

LOWELL SCOTT MIDDLE SCHOOL ATHLETE – PARENT HANDBOOK



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Table of Contents – Athletic Handbook

Athletic/Activity Card Fees	3
Pay to Play Explanation Letter	4
Lowell Scott Middle School Athletic Philosophy	5
Cheerleading Eligibility Requirements/Rules	6 – 9
Athletic Uniform Information and Agreement	10
Concussion Fact Sheets	11 – 12
Parent Forms (to Be Signed and Returned)	13 – 16

Athletic Fees Schedule

Due to our desire to have a quality athletic programs, fees are required to offset the costs of officials, coaching staff, uniforms, and equipment.

All athletes must pay the following fees to LSMS for athletics:

- LSMS Activity Card \$22.26
- Middle School Pay-to-Play Fee \$90.00, per sport
- Spirit Pack Fee (if applicable to sport) \$40.00, per sport

These fees are required prior to the first PRACTICE and must be paid in full for the athlete to be eligible to participate in the sport. Failure to pay will result in athlete not being allowed to practice until fees are paid in full, and practice requirements must be met before athlete can participate in games.

NO REFUNDS of Athletic and Activity Card fees
after the date of the first practice.

Pay to Play Explanation Letter

Parents,

The Pay to Participate fee is a district mandated fee that came about two years ago when the levy didn't pass. Because the district lost so much in funding, it was not able to pay for their athletic coaches and club advisors. To still provide these sports and activities for the students, the district introduced the Pay to Participate fee. For each middle school sport a student is involved in, they are required to pay a \$90.00 Pay to Participate fee. This money is sent directly to district, by our bookkeeper, and is used to pay coaches and advisors. All middle school and high school athletes are required to pay this fee in order to be on their team (high school is \$110.00 per sport).

The district requires the fee to be paid in full by the first practice in the Fall of 2019, in order to participate in cheerleading. You are able to pay the Pay-to-Play fee during school registration in August.

If you have any other questions, please feel free to e-mail me at:
gallegos.melissa@westada.org.

Thank you.

Sincerely,
Mrs. Gallegos
LSMS Cheer Coach

Lowell Scott Athletic Philosophy

With the basis of a strong character we can develop great athletes.

1. The student athletes of Lowell Scott Middle School will be committed to the school athletic program on and off season by:
 - Following the rules set by the coaches and the school.
 - Participating enthusiastically.
 - Making appropriate personal sacrifices for the good of the team.
 - Recognizing that student participation in athletics is a privilege.
 - Setting challenging and realistic goals.
 - Developing a winning attitude.
 - Maintaining high academic standards.
 - Being committed to skill development in their sport.

2. The student athletes of Lowell Scott Middle School will communicate openly and honestly with respect for coaches, teammates, parents, officials, and opponents by:
 - Developing a team attitude.
 - Being coachable, confident, positive, willing to learn and to improve.
 - Sharing appropriate individual and team concerns with the coaching staff.

3. The student athletes of Lowell Scott Middle School will demonstrate good citizenship and sportsmanship by:
 - Behaving with integrity.
 - Exhibiting pride in their team and school.
 - Playing by the rules.
 - Accepting responsibility as a role model for others.
 - Supporting other sports and under level teams.
 - Playing with dignity and grace, regardless of winning or losing.

4. The student athletes of Lowell Scott Middle School will develop and maintain mental and physical (health) behaviors by:
 - Being alcohol, tobacco, vaping and drug free.
 - Practicing self-discipline.
 - Abiding by school and district dress-code policies.
 - Dealing with challenges in a positive manner.
 - Abstaining from behaviors/practices that are dangerous and/or harmful to personal health.

Each individual coach will set standards for their team as to behavior in the classroom, practice rules, and team policies. Athletes must abide by these standards to be eligible to play.

