

Lawrence High School

"Home of the Chesty Lions"

Student/Parent Athletic Handbook
2024-2025



Lawrence High School
1901 Louisiana Street
Lawrence, KS 66046
(785) 832-5050

Athletic Director, Mike Gillman CAA
785-832-5050 ext. 2135

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School Information:

Lawrence High School
1901 Louisiana Street
Lawrence, KS 66046
(785) 832-5050 (p)
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Principal

Dr. Quentin Rials
785-832-5050 ext. 1673

Athletic Director

Mike Gillman, CAA
785-832-5050 ext. 2135

Athletic Secretary

Emily Cates
785-832-5050 ext. 4576

Class

6A

School Colors

Red and Black

School Mascot

Chesty Lion

League

Sunflower

League Schools

Gardner – Edgerton	Olathe South
Lawrence Free State	Olathe West
Lawrence High	Shawnee Mission East
Mill Valley	Shawnee Mission North
Olathe East	Shawnee Mission Northwest
Olathe North	Shawnee Mission South
Olathe Northwest	Shawnee Mission West

LAWRENCE PUBLIC SCHOOLS MISSION STATEMENT

The mission of the Lawrence Public schools is to enable all students to acquire developmentally appropriate skills and knowledge necessary to become informed decision makers and effective communicators who will assume responsible roles in society; this will be accomplished by teaching all students challenging curricula in stimulating and flexible environments enriched through parental involvement and the resources of a community dedicated to the conviction that all children can learn

Our athletic programs should strive for:

- Integrity
- Individual Development
- Fairness
- Discipline
- Social Growth
- Emotional Maturity

As coaches working toward these goals, we should strive to:

- Encourage as many students as possible to participate
- Be conscious of the physical and mental health of our athletes
- Stress the importance of fair play
- Teach students to live by the rules of life
- Instill a desire to win, but to accept defeat or victory with class
- Teach students to respect property

PHILOSOPHY FOR THE STUDENT ATHLETE

Athletics are an important aspect of the total education process, and the ideals of good sportsmanship, Ethical behavior and integrity are an important part that process.

Athletic programs at Lawrence High are primarily for the student participant and are used as a venue to learn, develop and display these life skills.

The chance to be a part of our athletic programs is a great opportunity and is a privilege, not a right. Participants must understand that as a member of a Lawrence High School athletic team they represent not only the team, but also their parents, coaches, administration, LHS student body, the Lawrence Public Schools, and the Lawrence community.

With that in mind, the student-athlete must realize all actions on and off the field is a direct reflection of the entire school community. ***You will be looked upon as a role model***

CHESTY LION CONVERSATIONS – MANDATORY PRESENTATIONS FOR ALL ATHLETES

In order to promote a sense of community, belonging, and respect the LHS Athletic Department requires ALL athletes to attend the *CHESTY LION CONVERSATIONS* sessions held once a month.

They will be held at 1:45pm in the Auditorium. ALL athletes, ALL seasons, should attend.

A different subject will be presented and discussed at each session.
Athletes unable to attend should notify their head coach.

CALENDARS, SCHEDULES, CANCELLATIONS, AND WEBSITES

Lawrence Public School Calendars can be found at www.usd497.org

Lawrence High Athletic Department website can be found at www.lawrenceathletics.org

Athletic Schedules are found at www.sunflowerleague.org. Sports schedules found on this website are considered the OFFICIAL sports schedules for LHS. This website is updated daily, Mon-Fri, between 8:00am and 3:00pm. Schedule changes made after 3:00pm may be announced on TWITTER so be sure to follow us!

Cancellations are generally announced around 12:00pm. They will be posted on www.sunflowerleague.org, and when possible, Athletic Department webpage and TWITTER. After 3:00pm cancellations will be made on-site at the discretion of officials, coaches, and school administrators. These will be announced on TWITTER whenever possible.

Follow the Athletic Department on Twitter - @LawHS_Athletics

SEASONS AND GENDER OF SPORTS DEFINED

Sports are divided into three (3) sports seasons:

Fall, Winter, Spring

Sports are divided into one of three (3) gender designations based on sex at birth:

Males/Men/Boys, Females/Women/Girls, Coed/Mixed

In compliance with legislation implemented July 1, 2023, per the KSHSAA, athletic teams or sports designated for females, women or girls shall not be open to students of the male sex. See the Fairness in Women's Sports Act section on the KSHSAA website, www.kshsaa.org for more information.

