

Central Lyon Athletics



Parent/Student Information

ATHLETIC DEPARTMENT DIRECTORY

ACTIVITIES DIRECTOR – JASON ENGLEMAN (JENGLEMAN@CENTRALLYON.ORG)

HEAD FOOTBALL & WRESTLING – CURTIS EBEN (CEBEN@CENTRALLYON.ORG)

HEAD VOLLEYBALL – JAMIE SCHAR (JSCHAR@CENTRALLYON.ORG)

HEAD CROSS COUNTRY – LORI FIEDLER (LFIEDLER@GEORGE-LITTLEROCK.ORG)

HEAD BOYS' BASKETBALL & GIRLS' GOLF – BEN GERLEMAN (BGERLEMAN@CENTRALLYON.ORG)

HEAD GIRLS' BASKETBALL – HEATHER GRAFING (HGRAFING@CENTRALLYON.ORG)

HEAD BOYS' GOLF – CHRIS WRIGHT (CWRIGHT@CENTRALLYON.ORG)

HEAD BOYS' TRACK – DAN SNYDER (DSNYDER@CENTRALLYON.ORG)

HEAD GIRLS' TRACK – TOBY LORENZEN (TLORENZE@CENTRALLYON.ORG)

HEAD BASEBALL – BEN DOCKER (BDOCKER@CENTRALLYON.ORG)

HEAD SOFTBALL – JEFF JAGER (JJAGER@CENTRALLYON.ORG)

EXPECTATIONS OF STUDENT ATHLETES

- ONCE A STUDENT HAS CHOSEN TO PARTICIPATE IN A SPORT OR EXTRACURRICULAR ACTIVITY, THEY HAVE MADE A CHOICE TO UPHOLD TO CERTAIN STANDARDS EXPECTED BY THE DISTRICT AND COMMUNITY.
- CENTRAL LYON EXPECTS ITS STUDENT-ATHLETES TO CONDUCT THEMSELVES AS “GOOD CITIZENS” OF THE SCHOOL AND COMMUNITY AT ALL TIMES.
- **ACADEMICS ALWAYS COME FIRST!**

CO-CURRICULAR ACTIVITIES – CODE OF CONDUCT

- The following code of conduct pertains to any Central Lyon Community School student who is participating in co-curricular activities.
- Any student involved in co-curricular activities whose conduct would make him or her unworthy to represent the ideals, principles, and standards of his or her school may be ruled ineligible by the school board and school and will remain ineligible until the school administrator reinstates that student's eligibility. The determination and period of ineligibility are the responsibility of the Principal and Athletic Director. Due process, as outlined in Board Policy 503-4, will be afforded all students.

THE RULES ARE LISTED BELOW:

1. In the event that a student comes under the jurisdiction of any court for juvenile delinquency or is charged with a crime, except minor traffic violations, he/she may be declared ineligible to participate in co-curricular activities.
2. In the event that a student admits to, or is found guilty of, illegal use and/or possession of or use of tobacco, and/or drugs, and/or alcoholic beverages, he/she shall be declared ineligible for participation in co-curricular activities. It is understood that the student will be given due process rights in all instances, and that the school administration and school board have approved these conduct rules.

FIRST OFFENSE:

- **OPTION A** - The student will not be permitted to participate in twenty-five percent of the scheduled contests or performances during the season of the violation or if the violation occurs out of season the penalty will be imposed during the next co-curricular activity in which the student elects to participate.
- **OPTION B** - The student can elect to participate in eight hours of counseling with approval and a referral from a school official. Court Assigned JADE will provide the counseling services that will deal directly with the substance abuse. Costs for counseling will be the responsibility of the student and/or parents or guardians. In addition, the student will also not be permitted to participate in one scheduled contest or performance during the season of the violation or if the violation occurs out of season the penalty will be imposed during the next co-curricular activity in which the student elects to participate.

SECOND OFFENSE:

- If this offense occurs during a student's probationary period, the student will not be permitted to participate in fifty percent of the total scheduled contests or performances during the season of the violation starting with the next contest or performance. If the violation occurs out of season, the penalty will be imposed during the next co-curricular activity in which the student elects to participate. The student will be referred and required to participate in and complete a substance abuse program, at his/her own expense.
- The time remaining on probation will be extended to twelve months.

THIRD OFFENSE

- A third offense within any probationary period will result in a one-year suspension from all co-curricular activities. The student will also be required to complete a substance abuse program, at their own expense, to regain eligibility.
- In the event of a violation of the good conduct rules, the student and his/her parents/guardian will meet with a committee composed of the following school personnel: Principal, Athletic Director (if athletics are involved), activity sponsor, and/or coach. The student's probationary contract and terms of probation will be discussed. If a substance abuse program is chosen or required, the student and his/her parents/guardian will meet with the aforementioned committee and the counselor upon completion of the substance abuse program.

