

ATHLETIC



HANDBOOK

LAB SCHOOL

OF

WASHINGTON

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OF
WASHINGTON
ATHLETIC HANDBOOK
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ATHLETICS

Interscholastic athletics, offered to students in grade seventh through twelve, are an important part of the educational program at The Lab School of Washington. Through the years competitive athletics have provided hundreds of student/athletes valuable opportunities to work, grow, learn, and have fun. Interscholastic activities are voluntary at The Lab School of Washington and we are proud of the fact that that each year approximately three-fourth of the eligible student/athletes choose to participate.

ATHLETIC DEPARTMENT MISSION STATEMENT

The mission of the Lab School of Washington Athletics is to provide a developmental and competitive athletic program, while promoting and embodying the ideals of teamwork, sportsmanship, hard work, and self-discipline. Developing the student/athlete's character through a positive and supportive environment increases self-confidence and therefore is essential to personal success.

PHILOSOPHY STATEMENT

The Lab Schools of Washington Athletic Philosophy is one that encourages and allows for participation by all students at any level of competition. We aim to develop character and teach many values to our athletes. Among the values that help our athletes and competitors to become responsible adults include sportsmanship, leadership both on and off the field, commitment to ones team or activity, critical thinking during practices and games, time management, self-discipline, and enjoyment. We believe that the athletes will gain these and other values by taking part in The Lab School of Washington athletic program throughout their career. Our goal is to challenge our student/athletes to strive to be the best they can be both on and off the field. In truth, what really is important about athletics is to have fun, to fight adversity, to risk failure, to get up when you are knocked down, to compete as hard as you can, not to use excuses, and to learn how to win and lose gracefully.

COACHING

The Lab School of Washington hires experienced coaches, dedicated to educating students/athletes in developing individual skills, teamwork, good sportsmanship, and fair play. Our preference is always to recruit coaches from our staff/faculty. For those coaches hired from outside the school, every effort is made to integrate them in to the entire school community. The same behavior expected of a teacher in the classroom is expected of all coaches during practices and games.

SPORTSMANSHIP

As a member of the Lab School athletic program, students, coaches and parents are expected to demonstrate proper respect for each other, opponents, opposing coaches, teachers, officials, spectators, and community. Student/Athletes and coaches are expected to exhibit the highest level of conduct, both on and off the playing field, remembering, that at all times they are a representative of their team, and school.

COMMITMENT

In order to be successful, a student/athlete must place the highest priority on academics, health, and training. All team members are valuable, and each team needs to know that they can count on the teammate to be there at all times. Often this means making sacrifices in social life, and other events that would keep the athlete from a practice or a game. Learning how to make choices is one of the most valuable life lessons an athlete takes away from a good athletic program.

COMMUNICATION

Parents are encouraged to communicate with the Athletic Department regarding their son or daughter's participation in the athletic program. Parents may communicate directly to the coaches or the Athletic Director. The Athletic Department would request that any questions regarding coaching philosophy and/or concerns be expressed during a private conference and NEVER directly or publicly before or after a game or practice. It is not appropriate for a parent to discuss team strategy or other student/athlete that are not their child. If a resolution is not reached between the parent and coach, the Athletic Director will become involved, with direct communication with the High School or Jr. High Coordinator.

For your convenience, the schedules and direction for all the teams will be posted on the following web site. MY.LABSCHOOL.ORG , click on athletic teams. All cancellations or changes will be immediately changed on the calendar on the web site.

CONFERENCE AFFILIATION

Lab School is a member of the MARYLAND INDEPENDENT SCHOOL ATHLETIC LEAGUE (MISAL). Members in the league are as followed LAB SCHOOL, HYDE SCHOOL, WASHINGTON CHRISTIAN(WCA), CHELSEA, LANHAM CHRISTIAN, TAKOMA ACADEMY (T.A.), GRACE BRETHERN WALDORF (GBW), SOUTHERN MARYLAND CHRISTIAN (SMCA), YESHIVA, CALVERTON, SPENCERVILLE ADVENTIST (S.A.A.), MODEL, SEED, RIVERDALE.

Lab School was one of the founding members of the league 9 years ago. The MISAL league stresses the values and principles of sportsmanship and follows the mission statement of the Lab School. The league allows our student/athlete the opportunity to compete in a league that recognizes sportsmanship, fair play, and healthy competition, improves their self-image and enhances their growth.

