



N A T I O N

ATHLETIC DIRECTOR
COACH LEWIS WATSON

FALL AFTER SCHOOL BUS SCHEDULE

ACTIVITY BUS PICKUP @ **6:15 P.M.**

ATHLETES THAT ARE CAR RIDERS:



PARENTS BE ON TIME WHEN PICKING UP
YOUR CHILD, OTHERWISE
ALL ATHLETES WILL RIDE THE BUS!!



RESPONSIBILITIES PROTOCOL

- MAKE SURE YOUR CHILD GETS A WELL-BALANCED MEAL AND PLENTY OF SLEEP
- STAY INFORMED OF ADMINISTRATIVE DECISIONS AND ACADEMIC REQUIREMENTS
- DISCUSS WORK ASSIGNMENTS, GRADES, AND REPORTS CARDS
- CONTACT COACHES DURING PLANNING PERIODS OR AFTER SCHOOL ABOUT ISSUES

TEAM RULES/SPORTSMANSHIP

- BE RESPECTFUL AT ALL TIMES
- MAINTAIN COMPOSURE AT ALL TIMES
- TRUE ATHLETES DON'T GIVE UP
- BE MODEST WHEN SUCCESSFUL
- BE GRACIOUS IN DEFEAT
- DRESS FOR SUCCESS
- RESPECT THE LOYALTY TO YOUR SCHOOL
- RESPECT RULES SET BY YOUR COACHES

STUDY HALL

- STUDYHALL IS REQUIRED OF ALL STUDENT ATHLETES
- ANY STUDENT EARNING A GRADE OF LESS THAN A “C” ON A INTERIM OR REPORT CARD WILL REMAIN IN STUDYHALL UNTIL THE GRADE(S) ARE A “C” OR BETTER
- ALL STUDENTS MUST PASS FIVE CLASSES PER SEMESTER TO REMAIL ELIGIBLE

PRACTICE/COMPETITION UNIFORMS

- \$50 PER ITEM LOST OR DAMAGED THROUGH NEGLIGENCE
- UNIFORMS WILL BE WORN PROPERLY
- COACHES WILL COLLECT UNIFORMS AFTER EVERY GAME.

DO'S

- PARENTS MAY SUPPORT YOUR CHILD AND TEAMMATES FROM THE SIDELINE
- PARENTS MAY VOLUNTEER AFTER PRIOR APPROVAL FROM LCS.
- PARENTS MAY CONTACT COACHES

DON'TS

- PARENTS CAN NOT PARTICIPATE IN THE COACHING OF ATHLETES AT PRACTICE OR DURING CONTESTS UNTIL THEY HAVE BEEN CLEARED BY LCS.
- PARENTS CAN NOT BE TEAM MOM OR DAD UNLESS CLEARED BY LCS
- PARENTS CAN NOT TRANSPORT CHILDREN NOT THEIR OWN WITHOUT PRIOR APPROVAL

DON'TS

- COACHES WILL NOT DISCUSS PLAYING TIME WITH PARENTS.
- PARENTS ARE NOT ALLOWED ON THE PLAYING FIELD DURING A CONTEST TO ARGUE WITH A COACH, REFEREE, OR PLAYER
- PARENTS ARE NOT ALLOWED TO DISCUSS CONCERNS WITH A COACH OF A CONTEST.

CONCUSSION

- WHAT IS A CONCUSSION?

-A type of brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

ATHLETIC PARTICIPATION FORM & CONCUSSION FORM

- **MUST BE COMPLETED BEFORE A STUDENT ATHLETE CAN PARTICIPATE IN A CONTEST**
- **MUST BE COMPLETED BEFORE LEAVING.**

ATHLETIC DIRECTOR INFO

- 434-515 5350 ext.82360 (8:00a.m.-3:05p.m.)
- WATSONLA@LCSEDU.NET
- 434-851-0047



WHO TO CONTACT PROTOCOL

- ISSUES WITH COACHING STAFF/ATHLETES –
CALL **ATHLETIC DIRECTOR FIRST**
- CONTACT **MR. MASON, MR. KERNS, OR MS. LEIGH** 434-515-5350
- CONTACT **AL COLEMAN** 434-515-5000
- CONTACT **SUPERINTENDENT** 434-515-5000