SPECIAL PROVISIONS

- 1. Each day of actual competition will count as one event when completing the period of ineligibility.
- 2. Mid to late-season suspensions - If the number of events a student is ineligible to participate in exceeds the number remaining in the current season, the ineligibility will carry over into the next season or activity. The numbers of activities or events carried forward will be pro-rated.
- 3. After each violation of the good conduct rule a student is on probation for a year. If no violations occur during the probationary period, the student's previous violations are eliminated from his/her record.
- 4. The student must participate in all practices while ineligible, unless the period of ineligibility is one year.
- 5. Each activity sponsor shall retain the prerogative to add additional regulations pertaining to the activity. Example - training hours, attendance requirements, etc. A copy must be on file with the principal and athletic director.
- 6. In the event the situation occurs which is not covered in this policy, the building principal will provide a ruling based under his belief as to what the intentions of this policy are.

SPECIAL PROVISIONS

- 7. Percentages of activities or events will be based on regular season contests and/or performances.
- 8. If violation of rule two (2) involves tobacco, counseling will be provided by the school's guidance counselor.
- 9. Definition of Substance Abuse Program: Program on substance abuse provided by a state licensed agency.
- 10. When a student has started (enrolled) his second year of high school, he/she will not be permitted to use a co-curricular activity he/she has not previously participated in to work off a period of ineligibility without the approval of the Principal.
- 11. Actual competition will be defined as, one calendar date in which a student is scheduled to participate in public.
- 12. The school board reserves the right of early reinstatement of student's eligibility if recommended by an administrator.

Co-Curricular Activities – Code of Conduct

Students apprehended and charged by a law enforcement agency during the school year for violation of the above rules must report the violation the next day that school is in session. Failure to report the violation may result in a one-year suspension. When school is not in session, the student committing the violation shall report it no later than the next day school is in session. If the student is involved in a summer event or sport he/she must report the violation to his/her sponsor or coach during the next practice or event.

ACADEMIC ELIGIBILITY

ACADEMIC RULE: TO BE ELIGIBLE TO PARTICIPATE IN CO-CURRICULAR ACTIVITIES, A STUDENT MUST PASS ALL OF HIS/HER REGULAR ACADEMIC COURSES

- **QUARTER FAILURE:** 4 weeks ineligibility period
- **SEMESTER FAILURE:** Ineligibility period of 30 calendar days*
*State of IA Scholarship Rule
- **MAY-TERM FAILURE:** 2 weeks ineligibility period

ACADEMIC ELIGIBILITY POLICY

- The Board of Education of Central Lyon Community Schools, in cooperation with the staff and administration, has established an academic eligibility policy for students who choose to participate in co-curricular activities. Activity participants not only represent themselves as individuals, but also represent the school and community in a role different from the rank and file student.
- In order to participate in co-curricular activities at Central Lyon High School, a student must meet the following academic requirements.

Academic Eligibility Policy

1. The ineligibility period will begin at the start of the next quarter, or May Term. If ineligibility carries over to the next school year; the ineligibility period will begin at the start of the next quarter of the student/athlete's co-curricular season.
2. All students who are declared ineligible due to grades may request a hearing with the appeals board. The board may grant an exception to the eligibility requirements due to student illness, family problems, improper placement, or other extenuating circumstances. The appeals board will consist of four members: Two teachers, (one of whom is the activities administrator), one board member, and the high school principal. If the decision of the appeals board is appealed by the student, the board member will abstain from the final decision.

Academic Eligibility Policy

3. A student may practice during the ineligibility period at the coach's discretion with the understanding that after school help may cause the student to be late for practice.

4. A student who has a failing grade for May Term will be ineligible for two weeks of school-sponsored events. If the student does not participate in school-sponsored events throughout the summer, the ineligibility period will begin at the start of the student/athlete's co-curricular season, and he/she will miss a minimum of one event. No other summer activities qualify to regain eligibility. A student who fails a fourth quarter class will be ineligible during May Term. If the student does not participate in school-sponsored events throughout the summer, the ineligibility period will begin at the start of the student/athlete's co-curricular season and he/she will miss a minimum of two events. No other summer activities qualify to regain eligibility.

5. When a student has started (enrolled) his second year of high school, he/she will not be permitted to use a co-curricular activity he/she has not previously participated in to work off a period of ineligibility without the approval of the Principal. Reference: Central Lyon Board Policy Code 504.6

Academic Eligibility Policy

6. Language of the State of Iowa scholarship rule. Each contestant shall be passing all coursework for which credit is given and shall be making adequate progress toward graduation requirements at the end of each grading period. Grading period, graduation requirements, and any interim periods of ineligibility are determined by local policy. For purposes of this sub rule, “grading period” shall mean the period of time at the end of which a student in grades 9 through 12 receives a final grade and course credit is awarded for passing grades. Subject to the provision below regarding contestants in interscholastic baseball or softball, if at the end of any grading period a contestant is given a failing grade in any course for which credit is awarded, the contestant is ineligible to dress for and compete in the next occurring interscholastic athletic contests and competitions in which he or she is a contestant for 30 calendar days.

