

Lake Dallas Middle School
Boys Athletics Handbook
2021-2022



LDMS Boys Athletics Objectives

The boy's athletic program at LDMS believes in building champions for life. We strongly feel that our program can and will produce a group of young men with an athletic and social foundation that can enable them to have the highest success possible at the varsity level and beyond. It is our intention to mold each young man in our program into responsible, productive athlete and team member. The LDMS boy's athletic program is designed to begin a winning attitude, a hardworking mentality, and a desire to succeed in each of our athletes. As coaches we feel it is important to inform the parents of our program our intentions. Without the support of our athlete's parents, our goal of building future champions and successful leaders cannot be accomplished. It is our hope that every parent will understand that our actions and reactions all serve a purpose in molding our players and teams into champions and successful young people. The LDMS athletic program is but one aspect of building a firm foundation for success. As parents and coaches we can work together to create a group of young men who will not only succeed in Lake Dallas athletics, but will also succeed in life.

The LDMS boy's athletic program believes in discipline. We feel that discipline should be fair and consistent. Let it be known that the integrity of the program will come before any individual or circumstance. Our discipline plan is not designed to create scared, intimidated, and submissive teenagers. We believe that if a young man makes a strong commitment to a team, he will make the needed personal sacrifices for that team. Our athletic rules are few, however, when they are broken we expect the athlete to correct the problem and accept the punishment without question. The coaches reserve the right to handle unpredicted circumstances individually based on the decisions of the coaching staff.

There is no doubt that we feel athletics is important to a young man's life. However, our sole purpose does not revolve around simply winning a contest. Yes, we want to win, however we feel it is our job to teach each young man about life as well. We hope we can make a positive impact on their futures. All of the boys coaches at LDMS love their job and will gladly take on the challenges of turning today's junior high athletes into the champions and leaders of tomorrow. Let us as all work together and create a group of young men who can step into this world and make a positive difference.

LDMS Boys Athletics Guidelines

1. Always act in a respectful manner to and around adults.
2. Always represent Lake Dallas ISD with an image of pride.
3. Behave maturely and respectfully in the classroom.
4. Follow all school guidelines diligently.
5. Any jewelry must be left in the athletes locker and will not worn during practice or a competition
6. Always dress presentable, neat, clean, and carry yourself as a positive role model (No Sagging). Game day dress code will vary from sport to sport.
7. Hair must be kept at a reasonable length. Do not color your hair any unnatural color. Do not have a mohawk, ponytail, spike, drastic undercuts, loose braids, or any other questionable hairstyle. Coaches will use their discretion.
8. If you are able to attend school, we expect you at practice to at least watch and listen. If you are injured, we expect you to attend the entire practice once you have returned to school.
9. Missing practices or games due to non emergency reasons is not necessarily excused. This may include family vacations, doctor or dentist appointments, youth league sports, and other extracurricular activities. If you miss practice or games extra running will be assigned to make up lost conditioning (this is not punishment). Playing time will be lost for unexcused absences.
10. Any misdemeanor or felony offense on or off campus may result in removal from the program. This includes theft, vandalism, assault, possession of an illegal substance, or an involvement as an accomplice to a crime.
11. Athletic Consequences in conjunction with school discipline:
 - One Day Placement ISS=1/2 game suspension. (Full game if assigned on game day)
 - Two or more Day Placement= Full game suspension.
 - Second & Subsequent ISS Placement(s)/First OSS Placement=Full game suspension.
 - DAEP - Immediate Removal from athletics for the year.
12. Grades will be monitored throughout the six weeks by the head middle school coach. There will be a special activity to do after every practice for those who are failing or have behavioral problems. They will be involved in the special activity until their grades are passing and/or their behavior improves.
13. Insubordinate, argumentative, and disrespectful behavior toward a coach will be dealt with in a severe fashion. This includes not responding immediately to a coach's command.
14. We encourage all of our athletes to address all of the coaches and other members of the LDMS staff in a respectful manner at all times.
15. We discourage our athletes from engaging in frequent relationships with peers who have an obvious history of rebellion and misconduct.
16. Lying to a coach for any reason can result in expulsion from the program. This also includes misleading and failure to admit.
17. The coach's office is off limits to athletes unless called in by a coach.

