

**Lake Forest High School  
2012-13 Athletic Participation Card**

**CLEARLY select (X) ONE sport per season that you intend to tryout for.**

**Fall-Boys:** \_\_\_ X-Country, \_\_\_ Football, \_\_\_ Golf, \_\_\_ Soccer.

**Fall-Girls:** \_\_\_ X-Country, \_\_\_ Golf, \_\_\_ F.Hockey, \_\_\_ Swim, \_\_\_ Tennis, \_\_\_ Volleyball, \_\_\_ Cheer, \_\_\_ Pom.

**Winter-Boys:** \_\_\_ Basketball, \_\_\_ Wrestling, \_\_\_ Swim, \_\_\_ Ice Hockey.

**Winter-Girls:** \_\_\_ Basketball, \_\_\_ Gymnastics, \_\_\_ Ice Hockey.

**Spring-Boys:** \_\_\_ Baseball, \_\_\_ Lacrosse, \_\_\_ Tennis, \_\_\_ Track, \_\_\_ Volleyball, \_\_\_ Water Polo.

**Spring-Girls:** \_\_\_ Softball, \_\_\_ Lacrosse, \_\_\_ Badminton, \_\_\_ Track, \_\_\_ Soccer, \_\_\_ Water Polo.

**Name:** \_\_\_\_\_ **Home Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Graduation YR:** \_\_\_\_\_

**The success of the LFHS Athletic Program depends on the cooperation of the athletes, the parents, and the Athletic Department. It is important that you read and understand the following statements. LFHS Code of Conduct Rules apply to All Athletes at All Times! Falsification of any information on this form is subject to disciplinary action under the LFHS Athletic Code of Conduct.**

**ACADEMIC ELIGIBILITY PER ILLINOIS HIGH SCHOOL ASSOCIATION (IHSA)**

To be eligible to compete on any Lake Forest High School interscholastic athletic team, each athlete MUST:

- (a) have passed a minimum of 2.5 units of credit the previous semester and
- (b) be enrolled in, attending, and passing courses that will generate 2.5 units of credit the current semester.
- (c) transfer students must have completed and approved **IHSA** transfer/residency forms on file in the Athletic Office **before** eligibility will be granted.

**ATHLETIC ACCIDENT INSURANCE**

Lake Forest High School does not assume responsibility for medical/hospital expenses resulting from a student's injury while he/she participates in the LFHS Athletic Program.

**PARENTS you must indicate what provision you are making for your student/athlete by checking at least one of the options below.**

\_\_\_\_\_ We have purchased LFHS Supplemental Student Accident Insurance.

\_\_\_\_\_ We have an insurance program (other than LFHS Insurance) that will cover our Student/Athlete.

\_\_\_\_\_ **WAIVER:** We have no insurance & understand that we are responsible for any Medical/Hospital bills.

**\*PARENT PERMISSION/ \*WARNING/\*CODE of CONDUCT/IHSA Steroid Testing Policy**

\*I/We understand the above statements and give permission for the above named student to participate in the Lake Forest High School Athletic Program. In case my child needs emergency health care due to a sudden potentially serious illness or injury at school and it is impossible to contact me, I hereby give Lake Forest High School personnel my permission to arrange for or provide such care as is deemed necessary.

\*Athletic Activity can result in serious injury. Every Athlete must be aware of this fact and take every precaution to minimize the possibility of injury to yourself and others. In addition to preparing themselves for athletic competition, athletes must conform to instructions and regulations governing safety procedures.

\*Also, signing below I/We are verifying we have read and understand the **Code of Conduct of LFHS on reverse side** and understand the categories of violations and consequences for failure to comply.

\*As a prerequisite to participation in IHSA athletic activities, we agree that I/our student will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. We have reviewed the policy and understand that I/our student may be asked to submit to testing for the presence of performance-enhancing substances in my/his/her body either during IHSA state series events or during the school day, and I/our student do/does hereby agree to submit to such testing and analysis by a certified laboratory. We further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my/our student's high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at [www.IHSA.org](http://www.ihsa.org). We understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. We understand that failure to provide accurate and truthful information could subject me/our student to penalties as determined by IHSA. A complete list of the current IHSA Banned Substance Classes can be accessed at [http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA\\_banned\\_substance\\_classes.pdf](http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA_banned_substance_classes.pdf)

**Date:** \_\_\_\_\_ **Parent Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Student Signature:** \_\_\_\_\_

**THIS FORM MUST BE FILED ANNUALLY IN THE ATHLETIC OFFICE BY THE 1<sup>ST</sup> DAY OF PRACTICE/TRY-OUTS .**

# Code of Conduct

## Philosophy

The Board of Education, Administration, Faculty, and Coaches of Lake Forest High School believe that our student-athletes represent our highest standards, including our core principles: responsibility/accountability, integrity, acceptance, and empathy. Participation in a sport enhances the overall high school experience and provides exceptional life-learning opportunities. Student-athletes should strive to obtain athletic, academic, and personal excellence.