7. If at the end of any grading period a participant receives a failing grade in any course for which credit is awarded, the participant is ineligible to participate in any competitive event sanctioned by the IHSMA or any IHSMA sponsored event that is non-graded (event doesn't affect course GPA) within a period of 30 calendar days. The period of ineligibility will begin with the first school day following the day grades are issued by the school district.

REQUIRED FORMS AND INFORMATION

1. PHYSICAL FORM (WITHIN 1 CALENDAR YEAR)
2. CONCUSSION AWARENESS FORM
3. ACKNOWLEDGMENT OF INSURANCE FORM
4. IMMUNIZATION RECORDS

ALL OF THE ABOVE SIGNED FORMS **MUST** BE ON FILE IN THE HIGH SCHOOL OFFICE PRIOR TO PRACTICING/COMPETING.

IMPORTANT RULES TO REMEMBER

- Athletes are expected to attend all practices, meetings, and games. The coach should be notified of an absence by the student or parent prior to the absence.
- To be eligible to participate in practice or games, an athlete must be in school for a minimum of half a day.
- If suspended, the student is ineligible to participate or practice until the suspension is over.
- Athletes are required to travel on the team bus or vehicle unless prior permission is granted by the coach or Activities Director.

STUDENT PARTICIPATION GUIDELINES

1. The in-season sport/activity has priority over all other activities/events. Participation and attendance for all practices/events is mandatory.
2. Central Lyon sports/activities that are not in season will take 2nd priority for practice/event time.
3. Any sport/activity/camp that is not affiliated with the school district must not cause attendance conflicts with Central Lyon Activities.

PARENT CONCERN PROCEDURE

Follow the chain of Command

1. Student-Athlete should talk with the coach
2. If the issue/concern is not resolved, then the parent should contact the **Coach**.
3. If issue/concern is not resolved, then the parent should contact the **Activities Director**.

Always make an appointment with the coach.

PARENT CONCERN PROCEDURE

- **“24 Hour Rule”** Do not approach a coach before, during, or after a practice or game. Please wait 24 hours until making contact with a coach to have a chance to reflect and gather all the information.
- We ask that parent concerns remain between the student-athlete, parents, and coach/activities director.
- Negative Comments and/or criticism posted on social media and voiced in the community do not reflect well on all those involved.

INAPPROPRIATE TOPICS TO DISCUSS WITH THE COACH AND/OR ACTIVITIES DIRECTOR

1. PLAYING TIME
2. TEAM STRATEGY OR PLAY CALLING
3. OTHER STUDENT-ATHLETES

ATHLETIC INJURIES

- If an athlete is injured during a practice or game, they should report it to their coach immediately.
- Trainers on site will help evaluate the injury, if necessary.
- If an injury requires a doctors examination, a signed, written release by a doctor is required to allow the athlete to resume activity.
- Head Injuries are to be treated with extreme caution. Concussions are a **serious** matter.
 - All head injuries suffered during competition will require examination by a trainer. The coach and trainer will follow concussion protocol before allowing an athlete to re-enter a game or practice.

ATHLETIC SCHEDULES AND INFORMATION

- CENTRAL LYON CSD WEBSITE
- CENTRAL LYON ACTIVITY CALENDARS *AVAILABLE IN THE HS & ELEM. OFFICES
- NOTIFICATIONS
 - FACEBOOK
 - TWITTER
 - JMC

BENEFITS OF HIGH SCHOOL ATHLETICS

- Complements your school experience
- Affords students opportunities to learn about teamwork, sportsmanship, self-discipline and hard work
- Fosters success in later life
- Promotes positive behaviors and deters negative behaviors
- **Studies have proven:** students who participate in educational based activities have higher GPAs , lower dropout rates, fewer discipline problems, higher college admission test scores, better attendance and better relationships with students who are academically focused.

DECISION MAKING

Central Lyon Administration and Coaches will do what it takes to support and provide resources needed to assist all students in achieving success both in and out of the classroom.

All decisions made will be based on the policies put in place by the IAHSAA, IGHSAA, Central Lyon Board of Education, and what is best for the **STUDENT**.

As a district, we believe in communication and collaboration and when making important decisions we will do our absolute best to seek out and gather all pertinent information to make a quality decision.

FAMILY NIGHT

WEDNESDAY NIGHT IS REGARDED AS FAMILY NIGHT AT CENTRAL LYON AND THE REST OF THE SIOUXLAND CONFERENCE.

- NO ATHLETIC PRACTICE WILL CONTINUE PAST **6:30 P.M.** UNLESS PRIOR APPROVAL HAS BEEN GRANTED BY ADMINISTRATION.
- STUDENTS MUST BE OUT OF THE BUILDING BY **6:40 P.M.** ON WEDNESDAY EVENINGS.