

LEXINGTON SENIOR HIGH SCHOOL



YELLOW JACKETS ATHLETICS

“We Build Student Athletes”

**Student/Parent
Athletic Handbook
2021 / 2022**

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Lexington Senior High School

Mission & Vision Statement

DEPARTMENT of STUDENT ATHLETICS MISSION & VISION STATEMENT

The mission of the Lexington City Schools Department of Student Athletics is and has been to offer the highest quality of Student Athletic programming every year. Through a dedicated “Commitment to Excellence,” to educational interests, competitive athletic programs, and integrity in all areas, the student athlete, coaches, athletic administration, and support staff, strive to bring credit and recognition to our school system.

The vision of the Lexington City Schools Department of Student Athletics is to continue a commitment to provide, “Education through Sport” and “Build Community and Pride in Lexington City Schools Athletics.” With an operating philosophy that our school system should and will provide “Athletics for All Students,” our department believes that competitive athletics are an integral part of the total educational process and experience. Students should and will have opportunities to participate and compete as appropriate to their interest and skills.

Lexington City Schools Department of Athletics, values the lessons that have long been taught by athletic participation; the pursuit of a “Commitment to Excellence,” through personal development and teamwork; ethical and responsible behavior both on and off the field; adherence to the spirit of the rules as well as to the letter; leadership and strength of character; and sportsmanship including respect for one’s opponents, acceptance of victory with humility, acknowledgment of defeat with grace, and respect for the value of cross-cultural understanding and acceptance.

In teaching these lessons to our student athletes, Lexington City Schools Department of Athletics instills habits that will lead students to better and healthier lives. While we understand that winning is not an end in itself, we believe that the efforts by our interscholastic teams to be their best and will lead them to success and excellence.

“JACKETS FOREVER FOREVER JACKETS”

MASCOT AND COLORS

Our mascot is the Yellow Jacket, which symbolizes teamwork, courage, determination and honor.



Our Colors are Orange, Royal Blue and White. These colors symbolize the following:

- Orange** - worthy ambition
- Royal Blue** - truth and loyalty
- White** - peace and sincerity

Introduction

To the Parent

One Team on One Mission is the philosophy that we are all a part of the successes at Lexington Senior High School. Everyone contributes and everyone plays a vital role in what we achieve. This handbook is presented to you because you are considered to be a part of our team.

“Teamwork is the thorough conviction that nobody can get there unless everybody gets there.”

-Virginia Burden

We believe that participation in sports provides a wealth of opportunities and experiences which assist students in their personal growth.

We are charged with the educational development of young men and women through athletics. We feel that a properly controlled, well-organized sports program can meet student needs for self-expression, as well as provide opportunities for strong social, mental and physical growth. It is Lexington Senior High School’s intent to conduct a program that is educationally sound in purpose and at the same time, enhance each student’s personal growth through a positive athletic experience.

A student who elects to participate in our athletics program is voluntarily making a choice and a commitment to their school. They are committing to follow the rules and guidelines as set forth by their coaches, Lexington Senior High School, and Lexington City Schools. As a parent, your support is crucial. In our efforts we are striving for excellence and do not want our athletes to compromise with mediocrity.

When your son/daughter enlisted in one of our sports programs, he/she committed our staffs to certain responsibilities and obligations, which are:

- a. to provide adequate equipment and facilities.
- b. to provide well trained coaches.
- c. to provide schedules with qualified officials.

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations, which are, but not limited to;

- a. providing transportation to and from practices.
- b. monitoring your child’s eating, sleep, and study habits.
- c. supporting your child’s team, coach, and fellow parents in a positive manner.

It is the role of the athletic department to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic handbook for students and parents. We truly appreciate your help, your time, and your efforts as a part of our team.

To the Student/Athlete

Being a member of a Lexington Senior High School athletic team exemplifies dedication, talent, leadership, and sacrifice. You are at the heart of our program. Being a member of one of our athletic teams has become a lofty goal for many young athletes. The attainment of this goal carries with it certain traditions and responsibilities.

It is not easy to build and establish a great athletic program and it is even harder to maintain the core traditions over time. When you wear the orange and blue of Lexington Senior High School, we trust that you not only understand the hard work that has gone into building our program, but are willing to assume responsibility in maintaining it.

As a school we desire to win, but only with honor to our fellow athletes, rival schools and our community. Winning in this manner has become our most noteworthy tradition. Maintaining this tradition is worthy of only the best efforts of all concerned.

As a student athlete you must be willing to accept certain responsibilities, above and beyond those of some of your peers. You are not just a student athlete when you step onto the practice field or when you put on your uniform. You are a Yellow Jacket at home, in the classroom, and in the community.