The school year is divided into two (2) semesters – Fall S1 and Spring S2 – Winter season overlaps both S1 and S2

Fall Sports: Boys & Girls Cross Country, Boys Football, Boys Soccer, Coed Unified Bowling, Girls Golf, Girls Gymnastics, Girls Tennis, Girls Volleyball

Winter Sports: Boys & Girls Bowling, Boys & Girls Basketball, Boys Swimming & Diving, Boys & Girls Wrestling

Spring Sports: Boys Baseball, Boys Golf, Boys Tennis, Boys & Girls Track, Girls Soccer, Girls Softball, Girls Swimming & Diving

Many sports offer the opportunity for participation as a student-athlete or student-manager. Check with the head coach if you have interest in being a Student-Manager. All managers must complete a full sports registration.

TRYOUTS AND PARTICIPATION

All decisions involving playing time and position designations are the sole decision of the coaches involved in that program

All candidates selected during a tryout process will be chosen by the designated judges or coaches in attendance at the tryout site

In the event a candidate is able to participate in only a portion of the tryout or is unable to complete the entire tryout, it will be at the discretion of the coach or sponsor and his/her assistants as to whether the candidate will be selected as a member of the team or performing group

Coaches or sponsors must be informed of any injury, illness, or any other reason that would prevent a candidate from participating in tryouts prior to the tryouts

Membership on a team or activity in a previous year or season does not guarantee membership during the current year or season

Participation during pre-season or summer camp/condition does not guarantee membership during the current year or season

ELIGIBILITY

To be eligible to participate in athletics competition, all athletes 9-12 must

1) pass five (5) new classes during the previous semester - Incoming freshman this academic required is waived for the fall/first semester (S1) only of your freshman year. All freshmen must meet academic eligibility for all spring semester (S2) participation. This also applies to all freshman who are currently on a winter season roster.

- Credit recovery, night school, and summer school do NOT count toward eligibility
- Any grade recorded as Incomplete at the end of the semester will be considered an "F"
- Any grade recorded as Incomplete ("I") *on the date* that eligibility lists are submitted to the Kansas State High School Activities Association (KSHSAA) will be considered an "F"

2) be enrolled in five (5) new classes during the current semester

3) be a bona fide student

- a) enrolled at Lawrence High School
- b) in good standing

All athletes are required to read the 'Lawrence School District Policy of Code of Conduct' form on www.aktivate.com and follow the LPS code and all KSHSAA guidelines

KSHSAA Eligibility Rules

KSHSAA Rule 14 - Art. 2

A student who is under penalty of suspension or whose character or conduct brings discredit to the school or the student, as determined by the principal, is not in good standing and is ineligible for a period of time as specified by the principal.

KSHSAA Rule 14 - Art. 3

A student who uses any form of tobacco, illegal drugs, alcoholic beverages, etc., at school events is not in good standing.

KSHSAA Rule 14 - Art. 4

A student who uses anabolic steroids would be ineligible for interscholastic competition until such time as medical evidence can be presented that his/her system is free of the drug.

IF IN DOUBT, ASK THE ATHLETIC DIRECTOR!

FEES and EXPENSES

Certain fees and expenses are involved with participation in a sport.

Every athlete must purchase an activity ticket and pay a participation or "pay-to-play" fee. Neither fee is optional. The activity ticket is a once-a-year fee, the participation fee is per sport. These fees help cover many things including coaches' salaries, equipment, uniforms, transportation, and the Lawrence Public Schools catastrophic insurance premium.

Each sport also has out-of-pocket expenses associated specifically with that sport. They may range from

\$125 to \$1500+, depending on the sport. Some students may qualify to have the fees. Should you need financial assistance in order to participate, please contact the head coach for that sport.

Activity Ticket	\$25 once per school year
Participation Fee	\$50 per sport
Out of Pocket Expenses	\$125-\$1500+ per sport, depending on the sport

ACTIVITY TICKETS

A current paid LHS activity ticket will admit an LHS student grades 9-12 at no charge to any home regular season sporting event where admission is charged. Activity tickets and sports fees may be paid in the FINANCE office M-F 8:00am-12:00pm and 1:00pm-3:00pm. Activity tickets are not valid at away locations or for post-season events.

PLEASE NOTE:

Activity tickets are required for every athlete. They are NOT optional.

A current paid Activity ticket must be PRESENTED to ticket takers for free admission at home events where admission is charged. No photographs or screen shots accepted.

Athletes not suited up, on the sidelines, or on the bench for an event must PRESENT the activity ticket for free admission at home events where admission is charged.

DEADLINES

Deadlines are posted on the MORE menu of the athletics website www.lawrenceathletics.org, announced during the morning announcements, posted on Twitter (Follow us @LawHS_Athletics). Included in monthly newsletters and are frequently sent out via an email to student and parent emails listed in PowerSchool.