Expectations for LDMS Boys Athletics

SPORTS – Football, Cross Country, Basketball, and Track, are sports offered at Lake Dallas Middle School. All athletes are required to participate in either Football or Cross Country in the fall semester. Every athlete will have the opportunity to try out for Basketball, and Track, for the spring.

GRADES – As academic excellence is, the primary focus of Lake Dallas I.S.D., all athletes are expected to maintain passing grades in all of their subjects. Grades will be checked by the coaches periodically – at a minimum of every three weeks. *Disciplinary action will be taken against all students failing a course or who receive a citizenship grade below satisfactory.*

ATTENDANCE – an excessive amount of tardiness, excused or unexcused absences, can result in dismissal from the middle school athletic program for the calendar school year. Attendance is a must to maintain passing grades and to display reliability to teammates and coaches.

CONDUCT – whether in the classroom, on campus, or off, all athletes shall maintain an exemplary level of conduct as described in the school handbook. Athletes shall set examples for other students by conducting themselves as gentleman at all times.

APPEARANCE – whether on campus or on a school sponsored trips, all athletes will maintain appropriate dress as described in the student handbook.

RESPECT for COACHES – athletes will be treated with respect by their coaches. In return the athlete will treat all other school officials, included but not limited to: (teachers, office, custodial, maintenance, and cafeteria staff) with the respect accorded to them by their positions.

STEALING – Taking things that do not belong to you, especially from your teammates, will not be tolerated. A player caught stealing will be subject to dismissal from the athletic program for that calendar year. Based on the severity of the offense, a player may also be prosecuted by the law. This also includes failure to return school equipment not turned in after the season has ended.

CARE of EQUIPMENT/FACILITIES – all athletes are to place their equipment either in their lockers or the predetermined locations as assigned to them by their coaches. *Locks shall be used and remain on the athletes locker at all times.* Failure to adhere to adhere to this policy will result in discipline of the guilty party/parties and possibly the whole team.

INJURIES – ALL injuries will be reported to the head middle school coach. Any injury that cannot be treated by a coach or the high school trainers will be referred to a physician and the athlete will not be allowed to participate until released by the physician.

DRUGS/ALCOHOL/TOBACCO – Please refer to the administrative regulation page

GENERAL – student athlete who creates any situation or participates in any activity which discredits Lake Dallas I.S.D., as determined by the LDMS head coach, Assistant Athletic Director, or Athletic Director, is subject to suspension or expulsion from the LDMS athletic program.

CELL PHONES – using a cell phone in the field house/locker room, unless authorized to do so by an adult in an emergency situation, is prohibited. Failure to adhere to this policy will result in both disciplinary action and the loss of the phone.

Participation in athletics is a PRIVILEGE, not a right. In order to enjoy this privilege, participants must be willing to comply with the policies of the athletic department and understand the consequences of non-compliance.

Lake Dallas ISD
UIL / Extracurricular
Illegal Drug and Alcohol Administrative Regulation

The principal and athletic director have the responsibility and authority to ensure that all violations of the extracurricular contract on drug / alcohol use are thoroughly investigated, decisions are made based on the facts, and that all students across all organizations are dealt with in a consistent manner. The role of the sponsor is to report suspected violators, participate in the investigation as required by the principal, and to enforce the sanctions laid out in this guideline.

The following guidelines will be enforced consistently among all students across all student groups. In the event that compelling evidence which can be substantiated in fact is presented to the principal and athletic director at the time of the infraction, the principal / athletic director may choose to invoke some variation in these guidelines including more stringent penalties.