- 1) **Responsibilities to Your Self:** The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. Your academic studies, your participation in other extracurricular activities as well as in sports, prepare you for your life as an adult. You have a responsibility to maintain a healthy diet, get enough rest throughout the week, and to strive to excel in the classroom, as well as in athletics.
- 2) **Responsibility to Your Family:** As a student athlete you represent your family when you are in the classroom, practicing, competing, and in the community. You have a responsibility to your family to conduct yourself in a manner that reflects the expectations and beliefs of your family.
- 3) **Responsibility to Your Team:** What you do does have an impact on your team and your coaches. You have a responsibility to follow the rules and guidelines as established by your coaches and teammates. You have a responsibility to put the goals of the team above individual goals.
- 4) **Responsibilities to Your School:** Lexington Senior High School cannot maintain its position as being an outstanding school unless you do your best in the activity in which you participate. By participating in athletics to the maximum of your ability, you are contributing to the reputation of Lexington Senior High School. You assume a leadership role when you are on an athletic team. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, our community and other communities judge our school by your conduct and attitude, both on and off the field of play. Because of this leadership role, you can contribute significantly to school spirit and community pride. Make Lexington Senior High School proud of you and your community proud of your school, by your consistent demonstration of these ideals.

You Are a Role Model- If you work hard, and model good ethical decisions, you will make your family and your school proud. The younger students in the Lexington City Schools are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them. Wear your uniform with pride and honor.

Athletic Philosophy

Statement of Philosophy

The Lexington Athletic Program should provide a variety of experiences to enhance the development of favorable habits and attitudes that will prepare students for adult life in a democratic society.

The Lexington athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone —winning at any cost. It discourages any and all pressures which might lead to neglecting good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way that it is an educational activity.

Athletic Goals and Objectives

Every athletic activity should be an opportunity for players and coaches to:

- be responsible and contributing members of the Lexington community.
- maintain the Lexington motto of –One Team on One Mission to reach common goals.
- overcome obstacles through hard work and determination.
- live and play by the rules of Lexington Senior High School and the game itself.
- show appreciation and respect for the efforts of others.
- promote team play and to develop personal characteristics such as loyalty, cooperation and fair play.
- create an environment that will provide physical, mental and emotional growth for all student athletes.
- promote participation by providing a wide range of athletic opportunities.
- develop an understanding of the value of athletics within the context of the entire educational experience.
- win conference and state championships.
- be recognized for displaying true sportsmanship.
- support as many student-athletes as possible to continue their athletic endeavors at the post-secondary level.

Dear Yellow Jacket Families,

The Lexington City Schools Athletic Booster Club (Lexington Education Athletic Foundation) is gearing up for an exciting school year. As we prepare for a new school new year, we anticipate many great achievements will be accomplished by our student athletes. In the short time since we have opened our doors, we have been able to establish a proud athletic tradition in Lexington. The Booster Club is excited to work with the Administration, Athletic Director, Coaches, and the community to ensure we provide the highest level of support to the athletic program.

Let us share the vital role Booster Club plays in the athletic programs of both Middle and High School.

The role of the Booster club is quite simple:

- To financially support **all** athletic programs at Lexington Middle School & High School. This includes the following
 - Team Uniforms
 - Equipment Needs
 - Banquets and Awards
 - Bleachers / Reserved Seating
 - Funding for Special Projects (ie, scoreboard, turf, sound systems)
 - Concessions at all athletic contest

To help provide some contest to the financial role of the Booster Club plays for the sports programs we have been able to complete the following Capital Projects over the last several years:

- Wrestling Uniforms / Equipment
- Pay for camps / clinics
- Gymnasium Chairs
- Food supplies for athletes and special events (Athletic Banquets / Awards)
- Semi - Annual Hall of Fame Program

Every dollar we raise through memberships and sports fees goes directly back to supporting the sports programs and your athlete. In order to continue to support the Athletic Program at the highest level, we need your support in three very important areas.

1. Make it a priority to join the Booster Club!
2. Help support our fundraisers organized by the Booster Club.
3. Get involved -- Volunteer to be on a committee or be a team parent. If you have interest, please speak with a Booster Club Board member, as we are happy to speak with you about getting plugged in.

Your support in these three key areas will ensure we continue to provide the best athletic experience possible for our athletes and families.

GO JACKETS!!!

Franklin Dallas
President / LSHSBC

Lexington Senior High School Booster Club

Franklin Dallas – President
Tina Royal – Vice President

Adriana Ortiz – Secretary
Jennifer Thompson - Treasurer

Governance

The Board of Education

The Board of Education, responsible to the people, is the ruling agency for the Lexington City School System.

The Board of Education is responsible for the following areas:

- 1) Interpreting the needs of the community
- 2) Developing of policies in accordance with state statues and mandates and in accordance with the educational needs and wishes of the people of Lexington City Schools.
- 3) Approving means by which professional staff may make these policies effective.
- 4) Evaluating the interscholastic athletic program in terms of its value to the community.

The North Carolina High School Athletic Association

All schools are voluntary members of the North Carolina High School Athletic Association. As a member of the school district, the secondary schools of Lexington City Schools agree to abide by and enforce all rules and regulations set forth by this association.

The primary role of the state association is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees and coaches' associations.

The state association attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

The Central Carolina 2A Conference

Lexington Senior High School is a voluntary member of the Central Carolina 2A Conference. This conference was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort.