Cheerleading Expectations, Rules, and Requirements

Cheerleading is the longest running sport at Lowell Scott Middle School and requires the most time commitment. Participation in cheerleading requires the most commitment from athletes and parents due to the length of the season and the requirements for practices, games, performances, and functions. Athletes are expected to start practice the first week of school, and the cheerleading season ends in April. Cheerleaders are expected to be fully committed to participating the entire season, and practices, games, performances, and functions are not “buffet style”, meaning an athlete cannot pick and choose what they will and will not participate in. Transportation for practices, games, performances, and functions needs to be worked out prior to committing to the athlete participating in this sport; transportation problems need to be considered before the athlete commits to cheerleading as all fees are not refundable once the season starts, and repeated transportation troubles are not considered an excusable absence and will result in a cheerleader being removed from the team.

Practices:

Cheerleading practices will be held after school, in the cafeteria, on Mondays and Wednesdays from 3:30 to 5:00pm. Cheerleaders are expected to be on-time to practice, dressed and ready to start promptly at 3:30pm. For cheerleader safety, practice attire should be tighter fitting to the body. Practice attire is: cheer shoes, school appropriate athletic shorts (compression shorts are fine if they are longer in length), t-shirt or wide strapped tank top with no holes and no undergarments showing, and hair pulled back in a ponytail. No jewelry is allowed during practice (no earrings, no necklaces, and no bracelets). No cell phones can be out or used during practice.

Warm-ups and workouts are not optional; if a cheerleader chooses not to participate, they will be asked to leave, and the absence will count as an unexcused absence.

Missing practice due to injury or illness must be excused by a parent or doctor. If an athlete is sick and unable to attend school, the parent must call and excuse the athlete’s absence from school; this will not count as an unexcused absence when the athlete misses practice. If an absence is not called in, it will be considered unexcused. Multiple absences from practice, whether excused or not, can affect the athlete’s participation eligibility for games, performances, and functions. If an athlete is injured and cannot participate in practice, a doctor’s note is required to excuse them.

Friends are not allowed to accompany a cheerleader to practice and will not be allowed to watch practice. Due to lack of supervision and the safety of LSMS athletes, cheerleaders need to be off campus 15 minutes after the conclusion of practice or game.

Practices are NOT optional. Athletes must be present at all practices to participate in games, performances, and functions. Missing 3 team events, without prior excuse from a parent, will result in dismissal from the cheerleading team.

Games:

All cheerleaders are required to cheer at all home football games, and home basketball games. Cheerleaders are expected to be dressed, in full uniform, and in the cafeteria by 3:30pm on game days. Participation in cheering for games is not optional, and missing a game is considered an unexcused absence. Missing 3 team events, without prior excuse from a parent, will result in dismissal from the cheerleading team. Missing practice will result in loss of cheer time at games.

Attendance:

A student must be present all periods during the day of the event, performance, game or function to be able to participate in that performance or function unless deemed an extraordinary absence. A student suspended in school for more than one period or out of school on the day of an activity will not be allowed to participate in that activity, game, or practice. Athletes must be fully dressed and ready for practice and games by 3:30pm, and must be in, and remain in the cafeteria at 3:30pm or they will be considered tardy; cheerleaders being in the hallways, locker rooms, or bathrooms at 3:30pm, even if fully dressed for practice or games, will be considered tardy.

- After a cheerleader's 3rd tardy, a cheerleader will be removed from the squad.
- Not coming prepared for practice (not dressed appropriately, forgetting pom poms, etc.) will result in a tardy.
- If a cheerleader cannot attend practice, a game, performance, or function, the coach must be given prior notice, otherwise the absence will be considered unexcused.
- After 3 unexcused absences (cumulative with practices, games, performances, and functions), the cheerleader will be removed from the squad.

