



Lamar Athletics Lamar High School

1400 Lamar Blvd W
Arlington, Texas 76012



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.

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.

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 Athletics Lamar High School

1400 Lamar Blvd W
Arlington, Texas 76012



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:** 9th grade must have been promoted from lower grade, 10th grade must have earned 5 credits, 11th grade must have earned 10 credits, 12th 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:** All athletes will ride approved school transportation to and from the contest. Please refer to the AISD Parent Student Athletic Handbook for additional procedures and policies. 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. Please remember the "24 Hour Rule" If further mediation is needed, follow the CAP PACT and AISD Athletics Complaint/Concern Communication process outlined in the AISD Parent/Student Athletic Handbook.
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** Any athlete who quits a team or is dropped from the team will not be permitted to workout with another team until the previous sport season has been completed. If both varsity head coaches are in agreement, the student athlete may move to the next sport before the end of the season. If an athlete quits, he/she will forfeit his/her award for the sport
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.

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



Lamar Athletics Lamar High School

1400 Lamar Blvd W
Arlington, Texas 76012



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: _____

By signing below, the athlete certifies that she has watched the UIL Safety Video for the upcoming school year.

Athlete Signature _____

We have a Soccer Website (www.lamarsoccer.com) that we will continually update on a weekly basis during our season. This site will be used to post schedules, rosters, photos, etc. of all of our soccer teams.

We need your permission in order to use your daughter's name, picture, and biography on this website. By signing below, you are giving the Lamar Soccer Program the right to display your daughter's information and picture on the Internet.

Parent/Guardian Signature _____

Towel Fee:

Every athlete in the Arlington Independent School District is required to pay a \$12.00 towel/laundry fee each school semester. This fee is used to off-set the costs involved with uniform laundering throughout the year as well as providing towels for athletes to use after practice. While we realize that you incur many back-to-school expenses, we do need this fee paid as soon as possible. Checks should be made payable to "Lamar High School". Thank you for your prompt attention to this matter.

Check number _____