The conference was established to encourage member schools to improve their co-curricular program in athletics. The conference membership facilitates the arranging of schedules, equalizing competition, and conducting conference meets and determining conference championships. The conference provides Lexington Senior High School the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy. Membership implies abiding by conference schedules, rules and regulations.

Member schools are:

- | | |
|--|--|
| 1) East Davidson High School – Golden Eagles | 6) South Davidson High School - Wildcats |
| 2) Lexington High School – Yellow Jackets | 7) North Rowan High School - Cavaliers |
| 3) Salisbury High School – Hornets | |
| 4) Thomasville High School - Bulldogs | |
| 5) West Davidson High School – Green Dragons | |

Lexington Senior High School Sports Offered

Fall Sports

Boys Sports

Varsity Cross Country
Varsity Soccer
J. V. Soccer
Varsity Football
J. V. Football

Girls Sports

Varsity Cross Country
Varsity Tennis
Varsity Volleyball
J. V. Volleyball
Varsity Cheerleading
J. V. Cheerleading
Varsity Golf

Winter Sports

Boys Sports

Varsity Basketball
J. V. Basketball
Freshman Basketball
Varsity Swimming
Varsity Wrestling
Indoor Track

Girls Sports

Varsity Basketball
J.V. Basketball
Freshman Basketball
Varsity Swimming
Varsity Cheerleading
J. V. Cheerleading
Indoor Track

Spring Sports

Boys Sports

Varsity Baseball
J. V. Baseball
Varsity Golf
Varsity Tennis
Varsity Track

Girls Sports

J.V. Soccer
Varsity Soccer
Varsity Softball
J.V. Softball
Varsity Track

Student Participation in Athletics

- Each Student must be currently and fully enrolled to participate in any sports activity and must be in school at least half of the day on each game day.
- Any student placed on academic probation shall be suspended from participation on any athletic team for the semester. At interims, if the student is passing all classes, he/ she may return to normal participation on the team. If not, he or she must wait until the end of that semester to meet the requirements and return.
- Any student who is disciplined in other areas of school life is subject to suspension / dismissal from the athletic program to be determined by the Coach, Athletic Director or Principal.
- Any student using profane or abusive language, or demonstrating unacceptable behavior will be subject to suspension to be determined by the Coach, Athletic Director or Principal.
- Any student found to be misusing or abusing school property or equipment is subject to dismissal from athletics for the current academic year and will be expected to pay for the damage. The student will replace lost equipment.
- *A PHYSICAL, STUDENT / PARENT CONSENT FORM, EMERGENCY INFORMATION, TRANSPORTATION, ATHLETIC ELIGIBILITY, PARENTAL CONCUSSION STATEMENT, STUDENT-ATHLETE CONCUSSION STATEMENT, GFELLER-WALLER CONCUSSION CLEARANCE FORM & STUDENT INSURANCE FORM.*

Eligibility: Requirements for Participation

- 1) **Physical Examination-** A yearly physical examination is required. The physical form must be completed by the physician and submitted to the coach **PRIOR** to participation. The examination is valid for one calendar year, with 30 day extension, at which time it will need to be updated. The original form will be kept on file in the data manager's office and a copy in the athletic director's office.
- 2) **Emergency Medical Authorization-** Each athlete's parents shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent(s) are not available. The form will be kept in the athletic director's office.
- 3) **Parental Acknowledgement of Athletic Policies-** Upon entering high school or at the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics.
- 4) **Insurance-** The LCS Board of Education requires that the student insurance offered will be compulsory for all students participating in high school athletics unless a notarized waiver form is signed by the parent indicating that they have adequate personal insurance and releasing the Board of Education and employees from responsibility for any claim due to injuries received while participating in a school sponsored athletic program. This year, parents can go to www.studentinsurance-kk.com to find out details about and how to enroll in the Student Accident Insurance coverage.
- 5) **Scholastic Eligibility-** In order to participate on a Lexington Senior High School athletic team (see LCS Student Handbook for policy), each student-athlete must have satisfied all of the following scholastic eligibility requirements prior to participation:
 - Students entering the 9th grade must have been promoted from their middle school.
 - For all others: To be eligible the first semester, a student must pass a minimum of three out of four classes for schools on the block schedule, be present 85% of the previous semester, and be promoted to the next grade level.
 - **In addition to the athletic eligibility rules established by the NCHSAA, additional athletic eligibility rules have been established by the Lexington City Schools Board of Education. Students in grades 10-12 must maintain a cumulative weighted GPA of 2.0 or higher to be eligible for athletic participation. First year freshmen do not have a GPA requirement for the first semester of the 9th grade year, but must earn a GPA of 1.50 or higher during the first semester to be eligible for the second semester of the 9th grade year.**
 - **Annually, prior to participation, parents must provide two proofs of residence.**
 - **Annually, prior to participation, the student and parent must complete an [Athletic Consent Form](#).**
 - ****The above policy is effective with the 2019-20 freshmen. Students enrolled in high school prior to Fall 2019 will be required to earn and maintain a 2.0 GPA each semester throughout the remainder of their high school career.**
 - **Students deemed ineligible will have the opportunity to apply for a hardship waiver.**
 - To be eligible for the second semester, a student must pass a minimum of three out of four classes for schools on the block schedule, and be present 85% of the previous semester.
 - Not turn 19 years of age prior to August 31st.
 - Once a student enters the 9th grade, he/she will have four successive years in which to participate provided he/she does not exceed the age requirement. This is referred to as the -8 semester rule in the NCHSAA eligibility section of the handbook.
 - Transfer students must comply with the NCHSAA transfer rule. If you are a transfer student, contact your coach or athletic director so that he/she can determine if you are in compliance.