PARENTS: Make sure all of your information is correct in PowerSchool and on Aktivite.com – email addresses, home addresses, emergency contacts, etc.

IMPORTANT FORMS INFORMATION

Every Student-athlete and student-manager is required to complete a profile on www.aktivite.com, and upload a completed physical dated after May 1 of the year for which it is applicable, and a completed and notarized proof of insurance. NOTE: Accident insurance is required for every student-athlete or student-manager

Forms are available at Lawrence High School in the Athletic Office, or may be downloaded from the athletics website www.lawrenceathletics.org or Aktivite.com

Athletic Forms Information

The annual physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable

Athletic forms must be submitted AND approved on www.aktivite.com PRIOR to participation in any athletic tryout or practice

It is the student and parent responsibility to make sure paperwork submitted on www.aktivite.com has been accepted by checking the student profile

Every form uploaded to RMA is reviewed. Approval is not automatic. Do not call the athletic office if the profile is marked “pending”, paperwork has not been reviewed.

Deadlines for each season will be posted or announced. *(See the deadlines section)*

Forms submitted on RMA after the deadline may not be processed in time for participation in tryouts or practices on the first day

Athletic forms may NOT be submitted in person to the athletic office, main office, coaching staff, or at a tryout or practice

Required Forms

KSHSAA PPE - Physical Form-White Form at LHS (download PPE-Physical Form on athletics main page) *Requires signature of doctor, student, parent. The annual physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable*

Updated Version of the Pre-Participation Physical Exam (PPE) - The KSHSAA Sports Medicine Advisory Committee and the KSHSAA Executive Board approved an updated version of the PPE with a revision date of 3/2024. ***Parents now have the option to turn in the full PPE or only the Medical Eligibility Page (pg 4).***

Lawrence High will only accept the current PPE version released by the KSHSAA. Outdated versions won't be accepted, parents will be required to complete the most current version which may necessitate a return to their health care provider for a signature.

2) USD 497 Insurance Compliance Form-Green Form at LHS (download insurance form on athletics main page)
Requires signature of parent AND notarization. Must be signed in front of the notary

**ALL FORMS MUST BE MARKED APPROVED ON WWW.AKTIVATE.COM PRIOR TO PARTICIPATION
IN ANY SPORT TRYOUT OR PRACTICE**

STUDENT ATHLETE CODE OF CONDUCT

All student-athletes and student-managers must adhere to the Lawrence Public School Code of Conduct (CoC). The CoC will be read and electronically signed on RMA

LAWRENCE SCHOOL DISTRICT POLICY CODE OF CONDUCT

PART I: COMMITMENT

If you are a member of a team/squad, you are expected to fulfill this commitment. If you choose not to continue membership, this exit procedure should be followed:

1. Coach and athlete or participant must meet to discuss decision to terminate team or squad membership
2. Provide notification to athletic director
3. Confirmation by coach that school issued equipment has been returned and a list of financial obligations turned into the financial office

PART II: KSHSAA RULES

All activity participants will at all times comply with applicable rules of KSHSAA, including without limitation Rule 14, a copy of which is attached.

PART III: ATTENDANCE

To participate in athletic practice and/or competition and other school sponsored activities, a student must be in attendance at least half the school day. Exceptions will include the following:

1. School sponsored field trip.
2. Family emergency.
3. Court appearance.
4. Verified professional appointment.

PART IV: SUSPENSION

Students on out of school or in school suspension may not participate or attend practice or competition on the date of suspension and until reinstated as a student in good standing by school administrators and coach. Individual schools will manage suspensions.

PART V: PERFORMANCE ENHANCING SUPPLEMENTS

The athletic departments of Lawrence Public Schools hold the following beliefs regarding the use of the performance enhancing supplements (including, but not limited to, e.g., creatine, protein supplements, Ripped Fuel, testosterone) by our student athletes. According to the Kansas State High School Activities Association regulations, any student who uses anabolic steroids is ineligible until such time as medical evidence is

provided that his/her system is free of that drug. The cost of the assessment for reinstatement is to be paid by parent/guardian or student.

1. We believe it is in the best interest of each student athlete to seek the advice of their own personal physician, and in collaboration with the family, make an informed decision as to the use of performance enhancing supplements other than anabolic steroids.
2. We believe that in order to become a complete student athlete, the individual must understand and exercise a strong work ethic.
3. We expect that through this work ethic, the athlete or participant will develop true commitment, dedication, and passion for their sport or activity. This includes NOT taking shortcuts to achieve their goals.