SPORTS TEAMS

FALL-(SEPTEMBER-OCTOBER)

(PARENT/ATHLETE MEETING LATE AUGUST)

- 1) BOYS VARSITY SOCCER
- 2) GIRLS VARSITY SOCCER
- 3) CO-ED GOLF
- 4) GIRLS VOLLEYBALL (8TH GRADE GIRLS ARE ELIGIBLE)
- 5) JUNIOR HIGH SCHOOL BOYS SOCCER
- 6) JUNIOR HIGH SCHOOL GIRLS SOCCER

WINTER-(NOVEMBER-FEBRUARY)

(PARENT/ATHLETE MEETING LATE OCTOBER)

- 1) BOYS VARSITY BASKETBALL
- 2) GIRLS VARSITY BASKETBALL
- 3) J.V. BOYS BASKETBALL
- 4) CO-ED SWIMMING
- 5) JUNIOR HIGH SCHOOL BOYS BASKETBALL
- 6) JUNIOR HIGH SCHOOL GIRLS BASKETBALL
- 7) CHEERLEADING

SPRING-(LATE MARCH-MAY)

(PARENT/ATHLETE MEETING LATE MARCH)

- 1) CO-ED TENNIS
- 2) CO-ED TRACK

LAB SCHOOL OF WASHINGTON'S
ATHLETIC RULES AND REGULATIONS

Athletics at the Lab School of Washington are an extra-curricular activity. It is a privilege not a right to participate in interscholastic athletics at the Lab School. This privilege maybe revoked at the discretion of the disciplinary committee (Athletic Director, Head of High School, and Head of Jr. High (Jr. Issues).

1. Lab School coaches have the sole responsibility for the selection of all team members.
2. The amount of playing time, positions they play and the level that they play on is the sole decision of the coach. At the Varsity level, emphasis is on developing the most competitive team possible given the talent of the athletes. Under class man may play over upper class man. There is no guarantee of playing time particularly at the Varsity level. It is possible that the student/athlete may not play at all. Payment of a participation fee is not a guarantee of playing time.
3. Spectators, including students, parents and others attending the game shall refrain from criticizing officials, opponents, and players. ****INAPPROPRIATE SPECTATOR BEHAVIOR CAN RESULT IN BEING REMOVED FROM A GAME.**
4. Attendance at all practices and games is mandatory. It should be known that missing practice will affect your playing time. In the event that the athlete has to miss a practice, he/she must speak to the coach directly before the scheduled practice.
5. Students are financially responsible for the uniforms issued. Any athlete who does not turn in the uniform at the end of the season or payment obligation will not be able to participate in the next season.
6. Athletes are expected to maintain the highest level of sportsmanship at all times.
7. Each coach will choose his captains
8. The weight room is available for students use. Please see Tony Barnett for times.
9. Athletes must travel to and from games in school provided transportation. On late night games athletes may arrive to game with parents at the time established by the coach .
10. Students are responsible for any lost/missed work due to early release or late games.
11. All athletes are expected to fully participate in PHYSICAL EDUCATION classes. No athlete is excused from Physical Education for athletic reasons.

LAB SCHOOL OF WASHINGTONS
ATHLETIC RULES AND REGULATIONS

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12. Students are responsible for their personal property. Athletes should never leave property unlocked. If no locks are available, valuables should be kept in students possession
13. An athlete who arrives to school after 12:00(unexcused) will not be able to participate in practice or games that day.
14. An athlete who is on suspension from school will not be allowed to practice or participate in any games until he/she is allowed back to school.
15. Student/athletes must follow all schools rule and are held to higher standards in regards to good behavior.
16. Coaches reserve the right to close practices to parents and other members of the public.
17. Parents must pick up students within ½ hour of the conclusion of practices or games.
18. Any athlete found to be in the possession of or involved in the use of alcohol, illegal substances or performance enhancing substances while in school or at any Lab School sponsored activity, will be suspended from athletics for a period of time determined by the Lab School Administration.
19. An Athletic Banquet will be held at the end of the year to recognize athletes for their participation in the athletic program. All players will receive participation certificates, for varsity sports a letter (first year varsity) or service bar (each additional year played) will also be awarded. There will be a separate Banquet for High School and Jr. High. Athletes that played on a High School team may attend the High School Banquet. The coaching staff decides on the following special awards for their sport, MVP, COACHES AWARD, & MOST IMPROVED. Other awards given out are ATHLETE OF THE YEAR (male&female), and SHOOTING STAR AWARD.
20. The Criteria for Lettering-Athletes is to complete the entire scheduled season for the sport, to attend regular practice and games and to have positive attitude. Injured athletes who are unable to complete the season may be lettered at the discretion of the coach.