- A student is only eligible to participate in athletics at the school to which he/she is assigned by the local board of education, within the administrative unit of residence.
- A student that has been convicted of a felony or misdemeanor OR has been charged with a felony or misdemeanor where the court has not rendered a decision is ineligible to try-out or play high school athletics. (More information can be found in the section entitled –eligibility.)

6) **Risk of Participation-**All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. Lexington Senior High School will use the following safeguards to make every effort to eliminate injury:

- Conduct a mandatory parent/athlete meeting prior to the start of the season to fully explain the athletic policies and to advise, caution and warn parents/athletes of the potential for injury.
- Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
- Instruct all athletes about the dangers of participation in the particular sport.
- Implement the LSHS Emergency Athletic Action Plan.

7) **Equipment-** All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty.

Athletic Codes of Conduct

Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. All LCS Code of Student Conduct policies apply at all times during practices, travel and participation in high school athletics.

Social Media- Student-athletes should remember that the image they present both on and off the field of play is that of Lexington Senior High School. Students should be thoughtful of the image that they portray on social media sites. Any inappropriate conduct on these sites is unacceptable and reflects poorly on the athlete, teammates, and their school. Student-athletes should refer to the LCS Code of Student Conduct. No student-athlete, while representing LSHS, should never post a photograph or statement that is inappropriate, abusive, or that represents inappropriate behaviors on any social media. Consequences may be imposed, up to removal from the team, dependent upon the severity of the image or statement.

Ethics Rule- Acts of unacceptable conduct, such as, but not limited to, theft, vandalism, disrespect, aggressive behavior or violations of the law tarnish the reputation of everyone associated with the program and will not be tolerated. Due to the serious nature of violations of the Ethics Rule, the appropriate head coach, the athletic director and the principal shall meet and determine the penalty according to the degree of the infraction. Any consequences imposed by the athletic program are in addition to school consequences.

Training Rules and Regulations- You cannot compromise athletic participation with substance abuses. The athlete that wishes to experiment with such substances should remove him/herself from the team before he/she jeopardizes team morale, team reputation and team success and does physical harm to him/herself.

Students have to decide if they want to be athletes. If you do wish to be an athlete, you must make the commitment in order to be a competitor. A big part of this price is following a simple set of training rules which the department of athletics believes to be fair.

1) Use of Tobacco- Defined by the LCS Student handbook.

This rule means no use of tobacco or any tobacco product all year, in or out of season.

2)Use of Alcoholic Beverages- Defined by the LCS Student handbook.

This rule means no use of alcoholic beverages all year, in or out of season.

3)Use of Illegal Drugs or Misuse of Medications-Defined by the LCS Student Handbook

This rule means no use of illegal drugs, or misuse of Over the Counter or prescription drugs all year, in or out of season.

Penalties for Violation of Training Rules

All LCS rules and consequences apply. Absolutely no alcohol, tobacco or illegal drug use will be tolerated. No member of the Lexington Senior High Senior Athletic Team will be present at parties/activities in which the above substances are present. Immediate suspension and/or dismissal from the team could result.

Arrests, citations, investigation, or probation: If an athlete is arrested, receives a citation, or is under investigation or on probation, they will be suspended from athletics per LCS guidelines. It is the student and parent responsibility to notify the school of any such incident immediately. Failure to do so could jeopardize the team and will not be tolerated. Failure to self-report can result in removal from the team for the entire season.

Ejection / Suspension Rule: If any player is ejected from any contest, he or she will face a suspension the length of which will be determined by the NCHSAA Handbook for that specific type of ejection. Lexington Senior High School also may extend the suspension beyond the length of the time determined by the NCHSAA Rules. An ejection is a judgment call; therefore, there are no appeals. Unacceptable behavior not resulting in ejection may also result in disciplinary action by the Coach or Athletic Director.

Cutting From the Team: For some Lexington Senior High School sports teams, “cuts” may be necessary. The coach must feel comfortable with the number of students on the team and with his or her ability to provide adequate coaching, supervision and playing time to team members. A student will be notified as to whether he or she made the team. Students will be given a minimum of 2-3 days to try out for each sport. If a student is cut from one sport he or she may try out for another sport if cuts have not already been made. No student may move from one sport team to another after the final roster has been decided.

Quitting a Team: In rare cases, a student athlete may find it necessary to quit a sport for a good reason. If an athlete quits a sport for other than medical reasons, he or she will not be allowed to compete in another sports activity if that sport’s season has started. The exception will be if the coaches involved in the sports have properly cleared the student athlete to participate. We highly encourage kids / parents to avoid quitting.