PART VI: ILLEGAL DRUGS, ALCOHOL, & TOBACCO

Because the use of alcohol, illegal drugs, and tobacco is detrimental to the health and welfare of individuals and because the use of alcohol and illegal drugs and the purchase of tobacco products are illegal for Kansas adolescents, the use of any such substances by any Lawrence School District activity participant is prohibited.

With the exception of prescription medication being used only by the student named on the prescription, the use, distribution, or possession of illegal drugs including anabolic steroids, alcohol, or tobacco, on or off school property, will be considered a violation of this policy once a student becomes a member of a school athletic team or related squad.

Compliance with this policy will not end with the cessation of a particular activity season. Violations accumulate from activity season to activity season and from year to year (grades 7-12 in an interscholastic career). **All violations are accumulative and do not end with a sport season or school year.**

The following procedures and penalties will be followed with regard to violations of this Policy:

***Upon the first alleged violation** confirmed by a school staff member, law enforcement official, or other reliable source, the student participant will be referred to a school administrator and the student and his/her parent/guardian will be notified. The school administrator will conduct an informal hearing with the student regarding the possible violation. If after the hearing it is determined in the judgment of the administrator that a violation did occur, the student will be immediately or at the start the season suspended from at least one day, for the sport or activity competition, unless the student is ineligible for participation under KSHSAA rules.

***Upon the second alleged violation** confirmed by a school staff member, law enforcement official, or other reliable source, the student participant will be referred to a school administrator and the student and his/her parent/guardian will be notified. The school administrator will conduct an informal hearing with the student and parent/guardian regarding the possible violation. If after the hearing, it is determined in the judgment of the administrator that a second violation did occur, the student shall be suspended from participation in school sponsored activities and/or competitions for a minimum of not less than 30 calendar days, nor more than 180 school days, to be determined by the Activities Review Committee appointed by the Superintendent or his/her designee, unless the student is ineligible for participation under KSHSAA rules.

***Upon the third and subsequent alleged violation** confirmed by a school staff member, law enforcement official, or other reliable source, the student participant will be referred to a school administrator and the student and his/her parent/guardian will be notified. The school administrator will conduct an informal hearing with the student and the parent/guardian regarding the possible violation. If after the hearing, it is determined in the judgment of the administrator that a third violation did occur, the student shall be suspended from participation in school sponsored activities and/or competitions for a minimum of 180 school days and possibly for the entire period of time the student is enrolled in USD 497. This will be determined by the Activities Review Committee which is appointed by the Superintendent or his/her designee, unless the student is ineligible for participation under KSHSAA rules.

Self-Disclosure

Self-disclosure, by a participant and/or parent/guardian of use, distribution, or possession of illegal drugs, alcohol, or tobacco to a coach, sponsor, athletic director, or school administrator requires notification of parent/guardian and an assessment by a licensed drug-alcohol agency. The cost of the assessment is to be paid by the parent/guardian or student. A first disclosure may also involve a penalty at the coach or sponsor's discretion, depending on the severity of the violation, and approval by the athletic director. A second self-disclosure becomes a first violation under the procedures described above.

PART VII: CRIMINAL CONDUCT, CHARGES AND CONVICTIONS

Because the administration, athletic director, coaches, sponsors, and patrons of the Lawrence School District are concerned with the behavior of students involved in interscholastic and other extracurricular activities, except as provided above, the following procedures and penalties will be enforced when students who are members of school athletic teams, spirit organizations, or other school extracurricular activities engage in conduct which would constitute a crime, or are charged with and/or convicted of a misdemeanor or felony crime.

(A) Upon a student being charged by municipal, state or federal law enforcement authorities with commission of a crime, if the administration has reason to believe there is substantial basis for the charge and that continuation in interscholastic or other extracurricular activities might adversely reflect on the school, the student, or adversely affect the activity, school personnel and other students, the student will be suspended from all such activities pending the outcome of the case.

If the student is found innocent in municipal, state or federal court of the charge, or upon dismissal of the charge (other than pursuant to a diversion agreement), the student will be immediately reinstated to participate in such activities. If the student is found guilty or pleads guilty to a felony offense, or enters into a diversion agreement pertaining to the felony charge, but is otherwise in good standing as determined by the Activities Review Committee in Lawrence Public Schools, and has met eligibility requirements as set by the Kansas State High School Activities Association, the student may be reinstated to participation in such activities, subject to the following conditions:

1. The student is not thereafter charged with or found guilty of another crime, and has not entered into a diversion agreement with regard to another crime.
2. The student continues to demonstrate proper behavior, both in and out of classes in Lawrence Public Schools, including school activities, extracurricular activities, athletic events, dances, assemblies, etc.
3. The student is not removed from any class as a result of disruptive behavior or does not receive either an out of school or in school suspension for the remainder of the time that the student attends Lawrence Public Schools.
4. The administration determines that the student's participation will not pose a threat to the safety or well-being of other students and school personnel or will not otherwise adversely affect the school or the activity.

