

**Laguna Middle School Athletics  
Parent / Student Guide to Athletics**

Sports at Laguna Middle School are run under the authority and guidance of the San Luis Coastal Unified School District (SLCUSD) and Laguna Middle School

**Terri Norlock and Val Wright - Athletic Directors**

**Philosophy**

Our Athletic Department strongly endorses a vision that emphasizes the educational goals that accompany competitive sports. We believe that developing a true love of sport is the key challenge confronting interscholastic competitive programs. We believe "love of sport" flows from an appreciation of the unique challenges each sport presents to players and coaches. The rules, tactics, and demands of each kind of game differ profoundly. These differing characteristics of sport are what provide the wonderfully diverse opportunities for human beings to strive, to overcome, to excel.

We also believe that regardless of which sport one plays, there are certain central human values that are worthy of our focus as educators. We focus our attention on the following values:

**SPORTSMANSHIP:** Respecting oneself and others; maintaining a respectful attitude while in pursuit of challenging goals; the ability to resist the temptation to blame others for personal frustration.

**TEAMWORK:** Understanding the importance of working cooperatively with others; bringing out the best in others; helping others rise above their individual imperfections.

**SELF-DISCIPLINE:** Making strong commitments to the development of mind and body; accepting responsibility to care for the environment that provides opportunity for every student.

We will have Tryouts for all sports. This is a time for athletes to check out the sport and make a determination whether they would like to play the full season. Coaches will make every effort to communicate with players on where they stand on the team. Our teams encourage healthy competition for all athletes in the program. Any student may tryout for any sport. Once a student is a member of a team, they must complete the Athletic Clearance Packet.

**Seasons of Sport**

Our seasons of sport are determined by our neighboring schools and districts and a tradition of playing the varying length of seasons. Part of this is determined by the available competitions.

**Seasons of sport 2018-19**

**Fall Sports**

Girls Volleyball  
Cross Country

**Approximate season**

Aug 22 - Oct 27  
Aug 27 - Oct 27

**Winter Sports**

Boys Basketball  
Girls Basketball

Oct 22 – Jan 26  
Nov 27 - Feb 24

**Spring Sports**

Boys Volleyball  
Spring Boys Soccer  
Spring Girls Soccer  
Wrestling  
Track and Field

Feb 12 - April 13  
Feb 25 - April 13  
Feb 25 - April 13  
Feb 20 - April 13  
April 9 - May 18

## **Athletic Clearance**

The Athletic Director must clear all athletes for participation. No athlete will be allowed to begin practicing until the students are on the official clearance list as generated by our Athletic Department.

All student athletes must turn in a completed **Athletic Clearance Form and Physical form** prior to the first practice.

## **Academic Eligibility**

The first priority at Laguna Middle School is academics and citizenship. Students involved in extracurricular experiences must maintain their academic grades and citizenship to represent Laguna responsible at other schools and within the community. No student on activity probation is eligible.

### **SCHOLASTIC REQUIREMENTS**

Students must have a "C" average or better. Grades are based on the most recent grade check. Once a student becomes an officer or team member, the same grade requirements must be maintained.

Failure to maintain grade requirements will result in the following:

- Team members dropping a below a "C" average are restricted from participating in regularly scheduled games for two weeks. Students will be required to attend practice and home games, but not travel.

Full participation may resume when the grade average is a "C". Continued grade ineligibility will result in dismissal from the activity.

### **CITIZENSHIP AND CONDUCT REQUIREMENTS**

Extracurricular activities are earned privileges and not rights. A student will be placed on activity probation if any of the following actions occur:

1. Cut school (one period or more).
2. Suspended from school or assigned alternative in lieu of suspension.
3. Permanently dropped from a class for disciplinary reasons.
4. Received referral during an extracurricular activity that warrants restriction from future activities.
5. Accumulated behavioral referrals that warrant disciplinary action and restriction from extracurricular activities.

If students have been responsible for any of the above actions, they will be placed on activity probation. The discretion of the administrator will determine the length of the activity probation.

### **Event Transportation**

Laguna Middle School is sponsoring all of our athletic teams. For almost all trips, will use district transportation. Our goal at LAMS is for all team members to travel on the bus both to and from athletic competitions. Athletes may ride home with their parents, long as they sign out their student. Our coaches will have a sign out sheet at all "Away" events.

### **After Event Pick-up**

We expect that parents be available to pick up their students after an athletic contest. We would hope that parents would be at school no later than 5 min after the bus returns to school. We ask that athletes notify their parents by phone while on the bus so that coaches don't have to wait with athletes at school.