If the student athlete quit / leaves the team, the following procedure must be followed

1. The student athlete must talk with his or her head coach and athletic director / principal.
2. The student athlete must return all equipment issued.
3. The coach will report the student athlete’s name to the Athletic Office so it can be taken off the roster for eligibility purposes.

Individual Team/Coaches Rules

Coaches may establish their own team rules and regulations with the approval of the athletic director for their respective programs. These rules and regulations must be given in writing to the athlete/parent and explained fully at the parent meeting, prior to the start of the season. Penalties for the violation of team rules will be presented in writing and shall be administered by the head coach of that particular sport. Copies of team rules by head coaches will be on file in the athletic director’s office.

Communication (“Parent/Coach Communication Plan”)

In order for our athletic teams to be successful, all involved must work together to ensure proper communication is in place. The following information is intended to help our LSHS student athletes have a positive experience in our program.

Coaches communication to parents will include

1. Information on the philosophy of the coach
2. Location and times of practices and games / schedule changes
3. Coaches expectation for players
4. Team requirements / team fees
5. Request for parental support in helping to ensure the student athlete succeeds in the program

Parent(s) communication to the coach will include

1. Individual concerns expressed directly to the coach
(This shall include the treatment of their child, areas the student athlete can improve upon and concerns regarding behavior of the student athlete)
2. Advance notification of any schedule conflict

It is often difficult for an athlete and/or a parent(s) to accept the lack of playing time given the individual athlete, but our coaches are professionals; they make judgment decisions based on what they believe to be the best for all involved. There are concerns that can and should be discussed with the coach as listed above, but there are certain decisions that must be left to the discretion of the coach.

Items not appropriate to discuss with the coach

1. Playing Time
2. Team Strategy / Play Calling
3. Other Student Athletes

These are situations that may require a conference between a coach and parent(s). These are encouraged if necessary. It is important that both parties involved have a clear understanding of the other’s position. When a conference is necessary, the following procedure should be followed to help resolve this issue or concern.

Procedure to discuss a concern with a coach

1. Make an appointment to meet with the coach.
2. If this is unsuccessful, and the meeting does not provide a satisfactory resolution, contact the Athletic Director’s office to discuss and possibly assist in the facilitation of another meeting.
3. Do not confront a coach before, during or after a game/practice. You are encouraged to practice the 24-hour rule. Meetings of this nature do not promote resolutions; it may in fact exacerbate the issue. This can be an emotional time for both the parent and coach.

If you have a concern to discuss with a coach and/or the Athletic Director, call 336-242-1574 to set up an appointment.

Academic Support of Athletes

The focus on the Lexington Senior High School Athletic Program is on the student first. Coaches work with the classroom teachers in order to monitor the academic progress and discipline of the student-athletes. Students will be recommended to attend tutoring for any subject if the report card or progress report grade is below a B and required to attend if below a C. If the student is failing a course at any time, tutoring will also be mandatory. There are opportunities for students to receive tutoring directly from their teacher. Students, who fail to make the academic improvements prior to the end of the current semester, can be suspended from play until academic progress is achieved. Athletes who attend tutoring during practices need to have notes from teachers. Athletes can also participate in specialized programs to receive additional support in while in tutoring such as the ARAP program.

Basic Athletic Department Rules

- 1) **Participation-** An athlete may participate in only one sport per season unless the two coaches agree to the athlete competing in both sports and priorities are established prior to the beginning of the season.
- 2) **Quitting/Dropping or Transferring Sports-** Members of a team are selected from a group of individuals trying out for a team. An athlete that quits has taken a spot from another athlete that would have had a place on a team, therefore quitting is an unacceptable habit. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:
 - Consult with the head coach
 - The head coach will report the situation to the athletic director
 - Check in all equipment/uniforms

If an athlete wishes to change sports during a season, he/she must consult with both head coaches involved and the athletic director. If both coaches fail to agree, the athlete cannot begin another sport until the completion of the sport in which he/she is currently involved in, including post season play. This procedure assures a smooth transfer which is in the best interest of the athlete.

- 3) **Equipment-** School equipment issued to the athlete is his/her responsibility. He/she is expected to keep it clean and in good condition and return after season. Loss of any equipment is the athlete's financial obligation.
- 4) **Missing Practice-** An athlete should always consult his/her coach before missing practice. Missing a practice or game will be dealt with by the head coach.
- 5) **College Recruitment Policy-** In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. Coaches should be contacted as soon as possible. College recruitment information is available in the athletic office and/or the counseling office.
- 6) **Conflicts in Extracurricular Activities-** An individual student who attempts to participate in several extracurricular activities may create conflict of obligations and interests. These activities should be discussed prior to the season with the coach so that both athlete and coach are aware of the situation.
 - The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.
 - Student-athletes have a responsibility to do everything possible to avoid continuing conflicts. Positive efforts might include being cautious about joining too many activities where conflicts are unavoidable. It also means notifying the faculty sponsors/coaches involved immediately when a conflict arises.
 - When a conflict arises the sponsors/coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the principal will make the decision based on the following:
 - 1) The relative importance of each event to the student.
 - 2) The importance of each event to the school.
 - 3) The relative contribution the student can make.
 - 4) How long each event has been scheduled.
 - 5) Talk with parents.
 - 6) Team rules that dictate set participation supersede this conflict resolution.