(B) Upon determination by an appropriate school administrator that a student participant has engaged in conduct which would constitute a crime, on or off of school property, related to or not related to school activities, but has not been formally charged with a crime by law enforcement authorities, the student may be suspended from participation in school sponsored activities by the Activities Review Committee.

SOCIAL MEDIA

Athletes should use good judgment when using social media. Extracurricular activities are NOT a right, but a privilege. Inappropriate use of social media may jeopardize an athlete's good standing with their team and, therefore, be cause for disciplinary action up to and including removal from the team

A few things to remember:

Think twice before posting. Do not post anything you would not want your coach, teammates, parents, fans, alumni, kids, teachers, etc. to see.

Be respectful and positive.

The internet is permanent. Even if you delete something, it is still in cyberspace somewhere. Once you have posted something, you have said it, and you left a date and time when you said it.

HAZING

Hazing will not be tolerated and any athletes/coaches who take part in or have unreported knowledge that is discovered will be subject to disciplinary action

From the Lawrence Public Schools GAP:

The Lawrence Public School district is committed to maintaining a learning environment free from hazing and bullying as defined in district policy. Hazing, bullying, or cyberbullying of students is prohibited by district policy. Any student, district employee, or third party who engages in prohibited conduct as above described shall be subject to disciplinary action, which may include, but not be limited to, termination from employment, or expulsion from school, or exclusion from all district property and programs and from doing business with the district.

Hazing – a definition

Any act that recklessly or intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation or as a condition or precondition of attaining membership in, or affiliation with, any district-sponsored activity or grade level attainment is defined as hazing. This includes, but is not limited to:

- forced consumption of any drink, alcoholic beverage, drug, or controlled substance
- forced exposure to the elements
- forced prolonged exclusion from social contact
- forced sleep deprivation
- assignment of pranks or other activities intended to degrade or humiliate



COMMUNICATION BETWEEN COACHES AND PARENTS

Communications a parent should expect from the Coach

1. Expectations the coach has for your child as well as all the players on the squad.
2. Locations and times of all practices and competitions.
3. Team requirements, i.e., practices, special equipment, off-season conditioning.
4. Lettering Policy
5. Discipline that may result in non-participation by the athlete



Communication that coaches should expect from parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.

Appropriate concerns for a parent to discuss with coaches

1. The treatment of the athlete
2. Ways to help the athlete improve
3. Athlete attitude, work ethic, and eligibility
4. Concerns about athlete behavior

Issues not appropriate for a parent to discuss with coaches

1. Playing time of any student-athlete
2. Team strategy, technique, practice organization or play selection
3. Other student-athletes

There are situations that may require a conference between the coach and parent, and this is encouraged. It is important that both parties involved have a clear understanding of the other's position. When a conference is necessary, the following procedures should be followed to help promote a resolution to the issues or concern.

Procedures to follow if there is a concern to discuss with the coach:

1. Prior to setting up a parent/coach conference, the student-athlete should speak directly to the coach. Often, concerns can be resolved at this level.
2. Prior to contacting the coach to set up an appointment, has the parent fully discussed the situation with the student? If so, contact the coach to set up an appointment. *Please do not attempt to confront a coach before or after a contest or a practice.*
3. If the coach cannot be reached, contact the Athletic Director. He will assist you in arranging a meeting.
4. If meeting with the coach does not promote resolution of concerns, call the schedule an appointment with Athletic Director to discuss the situation.

Athlete Speaks with Coach

Athlete and Parent Fully Discuss the Situation

Parent Contacts Coach to set up an Appointment

Parent and Coach Discuss Situation

If There is no Resolution of Concerns, Parent Schedules Appointment With Athletic Director

Parent Meets with Athletic Director

THERE ARE LITTLE EYES WATCHING



*There are little eyes upon you, and they're watching night and day.
There are little ears that quickly take in every word you say.
There are little hands all eager to do anything you do;
and a little boy who's dreaming of the day he'll be like you.*



*You're the little child's idol; you're the wisest of the wise.
In his little mind about you, no suspicions ever rise; he believes in you devoutly,
holds all that you say and do, he will say and do, in your way,
when he's grown up just like you.*

*There are wide-eyed little children who believe you're always right;
and their ears are always open and they're watching day and night;
you are setting an example every day in all you do,
for the little ones who are waiting
to grow up and be like you.*

