

DLJH BOYS ATHLETIC

PARENT MEETING

2022 – 2023



INTRODUCTIONS

- David Perez – Head Football & Campus Coordinator
- Adam Archibeque – HS Wrestling & Assistant Football
- Lenhurst O’Brien – HS Basketball & Assistant Football
- Lekenwic Haynes – Head Track & Assistant Football
- Eric Soehnge – Head Soccer & Assistant Football
- John Andrews – Head Basketball & Assistant Track
- Austin Garner – Assistant: Football, Basketball, Track
- Hayden Wooten – Assistant: Football & Basketball
- Erman Moore – Assistant: Football & Basketball
- Austin Dorsett – Assistant: Football & Track
- Laura Alvarez – Head Cross Country
- Mackenzie Baker – Head Tennis



PHILOSOPHY

- Multi-Sport
 - We will never tell or ask your kid to specialize
 - **Over 85% of our high school athletes are multi-sport competitors**
- Emphasis on:
 - Having Fun
 - Gaining Experience
 - Building Self-Discipline
 - Vertical Alignment
- Goals are to prepare our student athletes for:
 - Challenges presented during their everyday lives
 - Next level of play
- Program will thrive on:
 - Efficiency
 - Consistency
 - Drive for excellence



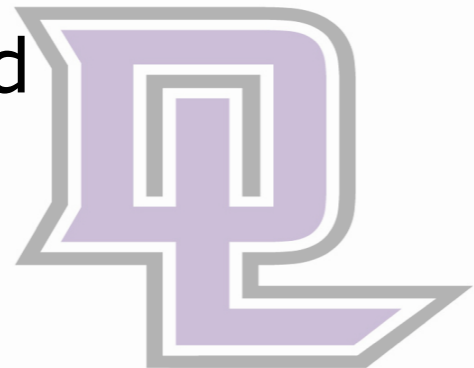
ATHLETIC REQUIREMENTS

- Current Physical
 - Must be dated after **May 1st, 2022**
 - <https://www.lcisd.org/docs/default-source/campus-documents/Leaman-Junior-High/Athletics/physical-form.pdf?sfvrsn=8>
- **RankOne Forms** must be completed online
 - <https://lamarcisd.rankone.com/New/NewParentLogin.aspx>
- Copy of **Birth Certificate**
 - We cannot make copies or accept it via email
- Current **Utility Bill**
 - Must be dated after **August 1st, 2022**
 - Electricity, water, gas, and/or deed to home can will be accepted
- **Athletic Contract**
 - Must be **signed before** receiving equipment or tryouts
- **NO** equipment will be issued until all documents are submitted
- Football Deadline: **August 24th, 2022 @ 4PM**
- All other sports deadline: **(PRIOR TO TRYOUT)**



ATHLETIC CONTRACTS

- We hold our athletes to the highest standards
 - They are to be upstanding citizens and leaders on campus & on the field
 - We understand they are children, but it is time for them to understand that choices have consequences
- We will provide **athletic reminders** for athletes who are not meeting Leaman's athletic standards
 - Athletic reminders must be completed before returning to play this includes practices
 - Frequent Athletic reminders can cause for removal from the athletic/competition setting entirely
- Athletic Contracts must be signed and submitted before any tryout and receiving equipment.
 - **Athletic participation is a privilege not a right!**



GRADING POLICY

- Weekly grade checks
 - Tutorials are offered daily
- Failing a grading period and is active on a roster
 - All equipment issued will be collected (season length is short)
 - Practices will be voided until grades have been picked up
 - At no point will there be a grade change to obtain athletic participation (Even with a grade change they are still ineligible)
 - Student-Athletes will not be allowed to be on the sideline, bench, serve as managers, and or assist at any capacity until they are passing all classes at progress report. (Equipment will not be reissued)



INJURY POLICY

- Trainer/Doctor Note
 - **We can only treat injuries that occur on or in LCISD facilities**
 - **If an injury occurs in another entity the student-athlete must go to a physician 1st and bring a note**
 - **Student-athletes will practice unless they have a physicians note or a note from our trainers that states other wise (parent e-mails do no qualify for athletes to sit out)**
 - Must obtain physician clearance note prior to returning to play
- Concussion Protocol
 - There is a **5 day return to play protocol** plan that must be followed if an athlete is suspected of sustaining a concussion
- CFHS Training Staff
 - Head AT – Amber Jones (amber.jones@lcisd.org)
 - Asst. AT – Cassidy Burke (cassidy.burke@lcisd.org)
 - Treatment will be everyday at 7:30 AM & I must be notified the day before to enter the training room