Once a decision has been made and the student has committed to that decision, he/she will not be penalized in any way by either faculty sponsor/coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

- 7) **Attendance-** Students who miss over half of the school day, two blocks, due to illness will not be able to play in a contest or practice on that date. Students missing school for reasons other than illness must have an excused absence in order to participate. Final authority for infractions of this rule will rest with the principal.
 - * **Jacket Academy** – Students displaced into Jacket Academy for disciplinary reasons will not be allowed on school grounds to practice or participate in athletics until the punishment is complete pending a follow up meeting.
 - * **ISS** – Students placed in ISS will be allowed to practice and game participation will be determined by the principal, athletic director and coach.
- 8) **Release from Class-** It is the responsibility of the athletes to see their teacher the day before the classes they will miss because of an athletic contest. All work shall be made up at the convenience of the teacher.
- 9) **Team/Squad Selection-** In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible while at Lexington Senior High School, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations of the most effective squad size for any particular sport. Choosing the squad/team is the sole responsibility of the head coaches of their respective sport. In the event a coach needs to –cut students trying out for a team, this will be done in person with the athlete. The coach will inform the athlete what areas need to be improved upon.
- 10) **Reporting of Injury-** All injuries which occur while participating in athletics should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed. Once athletes are treated by a physician, the athlete must have the NCHSAA Return to Play Form completed in order to return to athletic activity.

Athletic Awards Policy

- 1) The varsity award shall be presented to an athlete who satisfies the participation requirements as set forth by the head coach of their respective sport.
- 2) Junior varsity awards are given on the recommendations of the coach to all athletes who complete the season. Certificates are given for both first and second year awards.
- 3) Managers, trainers and statisticians are included in the awards system if they manage for the entire season.
- 4) All members of a team will be honored at the seasonal Athletic Awards Ceremony.
- 5) These policies are relative to all athletic teams that are covered under the Lexington Athletic Umbrella.

College Athletics

A goal of high school athletics is to support all students who have the desire to play collegiate sports. Coaches should assist athletes in preparing themselves to be eligible for this option. We believe that through proper training in athletics and through dedication and commitment both on the field and in the classroom, that students increase their chance to play beyond high school. While the overwhelming majority of high school athletes will not continue their playing career beyond high school, the experience of participating in interscholastic athletics assists in leading a life of healthy living, knowledge of operating within a team and appreciation of sports. However there certainly are those that do wish to continue their playing careers at the collegiate level. Those athletes should be sure that they work with their coaches, high school guidance counselor, and parents to know what is required of athletes at the collegiate level. This can be found by accessing the NCAA Clearinghouse website. It is the student's responsibility to inform the coach and counselor that they are interested in collegiate level play. There are many different types of colleges and universities that are seeking different levels of players. Most coaches will be able to assist with contacting coaches at schools that a student may be interested in. Some colleges may offer financial aid to athletes, while others may not. These are all important discussions to have within the family and with school personnel.

Lexington City Schools Athletic Booster Club

Role of the Booster Club

The Yellow Jackets Athletic Booster Club exists as an organization of parents and community persons dedicated to:

- Supporting, encouraging and advancing the athletic program and related activities of Lexington Senior High School, thereby cultivating clean, wholesome school spirit, promoting good sportsmanship and developing high ideals of character.
- The club shall promote projects to improve facilities and equipment necessary to provide an adequate athletic program for Lexington Senior High School and Lexington City Schools.
- The club shall not seek to influence or direct the technical activities or policies of the school administration or of the school officials who are charged with the responsibility of conducting the athletic program of Lexington Senior High School.
- The booster club shall do nothing which violates the rules of LCS or the NCHSAA or in any way jeopardizes the membership of the school district.

Financial

The booster club each year contributes thousands of dollars to the athletic department for the needs of each sport that otherwise would not be available. Primarily, the monies of the Booster Club will be expended for (1) capital improvements of the athletic facilities, (2) major purchases of a respective sport, (3) uniforms, (4) reconditioning and (5) team awards ceremonies.

Concerns

It is the goal of the Lexington Senior High School Athletic Program to serve our community by supporting all student – athletes. At times, however, concerns may arise from parents or from the athlete. It is requested that all athletes and parents follow the guidelines in below to enable the process of working through the concern to be most effective.