Violations

Category #1: Students in attendance at a non-supervised, non-school activity where illegal consumption of alcohol or illegal drugs takes place, i.e., field parties, keg parties. This does not restrict concerts, clubs, etc.

1st offense: Probation for six (6) months. Extra conditioning will also be added.

2nd offense: (within a calendar year) Removal from extracurricular activity for seven (7) school days.

Category #2: Students in possession of illegal drugs or alcohol at a non-school function.

1st offense: Will be extra conditioning. Probation for one calendar year.

2nd offense: Will lead to removal from extracurricular activity for fourteen (14) school days.

Category #3: Students under the influence or consuming illegal drugs or alcohol at a non-school function.

1st offense: Removal from extracurricular activities for seven (7) school days and removal from leadership role as well as extra conditioning and probation for one calendar year.

2nd offense: Removal from extracurricular activity for twenty-five (25) school days.

Category #4: Student in possession of illegal drugs or alcohol at a school sponsored function.

Removal from leadership role.

Not eligible for award in activity.

Probation for one calendar year.

Removal from extracurricular activity for forty-five (45) school days.

Category #5: Students under the influence or consuming illegal drugs or alcohol at a school sponsored function.

Removal from leadership role.

Not eligible for award in activity.

Probation for one calendar year.

Removal from extracurricular activity for forty-five (45) school day.

Expectations of our LDMS Boys Athletics Parents

Parenting and coaching are both very difficult, yet rewarding pursuits. By establishing a mutual understanding between coaches and parents, everyone is better able to accept the actions of the other and provide a more positive experience for all. As your son becomes involved in Lake Dallas Athletics, they will experience some of the most rewarding moments of their lives. It is important to realize that there may be times when things do not go the way you or your son would desire them to. If or when this occurs, I encourage you to meet with the coach instead of speaking about our coaches or our programs in a negative way in the community.

Appropriate concerns to discuss with the coach are:

- The mental and physical treatment of your son
- What your son needs to do to improve
- Concerns about your son's behavior

Issues NOT appropriate for discussion with your son's coaches are:

- How much playing time each athlete is receiving
- Team strategy
- Play calling
- Any situation dealing with other student athletes

If a parent has a concern to discuss with the coach, the following procedure should be followed:

- Do not confront the coach before, during, or after a practice or contest. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution of the situation, but often escalate it
- Call or email the head middle school coach and set up an appointment during his conference period
- Think about what you expect to accomplish as a result of the meeting
- Stick to discussing the facts, as you understand them
- Parent concerns should be handled in the following order:

ATHLETE → COACH OF SPORT
ATHLETE AND PARENT → COACH OF SPORT
ATHLETE AND PARENT → ATHLETIC COORDINATOR
ATHLETE AND PARENT → ASSISTANT PRINCIPAL → PRINCIPAL

These policies and regulations are important to a successful athletic program. However, the key to a successful program comes from communication between the coaches and parents, the coaches and athletes, and the athletes and parents. We encourage the parents to share in their son/daughter's athletic experience and help make it a positive and rewarding one. If there are any questions or concerns, please do not hesitate to contact us. We look forward to working with your child.

Signature Page

I have read and understand the Boys Athletic Packet, consisting of the following information: Boys Athletic Expectation Page, Parent Expectation Page, Objectives and Guidelines Page, and agree that my athlete will ride the bus to and from away games and meets. I also am aware that participating in the athletic program requires adherence to these policies and all other policies of the Lake Dallas Independent School District. Please return only this page, and keep the rest of this packet for reference.

Date _____

Athlete's Name (print) _____

Athlete's Name (signature) _____

Parent/Guardian (signature) _____

Make sure your online participation packet is completely filled out (find the link on our webpage and use your lunch code to login). This includes the physical that your athlete will need to turn in each year of athletics to try out, participate, or practice for athletics (or to stay in enrolled in athletics after the first week of school).

Welcome to Lake Dallas Boys Athletics!