GENERAL INFORMATION FOR PARENTS

PARTICIPATION FEE

There is a fee of **\$150 per Varsity Sport** made out to The Lab School of Washington. Once your son/daughter makes the team, the payment must be received or he/she will not be able to participate. Please note that payment of this fee is not a guarantee that you son/daughter will play much. The fees are essential to help fund the cost of interscholastic athletics (transportation, officials and league fees). The fee for Junior High School Boys & Girls Soccer will be **\$100** and Junior High School Boys & Girls Basketball will be **\$125**. Scholarships are available. The Athletic Director will collect the fees before uniforms are distributed.

UNIFORM RENTAL FEE

There will be a **\$200 FULLY REFUNDABLE** uniform rental. The checks will not be cashed unless the uniforms are not returned in good condition. If uniform was damaged during a game, you are not responsible for payment. Once the uniform is returned you will receive the check back. It is very unfortunate that we have to add this charge, but getting uniforms back is becoming harder and harder. We cannot purchase new uniforms every year.

MULTIPLE SPORTS /SAME SEASON

A student/athlete may not compete in 2 sports in the same season if at any time one sport over laps with the other, be it practice or games/meets (ex. You may not miss a practice for one sport in order to go to another sports game/practice). Any questions please contact the Athletic Director.

ACADEMIC ELIGIBILITY

Students must maintain a 2.0 or a C average in academic classes in order to participate. At any time during the season, if the student/athlete drops below that standard, he/she will

be on suspension from the team. He/she will be placed back on the team when he/she has raised the grade to at least a “C” level.

GENERAL INFORMATION FOR PARENTS

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PARENTS CODE OF CONDUCT

In order to ensure that the experience your son/daughter has while participating in our athletic program is a positive one, we feel that it is important that you read and abide by the following guidelines.

- **PRACTICE APPROPRIATE SPORTSMANSHIP**
- **RESPECT THE OFFICIALS AND THEIR AUTHORITY DURING THE GAME**
- **DO NOT QUESTION OR CONFRONT THE COACH AT THE ATHLETIC VENUE. MAKE AN APPOINTMENT WITH THE COACH AND ATHLETIC DIRECTOR IF NECESSARY**
- **REMEMBER THAT THE GAME IS FOR THE ATHLETES TO HAVE FUN. THE PROGRAM IS FOR THE KIDS NOT THE ADULTS.**
- **REINFORCE TO YOUR ATHLETE THAT GIVING 100% IS MORE IMPORTANT THEN WINNING OR LOSING.**
- **DEMAND THAT YOUR CHILD TREATS OPPOSING PLAYERS, OFFICIALS, COACHES, AND SPECTATORS WITH RESPECT AND DIGNITY.**
- **PROMOTE THE PHYSICAL AND EMOTIONAL WELL-BEING OF YOUR STUDENTS/ATHLETE.**
- ****PLEASE UNDERSTAND THAT THIS IS A PRIVILEGE, NOT A RIGHT FOR YOUR CHILD TO BE A MEMBER OF THE ATHLETIC PROGRAM.**

- **THEREFORE; IT IS A PRIVILEGE FOR YOU TO BE A SPECTATOR. FAILURE TO ABIDE BY THE AFOREMENTIONED EXPECTATIONS MAY RESULT IN BEING ASKED TO LEAVE THE EVENT AND FUTURE EVENTS.**

ATHLETES CODE OF CONDUCT

LSW has a duty to assure that their athletic program teaches important life skills and promotes the development of good character. At all practices and athletic contests, the athletes are expected to emphasize the proper ideals of sportsmanship, ethical conduct and fair play. The following are the athlete's code of conduct that must always be followed.