- Any student-athlete with a concern should consult their Head Coach. If for some reason, a student-athlete is uncomfortable in doing this, the student should speak with another coach of the team or with the Athletic Director.
- Any parent with a concern is asked to contact the Head Coach and request a conference (either via phone or in person). E-mail may also be utilized if it is appropriate for the concern.
- If a student-athlete or a parent still has concerns after speaking with the Head Coach at a conference, the parent/ student-athlete should contact the Athletic Director in order to schedule a meeting with the Coach and Athletic Director.
- Concerns that still exist after meeting with the Coach and Athletic Director should be brought to the attention of the Administration.
- At any point if a student-athlete or parent feels that an unsafe environment exists and it cannot be handled by speaking with the Coach, they are asked to contact the Athletic Director or Administration immediately. The AD and/or Administration will work with the parent in determining the best course of action for resolution.

Contact Information for Administrators of Lexington Senior High Schools Athletic Programs:

Ronnie Beverly
Athletic Director
LSHS
26 Penry St
Lexington, NC 27292
(336) 242-1574
(336) 242-1285, Fax
rbeverly@lexcs.org

Gene Jones
Principal
LSHS
26 Penry St
Lexington, NC 27292
(336) 242-1574
(336) 242-1285, Fax
gjones@lexcs.org

Dr. Anitra Wells
Superintendent
Lexington City Schools
1010 Fair Street
Lexington, NC 27292
(336) 242-1527
(336) 249-3206, Fax
awells@lexcs.org

Eligibility

Athletic Eligibility Requirements per LCS guidelines:

1. Scholastic: must pass three (3) subjects during the previous semester and meet local promotion standards.
2. Attendance: must have attended no less than 85% of the previous semester.
3. Age: must not turn 19 on or before August 31st.
4. Insurance and Physical: must have school insurance OR proof of insurance and a certified physical examination.

Additionally: Any student who is charged with a felony or misdemeanor will be removed from all current teams per the policy below. The particulars of the suspension or ineligibility depend on the type of charge. However, any student that has been issued a citation for a misdemeanor or felony should speak with the Athletic Director or with Administration prior to participating in try-outs or practices. An eligibility issue can cause a team to forfeit games or a season. (Please read below for more information)

Extra-Curricular and Co-Curricular Activities Guidelines

1. Any student who is charged with a felony or a Class I misdemeanor or is petitioned for an offense that would be a felony or a Class I misdemeanor if committed by an adult, will be removed from all current teams and/or activities for a minimum of twenty (20) school days, and will remain ineligible until such time as the courts render the findings in the case. Pleas of -No Contest or as part of a deferred prosecution or -Prayer for Judgment Continued (PJC) will be considered convictions for purposes of these guidelines. In the case of co-curricular activities, the student will attend class and complete work related to the class, but cannot represent the school in any manner during an extra-curricular component of the class. If there are mitigating circumstances, the student may request a review of the evidence surrounding the charge by the Superintendent or his designee. The student is ineligible to participate in extra-curricular activities until a final decision is rendered by the Superintendent or his designee.
2. Any student athlete who is convicted of a felony or is adjudicated delinquent for an offense that would be a felony if committed by an adult is barred from participation in interscholastic athletics for the remainder of his/her high school career per NCHSAA guidelines. Students involved in other extracurricular or co-curricular activities who are found guilty of a felony or are adjudicated delinquent for an offense that would be a felony if committed by an adult are not eligible to represent the school in such activities for the remainder of their high school careers. Students found guilty of a Class I misdemeanor or are adjudicated delinquent for an offense that would be a felony if committed by an adult are not eligible to participate in teams and/or activities for the remainder of the school year. These guidelines also apply to middle school students; however, eligibility is restored once the student first enters ninth grade per NCHSAA guidelines.
3. Any student charged with a Class II or III misdemeanor or is petitioned for an offense that would be a Class II or III misdemeanor if committed by an adult that takes place on school grounds, during a school sponsored event, or in the course of representing the school will be removed from all current teams and/or activities for a minimum of twenty (20) school days, and will remain ineligible until such time as the courts render findings in the case. Pleas of -No Contest or as part of a deferred prosecution or -Prayer for Judgment Continued (PJC) will be considered convictions for purposes of these guidelines. In the case of co-curricular activities, the student will attend class and complete work related to the class, but cannot represent the school in any manner during an extra-curricular component of the class. If there are mitigating circumstances, the student may request a review of the evidence surrounding the charge by the superintendent or his designee. Students found guilty of a Class II or III misdemeanors or are adjudicated delinquent for an offense that would be a Class II or III misdemeanor if committed by an adult are not eligible to participate in teams and/or activities for the remainder of the semester.
4. Mitigating circumstances may include:
 - Having no history of disciplinary problems;
 - Having a significant amount of time pass since the student's last disciplinary problem;
 - Being a passive participant or playing a minor role in the offense;
 - Reasonably believing the conduct was legal;
 - Acting under strong provocation;
 - Aiding in the discovery of another offender;
 - Making a full and truthful statement admitting guilt at an early stage in the investigation of the offense;
 - Displaying an appropriate attitude and giving respectful cooperation during the investigation and discipline process; or mitigating circumstances do NOT exist solely because of demonstrated prowess in a sport or activity or the potential of scholarships or grants in aid.
5. A second unrelated felony or misdemeanor charge or a juvenile petition for an offense that would be a felony or misdemeanor if committed by an adult, will automatically result in removal from all teams and/or activities for the duration of the school year.
6. Any student suspended out of school six (6) days (for a single offense) for high schools on block schedule or ten (10) days (for a single offense) for high schools on traditional schedule will receive a ten (10) school-day suspension from any extracurricular activity. Any middle school student suspended out of school for ten (10) days for a single offense will receive a ten (10) school-day suspension from any extracurricular activity. Per middle school sports guidelines, a second out-of-school suspension during the sports season will result in the student being removed from the team/squad for the remainder of the season.
7. National and state organizations, school clubs, and athletic teams with rules or by-laws that prescribe stricter consequences for student misconduct will supersede the above guidelines.
8. It is expected that all athletic teams will have team rules that address the off campus behavior of students/athletes regarding drugs and alcohol. These rules should outline consistent consequences that limit and/or prohibit participation by students/athletes involved in such activities.
9. Students who are found not guilty will be eligible for reinstatement to the team or activity immediately. Pleas of -No Contest or as part of a deferred prosecution or -Prayer for Judgment Continued (PJC) will be considered convictions for purposes of these guidelines, and students must serve the 20 day suspension from activities.
10. Students involved in co-curricular activities with a required extra-curricular component, such as band, chorus, vocational clubs, etc., will be given alternative assignments to avoid a negative impact on their academic standing in such classes.
11. Principals are asked to communicate and collaborate in dealing with such situations. This is especially important in charges and arrests involving more than one school. All schools are expected to follow these guidelines.
12. Students charged with crimes during the summer months shall be subject to these guidelines beginning the first day of the school year if the charges are still pending at that point.
13. Affected students and their parents will be informed in writing regarding all decisions and actions taken relative to these guidelines.

