



# Lamar Athletics Lamar High School

1400 Lamar Blvd W

Arlington, Texas 76012

# VFND

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## Lamar Vikings Athletic Code of Conduct and Team Policies

- It is a privilege, not a right, to represent Lamar High School as an athlete.
- Athletes are leaders in the school and will be held to a higher standard.
- Remember all of your actions are a reflection of your team, family, school and yourself.

This will be addressed and discussed with every sport prior to the season beginning in the 2014/15 school year. Your sport may require additional rules or procedures, but the following guidelines are expectations of all Lamar Athletes:

### P (Preparedness)

- Be on time for all practices, games and events.
- Communicate with your coach before you are late or absent for any activity.
- Always come to practice/games with proper equipment and workout clothes.
- Remember that your athletic period is for a grade. Don't assume that you can do make up work, tutoring or studying for another class during the athletic period.
- Always maintain your grades. A failing athlete cannot help their team.

### R (Respect)

- Always show respect for your teachers, coaches and teammates.
- Respect all athletic facilities (fields, courts, gyms, locker rooms, etc.) and athletic equipment (balls, uniforms, pads, etc.)
- Respect the communication chain of command. If there is an issue or concern, discuss it with the coach first. Directly after a game or a match is generally not the time to talk to them. A parent or player should never address a concern with a principal or athletic director without communicating with the coach first.

### I (Integrity)

- All players are expected to stay in compliance with the school code of conduct at all times. (This includes, but is not limited to, dress code, wearing of IDs, classroom discipline and foul language.)
- All athletes should refrain from alcohol and illegal drugs at all times.
- Assume that your coaches, parents will see anything that you post on social media. You should never post anything that relates to drugs/alcohol, nudity, profanity or anything that breaks a school rule.

### D (Determination)

- Be proactive when any type of injury occurs. Make sure to communicate with your coach and athletic trainer when in need of treatment. Do not self-diagnose an injury. When treatment is needed, it needs to be done before practice. If it is possible that you may miss practice time, make sure to communicate well before practice starts.



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## E (Encouragement)

- Strive to always be a part of the solution, not part of the problem.
- Bullying of any type will not be tolerated.
- Lamar Athletes are expected to be leaders throughout the school and our community.

## Lamar High School Athletic Policies

### Expectations:

1. Follow **all** school/student handbook rules, all Lamar athletic rules, all UIL rules/regulations, and team rules specified by your coaches.
2. **Sportsmanship:** Athletes will exhibit superior sportsmanship at **ALL TIMES** including practice, games, and any school function.
3. **Requirements for participation:** 9<sup>th</sup> grade must have been promoted from lower grade, 10<sup>th</sup> grade must have earned 5 credits, 11<sup>th</sup> grade must have earned 10 credits, 12<sup>th</sup> grade must have earned 15 credits.
4. **Eligibility** for all extracurricular Participants: students must receive a 70 percent or better to participate in their sport, if they receive a grade below 70 they are ineligible for 3 weeks from games, but are expected to practice during this time.
5. **Residency and Transfer:** all UIL rules apply: <http://www.uil.utexas.edu/admin/side/index.html>
6. **Physicals:** All athletes must have a physical completed each year and on file with the athletic trainer, before they can participate in any athletics event including practices.
7. **Transportation:** If provided, all athletes will ride approved school transportation to and from the contest. Only in extreme circumstances will this rule be void. Athletes should inform parents of arrival/pick-up times before/after school workouts and competitions.
8. **Training Rules:** no use of tobacco, alcohol, or drugs. Violations =6 weeks suspension. Drug and Alcohol Offenses: **1st offense:** turning point and drug/alcohol class, can return to athletics, **2nd offense:** out of athletics for the year, **3rd offense:** permanent expulsion.
9. **Concerns/Problems:** If any problems exist, please bring it to the attention of **your coach** immediately. Parents may contact the coach after the athlete has talked with the coach and a parent/athlete/coach conference may be set at that time. If further mediation is needed, the parent should contact the Athletic Coordinator, Coach Giocondo at 817 801-6302 for an appointment.
10. **Absence policy:** Attendance at all practices and contests is mandatory. The athlete must call his/her coach as required in team rules.
11. **Quitting a Sport:** If an athlete decides to quit a sport, the athlete **cannot** go to any other sport until the original sport has completed all regular and postseason competition. (A sport starts when the final cut has been made for that team.)
12. **Social Media:** You represent Lamar High School. Be responsible and respectful.

### Consequences for inappropriate behavior:

#### 3 Strikes Rule:

1. Warning, conference with coach. Follow team policies.
2. Conference with athlete, parents, and coach, athlete is placed on contract.
3. Conference with athlete, coach, parents, and athletic coordinator, student-athlete is removed from athletics.



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Please sign the following page, and return to your coach. By signing you have agreed to the above-mentioned policies.

Thank you,  
Lamar High School Coaching Staff

I have read, understand and agree to the Lamar Vikings Athletic Code of Conduct and Team Policies.

**Please return to your Coach.**

Date: \_\_\_\_\_

Sport: \_\_\_\_\_ Coaches' Name: \_\_\_\_\_

Athletes Name: \_\_\_\_\_

Athletes signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parent/Guardian Information:**

Home Phone#: \_\_\_\_\_ Cell#: \_\_\_\_\_

Work Phone#: \_\_\_\_\_ E-mail: \_\_\_\_\_