Uniforms:

The school provides the uniform shell top, uniform skirt, and pom poms for each cheerleader. These items will be checked out to the athlete and will need to be returned at the end of the cheerleading season. The athlete's family is responsible for replacing any LSMS issued uniform piece that is not returned or is damaged during the year. All cheerleaders will need to buy a Spirit Pack, which includes: briefs, cropped body suit, t-shirt, and a cheer bow. The cost of the Spirit Pack is \$40. Any additional items, such as sweatshirts or additional/replacement bows, briefs, or body suits, will not be provided to the cheerleader and are available for purchase.

Cheerleading shoes are required and are not provided by the school and are not included in the Spirit Pack fee; canvas shoes (i.e. Keds, Converse, Vans, etc.) and tennis/running shoes are not appropriate for cheerleading for safety reasons. Cheerleading shoes can be found online, and they range in price. Expensive cheerleading shoes are not required, and unless the athlete is

participating in competitive cheerleading outside of the school, expensive shoes are not recommended.

Practice, Game, Performance, Function Rules:

- No gum.
- No glitter or writing on body.
- Hair must be pulled back into a ponytail and secured with an elastic.
- No jewelry is allowed, ever. For safety reasons, all jewelry is prohibited. Medical medals or bracelets are not considered to be jewelry, but must be taped down for practice, games, or performances.
- Cheer shoes are required to wear to practice, games, and performances. Open toed shoes are not safe and will not be allowed. If your cheerleader does not have proper foot attire, they will not be allowed to participate (they will still be required to be in attendance but cannot cheer).
- Only water is allowed and will need to be in a water bottle. You must bring water to every practice, game, and performance.
- All uniforms must be kept clean and neat. You will be charged the full replacement value of the uniform for any damage to your uniform.

Academic Eligibility (aka Grades):

- All cheerleaders must be passing all their classes. Weekly grade checks will be done by the Athletic Director on Fridays. Cheerleaders will be notified of failing grades and the cheerleader will be required to raise their failing grade and supply Mrs. Gallegos with a signed note from the teacher of the class they are failing by the time a game starts, or they will not be allowed to cheer at that game; they will still be expected to attend the game and sit with the rest of the squad, but they cannot participate.
- The first week a cheerleader has a D or an F in any class(es), they will be warned about the failing grade and have that week to raise the grade to passing. They will receive a notification that they are “on warning” for grades.
- The second and any consecutive weeks a cheerleader has an F in any class(es), they will be ineligible to participate in practice, games, performances, or functions. Cheerleaders will be notified if they are ineligible to participate in cheerleading. They will not be allowed to attend practice, games, performances, or functions while they are considered ineligible. Once a grade is passing, the cheerleader can resume cheerleading duties.
- After 3 consecutive weeks of a failing grade in the same class, including the initial warning period, the cheerleader will be removed from the squad.

Behavior:

All cheerleaders are expected to adhere to the Lowell Scott Student Handbook. The Charger Cheer Squad represents Lowell Scott Middle School, and the West Ada School District. Coaches expect hard work, dedication, and cooperation. The cheerleading program will be successful because athletes will work as a team. Disrespectful behavior toward anyone, whether they attend or work at LSMS or not, will not be tolerated. Cheerleaders are expected to be good

sports at games and saying or yelling negative comments to or about another school will not be allowed. Coaches will treat each and every athlete with dignity and respect, and it is expected that cheerleaders will reciprocate the same treatment and respect. Adherence to dress code policies, abiding by rules inside the classroom and in the school building, abstaining from behaviors that would not be tolerated by staff at LSMS, and not being suspended from school are expected and required of all student athletes. Troubles with behavior or not following class/school/district rules are considered aggregate offenses, and the consequences below will not be started over for each violation. If there are any disturbances on the team, or any issues with behavior, the following measures will be taken:

- 1st offense: Verbal warning
- 2nd offense: Parent Contact and Cheerleader/Coach Conference
- 3rd offense: Limited loss of participation (practices, games, performances, etc.)
- 4th offense: Removal from the squad

Athletic Uniform Information and Agreement

Cheerleading uniforms will be issued prior to the first game. Due to the limited number of uniforms, Lowell Scott Middle School will do its best to fit the athlete with a uniform, but the uniform is not custom fitted to each athlete every year.