- **BE PROMPT TO PRACTICES AND GAMES**
- **BE GRACIOUS IN VICTORY AND ACCEPT DEFEAT WITH DIGNITY**
- **BE RESPECTFUL TO OTHERS-NO PROFANITY, OBSCENE CHEERS OR GESTURES, TRASH TALKING, TAUNTING, NO ACTIONS THAT WOULD DEMEAN OTHER INDIVIDUALS**
- **TREAT GAME OFFICIALS WITH RESPECT- NO COMPLAINING ABOUT CALLS DURING OR AFTER THE GAME**
- **EXERCISE SELF-CONTROL-NO FIGHTING OR EXCESSIVE DISPLAYS OF ANGER OR FRUSTRATION**
- **BE OPEN-MINDED, A WILLINGNESS TO LISTEN AND LEARN**
- **ENCOURAGE TEAM WORK BOTH ON AND OFF THE FIELD**
- **HONOR THE SPIRIT AND LETTER OF RULES OF THE SPORT-AVOID IMPROPER GAMESMANSHIP TECHNIQUES THAT VIOLATE THE HIGHEST TRADITIONS OF SPORTSMANSHIP**
- **POSITIVE CHEERING ONLY**

A student/athlete's violation of code of conduct during games or practices may result in reduced playing time or referral to head of your division for disciplinary action.

ATHLETIC DEPARTMENT

CONTACT INFORMATION

Angelo Carmina **Athletic Director** **202-454-2257(o),**
angelo.carmina@labschool.org **202-641-5846 ©**

Jon Stocks	Boys Varsity Soccer	jon.stocks@labschool.org
Katie Douglas	Girl Varsity Soccer	douglas@labschool.org
Rose Marie Russo	Girls Volleyball	russo@labschool.org
Mark Moverman	Co-ed Golf	moverman@labschool.org
Rose Marie Russo	Junior High Boys Soccer	russo@labschool.org
Francisca Saavedra	Junior High Girls Soccer	saavedra@labschool.org
Angelo Carmina	Boys Varsity Basketball	angelo.carmina@labschool.org
Tanya Rorie-Bryan	Girl Varsity Basketball	rorie-bryan@labschool.org
Matt Gmuer	J.V. Boys Basketball	angelo.carmina@labschool.org
Rose Marie Russo	Jr. High Boys Basketball	russo@labschool.org
Rose Marie Russo	Jr. High Girls Basketball	russo@labschool.org
Alyx Ackerfeld	Cheerleading	ackerfeld@labschool.org
Tony Barnett	Swimming	tony.barnett@labschool.org
Dan Hartman	Co-ed Track	dan.hartman@labschool.org
Amy Learn	Co-ed Track	amy.learn@labschool.org
Jon Stocks	Co-ed Tennis	jon.stocks@labschool.org
Darrell Parker	Co-ed Tennis	parker@labschool.org

STUDENT/PARENT INFORMATION SHEET

AND

HANDBOOK AGREEMENT

ATHLETE NAME _____ GRADE _____

GENDER _____ BIRTHDATE _____

ADDRESS _____

PARENT(S)/GUARDIAN(S) NAME(S) _____

PHONE NUMBERS _____ (H)

_____ CELL #'S

_____ WORK #'S

SPORTS PARTICIPATING IN

FALL

GOLF__

BOYS VARSITY SOCCER__

GIRLS VARSITY SOCCER__

GIRLS VARSITY VOLLEYBALL__

JH BOYS SOCCER__

JH GIRLS SOCCER__

WINTER

VARSITY BOYS BASKETBALL__

VARSITY GIRLS BASKETBALL__

J.V. BOYS BASKETBALL__

JH BOYS BASKETBALL__

JH GIRLS BASKETBALL__

CO-ED SWIMMING__

CHEERLEADING__

SPRING

CO-ED TENNIS__

CO-ED TRACK__

WE HAVE READ AND ARE FAMILIAR WITH POLICIES AND GUIDELINES SET FORTH IN THE LAB SCHOOL OF WASHINGTON'S ATHLETIC HANDBOOK. WE ARE ALSO AWARE OF THE RESPONSIBILITIES OF STUDENTS AND PARENTS IN PROVIDING STUDENTS ATHLETES WITH A SAFE AND POSTIVE ATHLETIC EXPERIENCE. AS A RESULT,WE AGREE TO ABIDE BY THE TERMS AND RESPONSIBILITIES OF THIS ATHLETIC HANDBOOK.

STUDENTS NAME: _____ STUDENTS SIGNATURE _____ DATE _____

PARENT NAME _____ PARENT SIGNATURE _____ DATE _____

RECEIVED BY THE ATHLETIC DIRECTOR _____ DATE _____