Gfeller-Waller NCHSAA Student-Athlete & Parent/Legal Custodian Concussion Information Sheet

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-things bother you more easily	Sleeping more than usual
Taking longer to figure things out	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Feeling sick to your stomach/queasy	Being more moody	Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up	Feeling nervous or worried	Feeling tired
	Dizziness	Crying more	
	Balance problems		
	Sensitivity to noise or light		

Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)

What should I do if I think I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions.

You should not return to play or practice on the same day as your suspected concussion.

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina

You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.

Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.

Rev May 2018

Approved for use in 2021 - 22 School Year

Gfeller-Waller Concussion Clearance & NCHSAA Return to Play Form

Form must be filled out by physician indicating the release of the student athlete to return to play from their injury. No longer will a doctor's note be sufficient. This form must be on file. Forms can be obtained from Athletic Trainer, Head Coaches and Athletic Director.

DID YOU KNOW??

Only about 2% of high school athletes earn a sports scholarship to a NCAA school

FOOTBALL

6% of high school senior football players will play in college	1 in 16
1.7% of college football seniors will be drafted by the NFL	1 in 50
.08% of high school seniors will be drafted by the NFL	1 in 1250

BASKETBALL

3.1% of high school basketball players play in college	1 in 35
1.2% of senior basketball players will be drafted	1 in 75
.03% of high school basketball players will be drafted	1 in 3333

WOMEN'S BASKETBALL

3.5% of high school basketball players play in college	1 in 33
.9% of senior basketball players will be drafted	1 in 100
.03% of high school basketball players will be drafted	

BASEBALL

6.4% of high school baseball players will play in college	1 in 17
8.9% of senior college baseball players will be drafted	1 in 11

THE BOTTOM LINE:

The odds of playing a college sport are minimal

And the odds of earning a scholarship are even worse....

Your best bet of capturing money to attend college is to **succeed in the classroom**

Students / families who do not have adequate personal insurance should follow the directions below to obtain mandatory coverage for their student.

Student Insurance

Go to the following website:

www.studentinsurance-kk.com

Step 1: Under "Get Quote / Buy Online" choose "K12 Voluntary" and Click **Go**

Step 2: Under "School System Name" fill in "Lexington City" and select "North Carolina" Click **Search**

Step 3: Lexington City Schools will appear. Select your school (Lexington Senior High) and click **Continue** at the bottom.

Step 4: Complete the student information sections and click **Load Available Plans**

Step 5: Choose the plan that best fits your needs and click **Continue**

Step 6: After you have entered all the information, the remaining is where you will set up billing information. If you have problems with the site, contact:

Lawrence Braxton at American Advantage - 1-800-232-9601

- Additional information provided by Athletic Office.

REAL D1 ATHLETES

- **DON'T HAVE D'S AND F'S ON REPORT CARDS**
- **DON'T MISS SUMMER WORKOUTS**
- **DON'T FINISH LAST IN CONDITIONING DRILLS**
- **DON'T FAKE INJURIES TO AVOID CONDITIONING**
- **DON'T RUN FROM COMPETITION**
- **DON'T CRY ABOUT BEING COACHED HARD**
- **HAVE TO BE MOTIVATED**

ARE YOU D1 MATERIAL?

**Go Pro
Prepared
Responsible
Outstanding**

“Be Somebody”