CONCUSSION PROTOCOL

- If a player is **suspected** to have a concussion, they will go through a thorough evaluation with our athletic trainers.
- They will then be **referred to the doctor** where they will need to be cleared by a doctor to start the return to play protocol with our trainers.
- The return to play order is below:
 - Day 1: light aerobic exercise
 - Day 2: moderate aerobic exercise
 - Day 3: sport specific drills (no contact)
 - Day 4: sports specific drills (light contact)
 - Day 5: full contact but NO games
 - Day6: full participation
- **A doctor's note does not clear them to full participation, this ONLY clears them to start return to play protocol.**



ADDITIONAL INFO

- Medical Info
 - Please ensure that we have any medications or items they will need incase they need them while they are under our care
 - (EX. Inhaler, EpiPen, Insulin)
 - We will label & keep them in our medical bag
- Laundry
 - **We will sell athletic clothes for major sports (\$20)**
 - In LCISD we provide a laundry services
 - Athletes will turn in all athletic clothes **daily**
- Community Service Hours
 - Provide opportunities for our athletes to obtain community service hours for NJHS



COACH/ATHLETE/PARENT RELATIONSHIPS

- Items **not appropriate** for discussion with coaches:
 - Team Strategy (Vertical Alignment)
 - Play Calling (Vertical Alignment)
 - Playing time (Letters of teams should not matter)
 - Any situation that deals with other student athletes
- If an issue does arise you may contact position coach 1st to schedule a conference
 - **24 HOUR RULE**
- We have team goals beyond those of any personal goal



PARENT GUIDELINES

- Be a good fan in the stands
 - Parents be aware that the school can (**and should**) remove them from the premises and can prohibit them from attending future contest due to undesirable behaviors
 - **Please refrain from stepping on any field or court during contest**
 - Practices are closed to athletes and coaches.
- Disrespectful Conduct
 - Any sort of profanity, actions that demean individuals, opposing teams, & officials
- Officials
 - Officials are here to ensure your child's safety and keep the integrity of the game to the best of their abilities.
 - Remember it is JH (**Let the kids play**)
- In game injury
 - **Please remain off the field/court**
 - Possible removal from current & future events if guidelines aren't followed
 - **Locate our security (**Bright Yellow Shirts**) after we have accessed the injury, we will have you escorted on the field if necessary**



FOOTBALL

- Time Frame
 - August – November
- Teams
 - A, B, C
 - The playing time is what matters not the label of the team
 - **Non-cut sport**
- Equipment
 - We provide everything except cleats
 - Personal Helmet Guidelines
- Practice
 - PM only
 - Schedule is tentative
 - No practices on either game day after scrimmage
- Games
 - Only play within LCISD
 - Guaranteed 7 games
 - All athletes ride bus to and from game



BASKETBALL

- Time Frame
 - November – February
- Requirements
 - **If not playing football student athlete will start the year in PE setting**
 - If he makes one of the teams, then he will be moved in the major sport period
- Teams
 - 2 teams per grade & we keep 24 per grade level
 - **4-day** tryout
 - Over 100 tryout
 - This is a **cut sport**
- Practices
 - 7th in AM & 8th in PM
- Head Coach: John Andrews



TRACK & FIELD

- Time Frame
 - February – March
- Practices
 - AM only for both grades
- Breakdown
 - 1 practice meet, 1 district preview, 2 tri-meets, & District
- Requirements
 - Does not need to be in Major Sports
 - All proper documents need to be submitted prior to tryouts
- The **top athletes** in event will compete
- Head Coaches: Lekenwic Haynes & Laura Alvarez



SOCCER

- Requirements
 - Does not need to be in Major Sports
 - All proper documents submitted prior to tryout date
- Time Frame
 - April – May
- **Pilot Program**
 - 1 team mixed grades
- Tryouts
 - **4-day process**
 - Roster #'s still pending
- Practices
 - TBD
- Head Coach: Eric Soehnge & Senna Woest



INDIVIDUAL SPORTS

- REQUIRED DOCUMENTS ARE SUBMITTED PRIOR TO TRYOUT
- Cross Country
 - Head Coach: Laura Alvarez
 - AM Practices only
 - Timeframe: October – November
 - Rosters: **Top 10 per grade** will compete
- Tennis
 - Head Coach: Mackenzie Baker
 - AM Practices only
 - Time Frame: March – May
 - Rosters: Mixed grades & **Top 12** will compete
 - Singles & Doubles



MISCELLANEOUS

- Fundraising
 - Fan Shirt
 - Fan Cloth
 - Group Fund
- **Sportsyou**
 - J8NFWY28
- Meals
 - Kristine Kanthack
 - Teriyaki Madness
- **Burning Questions:**
 - <https://forms.office.com/r/tZ4P3TUkDR>

