lake valley (South side of Draper to North Salt Lake, Magna to East Bench).

VIII. Medical Release to Again Participate

If an athlete is seriously injured, he/she must have a doctor's release before he/she can practice or compete in athletic contests. Participation in after-school practice or athletic contests will not be permitted if the athlete is out of school all or part of the day of the practice or contest for reasons of illness or injury. The only exception to this rule is a doctor's release, which must be presented to the coach prior to the practice of the contest.

IX. Personal Conduct

Participation on an athletic team at LHS is a privilege and the participants must earn the right to represent LHS by conducting themselves in such a way that the image of LHS will not be tarnished in any manner. Any participant whose conduct is judged to reflect a poorly upon himself/herself, the team, or LHS, whether or not such activity takes place during or outside school hours and sessions of the sport season, will be subject to disciplinary action as determined by the coach, the athletic director and/or the principal/executive director of the school. All athletes will be afforded due process to appeal any decision regarding suspension and/or dismissal from a team. See the Activities Handbook for appeal procedures.

X. Use of Alcohol, Tobacco, Drugs, or Illegal Substances

Smoking, the use of chewing tobacco and smokeless tobacco, drinking of alcoholic beverages, the illegal possession or use of drugs or marijuana by any athlete is prohibited both in and out of season and during such time as school is not in session. Upon evidence and reasonable suspicion of the use or possession of tobacco in any form, alcohol or drugs, the coach, athletic director, or principal/executive director, pending investigation, may suspend the athlete. Such suspension shall not last more than seven days before a determination is made. The athletes' suspension will be regulated by the UHSAA rules and regulations regarding substance abuse.

XI. Athletic Fees

A sport participation fee of \$75.00 has been approved for each sport activity. This is to help offset the costs of the athletic programs. All athletic fees must be paid within one week of the start date of any season for the athlete to be eligible to practice or participate in any further activities. Please make arrangements with the athletic director – if you are not able to meet this deadline. This fund is generated to help with team expenses including uniforms, game equipment, repairs, practice gear, medical supplies, and other items as needed. This fee will not cover other expenses such as meals, transportation costs, hotel rooms, or individual team gear (shoes, warm-ups, t-shirts, travel gear etc.) This fee will not cover all expenses of each team; therefore a coach may request that team members become involved in some fundraising activities as well. Fundraising activities may be scheduled in an effort to offset student participation fees. These activities will be will be scheduled by the coaches. At the start of the 2009-10 school year – a transportation/ride fee may be required for out of town contests. Fees will be determined by distance of travel and # of occupants per vehicle. Parents transporting students to out of town athletic contests will be reimbursed for a portion of the fuel costs by student-athletes.

XII. Quitting a Team

The rule for athletes quitting a team is that they make themselves ineligible for any sport during that season which has already begun. An athlete who goes out for a sport, and is cut, would be eligible to try out for and participate in another sport during that season. Athletes who no longer wish to participate in an activity should meet with the coach prior to "quitting."

XIII. Letters, Awards, etc.

Letters and awards will be given as specified by the school award program and at the appropriate recognition activity as determined by the school administration. All participants are expected at these programs, just the same as they would be expected at a practice or team meeting. The LHS Activities Handbook outlines guidelines for earning awards for each activity sponsored by LHS.

XIV. Team and Individual Discipline

Each coach will have discipline rules for minor infractions, such as inattention to directions, horseplay, tardiness to practice, etc. A violation of team rules may exclude athletes from earning/receiving certificates of participation, letter awards and/or team awards. Athletes are expected to abide by team rules, as set forth by the coach. Consequences may be given for breaking team rules by the coach, athletic director and/or principal/executive director.

XV. Suspension and Removal from a Team

The coach of the sport, athletic director, or school administrator may issue temporary suspension, or remove a player from a team. The athletic director and principal will confer with the coach, athlete and parents before any action is taken. Causes for suspensions or removal from a team may include, but not be limited to: grades; personal misconduct; unexcused absences from meetings or practices; violations of the school code of conduct; violations of athletic or team policies; unsportsmanlike conduct; repeated acts of unsportsmanlike conduct; use or possession of alcohol or tobacco; illegal use or possession of drugs not prescribed by a physician; personal misconduct that involves police or court action either during or outside school hours and sessions of the sport season; or verbal or physical assault upon an opponent, contest official, teacher, fan, coach or any other person. An athlete may be placed on temporary suspension while an investigation into the situation is taking place. An athlete suspended or removed from a team under this section shall be allowed the rights of due process as listed in the Student/Parent Handbook and Activities Handbook.

XVI. Risk of Injury

Playing or participating in any sport can be a dangerous activity involving many risks of injury. Because of the dangers of participating in any activity, athletes must follow the coaches' instructions regarding playing techniques, training, and other team rules, are important and intended to prevent such injuries. Understand that BASEBALL, BASKETBALL, AND SOCCER are contact sports involving even greater risk of injury than that of other sports.

Parent Authorization for Athletic Participation

- 1) It is the responsibility of every athlete to be familiar with the training regulations. It is the responsibility of each head coach and/or sponsor to make certain that every squad member has been fully informed of the training regulations and/or any additional standards of conduct and performance pertaining to his/her sport.
- 2) All observed violations should be reported to the school administration within 30 days of the infraction to be considered a valid and legitimate charge. The school administration will investigate and exercise discretion and judgment in pursuing the situation further.
- 3) Each athlete and parent will assume the responsibility of caring for all equipment and supplies issued to the athlete by the coach or his representative and for turning all such supplies and equipment in to the coach at the conclusion of the season. Parents and athletes will be charged the replacement cost for any lost or damaged equipment.
- 4) All athletic fees must be paid within one week of the start date. A student will not be allowed to participate in any game or contest until fees are paid or arrangements have been made with LHS.
- 5) In consideration of LHS permitting me to try out for athletic teams and to engage in activities related to the team, I hereby assume all risks associated with participation and agree to hold LHS collectively and individually, its employees, agents, representatives, medical personnel, coaches, and volunteers, harmless from any and all liability, actions, debts, claims, or demands of any kind which may arise by or in connection with my participation in any activities related to LHS teams checked above.

We have read and understand the training regulations and agree to comply. We also understand that participation in athletics involves an element of danger and risk of personal injury, and we have opted to participate with that awareness in mind.

Athlete's Name

Signature

Date

Parent or Guardian's Name

Signature

Date