- Uniforms remain the property of Lowell Scott Middle School and are to be worn for athletic events only and are not practice wear or costumes.
- Athletes will sign out uniforms.
- Athletes and Parents are not allowed to modify the uniform in any way. Alterations and modifications to the uniform will deem the uniform damaged and will require replacement at the full cost to the athlete's family.
- Uniforms need to be maintained within the following guidelines:
 - Wash in Cold water
 - Use mild detergent
 - DO NOT bleach or use fabric softener
 - Uniforms should be allowed to air dry
- The coach will establish a uniform check-in day at the end of your season. **UNIFORMS MUST BE RETURNED TO THE COACH AT THIS ESTABLISHED TIME.** If the athlete does not return the uniform by the date set forth by the coach, a fine slip will be issued and turned in to the school bookkeeper.

Uniforms that are missing, stained, or in unusable condition will be charged a replacement fee.

Uniform Replacement Costs:

Uniform Piece	Price
Female Cheerleading Shell (Top)	\$70
Female Cheerleading Skirt	\$61
Male Cheerleading Top	\$70
Male Cheerleading Pant	\$69
Metallic Blue Pom Poms (pair)	\$22
Matte Pom Poms (pair) Yellow/Blue	\$18

Signing of the Handbook Acknowledgment Form (page 14 of the Handbook) signifies agreement to the terms of the issuance of a uniform to the athlete and acceptance of the financial responsibility to reimburse Lowell Scott Middle School for the full cost of the uniform pieces that are damaged, lost, or not returned to the school by the specified day at the end of the sport season.

CONCUSSION FACT SHEET FOR PARENTS



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

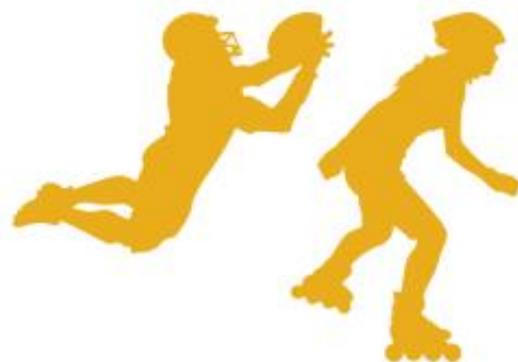
If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes



DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **SEEK MEDICAL ATTENTION RIGHT AWAY**
A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.
2. **KEEP YOUR CHILD OUT OF PLAY.**
Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.**
Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship a tall times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.

However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.



JOIN THE CONVERSATION  www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).



West Ada

SCHOOL DISTRICT

CONCUSSION INFORMATION ACKNOWLEDGEMENT FORM

Athlete: _____
Last Name, First Name

Sport: _____

I, _____ (*Parent/Guardian*), by signing below, hereby acknowledge that the West Ada School District has provided me with the necessary and appropriate information on concussions as mandated under subsection 33-1625, Idaho Code. The information included appropriate guidelines that identified the signs and symptoms of concussion and head injury, and described the nature and risk of concussion and head injury with standards of the Centers for Disease Control and Prevention.

I acknowledge that in addition to receiving the information in the above paragraph, that I understand the nature of concussion, the signs and symptoms of concussion, and the risks of allowing a student athlete to continue to play after sustaining a concussion.

Student Signature

Date (mm/dd/yyyy)

Parent/Guardian Signature

Date (mm/dd/yyyy)

Handbook Acknowledgement Form

We, the athlete and parent(s) of the athlete at Lowell Scott Middle School, by signing below, hereby acknowledge that Lowell Scott Middle School has provided us with the information in the Athletic Handbook, pages 1 through 21 as posted on the school website. We acknowledge that in addition to receiving the information in the Athletic Handbook, we have had adequate time to review the materials and to have all our questions addressed by appropriate school personnel. We agree to all the terms outlined in the Athletic Handbook, and we will support Lowell Scott Middle School by enforcing and abiding by all the expectations, rules, and requirements stated in the Handbook. We understand that failure to comply with the expectations, rules, and requirements can and/or will result in the removal of the athlete from any/all school team sports that the athlete is participating in. We understand that all fees must be paid, and all forms (pages 3-6 of the handbook) must be returned by the date of the first practice to be eligible to participate. And by signing this, we acknowledge the usage agreement of the athletic uniform and agree to pay any fees caused from damage to, loss, and theft of the uniform.

Athlete Name: _____

Athlete Signature: _____

Date: _____

Parent Name: _____

Parent Signature: _____

Date: _____

West Ada School District Student Participation Form

Requirements for Students in Extra-Curricular Activities

1. Purchase of activity card and pay the required participation fee.
2. Parent must read and sign the district concussion fact sheet.
3. Passing grades in all classes (60% or above).
4. Must be in attendance the entire school day.
5. Transportation home within 15 minutes of the completion of games and practice.
6. A fine will be assessed for any missing equipment.

Notice of Risk for Student Athletes

We give our permission for _____,
(Student's name)
to participate in _____ at _____
(Activity) (School)

We realize that such activity involves the potential for injury which is inherent in all sports. We acknowledge that even with the best coaching, use of the most advanced protective equipment, and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis or even death. We give our consent for coaches or school personnel to use their judgment in securing medical aid and ambulance service. We, the undersigned, understand the dangers of practicing, playing and participating in sports. We specifically acknowledge we have carefully read and understand this Notice of Risk for Student Athletes.

Code of Conduct

All competitions must be conducted with a high standard of courtesy, fair play, and sportsmanship. All of those involved share responsibility.

ATHLETES: Athletes must demonstrate qualities of courtesy and good sportsmanship by proper acceptance of officials' judgment and by showing proper respect for opposing athletes as well as for teammates.

SPECTATORS: The spectators, both students and adults, need to demonstrate courtesy and good sportsmanship by cheering in a positive and appropriate manner for their team and never against the opponents. This is evidenced by the absence of booing and vulgarities. Spectators must also show proper acceptance of officials' judgment and the coach's decisions.

Anyone not observing the Code of Conduct will be asked to leave and must contact the Athletic Director and Principal before returning to any other school events.

Emergency Information

Name _____ Birth Date _____ Grade _____

Student's Current School _____

Parent's (Guardian) Name _____

Address _____

Cell or Home Phone _____ Parent's daytime phone number _____

Parent's Email _____

If parents cannot be contacted notify _____ Phone _____

Family Doctor _____ Dr. Phone _____ Known Allergies _____

Insurance Carrier _____ If student is not insured, parent assumes all medical responsibilities.

Parent/Guardian must also read the **Concussion Fact Sheet** and sign the **Acknowledgement Form** (see attached).

Parent's Signature

Student's Signature

Date

Student Participation - Medical History

Student Name _____ Grade _____ Gender _____

Current Sport _____

Has your child ever had a **concussion**? **YES NO**

If yes, explain the incident(s) and when each occurred.

Date: _____ incident: _____ treatment: _____

Date: _____ incident: _____ treatment: _____

Date: _____ incident: _____ treatment: _____

If yes, has your student been cleared by a physician for participation from that concussion? **YES NO**

Has your child had any **recent surgeries** that the coach should be aware of? **YES NO**

Please explain:

Does your child suffer from any **chronic illness** or disease that the coach should be aware of (diabetes, epilepsy, severe allergies, etc.)? **YES NO**

Please List:

Does your child have **asthma**? **YES NO**

If yes, does your child have an inhaler with them at practices and competitions? **YES NO**

Is your child currently taking any **medications**? **YES NO**

Please List:

Is there any past medical history you would like their coach to be aware of? **YES NO**

Please List/Explain:

Please indicate any other medical information you feel may be important for the coach to know.