The code of conduct specifically establishes high expectations and standards for all participating student-athletes. These expectations embody a total lifestyle approach with an emphasis on respect for self, others and property; loyalty to self, teammates, coaches and school; support for the ideals of true sportsmanship; and maturity to fully accept choices made and the consequences they carry.

The implementation and effectiveness of this code is dependent on a collective commitment from students, parents, and school personnel, along with a proactive approach to prevention and assistance. While we strive to win as often as we can, we are mindful that how we win or lose tells more about us than the final score.

## Period and Scope

The Code applies to student conduct on and off campus, 24 hours a day, seven days a week, 365 days per year.

The Code record and consequences are cumulative, regardless of category, beginning with the student-athlete's and parent's initial signing of this code and continuing throughout the student-athlete's entire high school career.

If the percentage of the sport season remaining is less than the percentage of ineligibility stated for the violation, then the suspension will be extended to the student-athlete's next sport season.

Coaches cannot enforce more severe consequences for a violation covered under this code of conduct.

## Athletic Code Violations

Athletics, an integral part of the total educational process, are a privilege. Insubordination, poor sportsmanship, anti-social behavior or violation of policies and rules is detrimental to the individual, team, and school community. Upon a violation of this code, the student-athlete shall be provided oral or written notice of the Athletic Code Violation. The student-athlete needs to arrange a meeting with the Athletic Director and/or Assistant Athletic Director to discuss the athletic code violation, receive explanation of evidence, present his/her version of the incident, and receive the appropriate consequence.

## Appeal Process

Any student-athlete that feels his/her rights have been violated may appeal the consequences.

The student-athlete must submit to the Principal or designee of District 115 a written rationale for the appeal within three (3) calendar days of the violation consequence. The Principal or designee will convene a committee which will uphold or deny the appeal within three (3) calendar days of receiving the appeal. This committee will consist of the Principal or designee, two (2) coaches, and two (2) student-athletes.

The student-athlete will remain under the violation consequence imposed and follow the provisions set throughout the appeal process.

Category 1	
Violations	First Violation Consequences
<p>Any conduct unbecoming. Examples include but are not limited to acts of violence, criminal damage to property, vandalism, theft, hazing, bullying and intimidation, and harassment (i.e. hand-written, technology-generated or spoken words).</p> <p>Repeated violation of school policies or rules, gross disobedience, or misconduct resulting in an athlete being suspended may affect a student-athlete's athletic eligibility.</p>	<p>In Season:  <b>15% of his/her current sport contests and loss of captain status (if applicable)</b>                      During the suspension, the student-athlete is expected to attend and participate in all required practices and successfully complete the season.</p> <p>Out of Season:  <b>Loss of playing time 0% to 15% in next participated sport, and/or up to 15 athletic service hours, and may not be able to serve as captain in his/her next sport.</b>                      The athletic service hours must be completed within 60 days of the code meeting or before the start of the student-athlete's next scheduled sport (whichever happens first). Failure to complete athletic service hours within the time requirement will result in the student-athlete serving the full 15% suspension.</p>
Category 2	
Violations	First Violation Consequences
<p>The purchase, possession, delivery, distribution, or use of tobacco products.</p> <p>The purchase, possession, delivery, distribution, use or being under the influence of alcohol, a controlled substance, other illegal mood-altering and/or performance enhancing drugs or chemicals, or any substance used to obtain an altered mental state or "high."</p> <p>The purchase, possession, delivery, or distribution of look-alike drugs, drug paraphernalia, false identification, or alcohol containers.</p> <p>Hosting or organizing a gathering or providing a venue where minors and any of the above referenced prohibited substances are present.</p> <p><b>Note: Any picture or on-line image that depicts behavior described above may be used as evidence of a code violation.</b></p>	<p>In Season:  <b>20% of his/her current sport contests and loss of captain status (if applicable)</b>                      During the suspension, the student-athlete is expected to attend and participate in all required practices and successfully complete the season.</p> <p>Out of Season:  <b>10% of his/her next participated sport, and 15 athletic service hours, and may not be able to serve as captain in his/her next sport.</b>                      The athletic service hours must be completed within 60 days of the code meeting or before the start of the student-athlete's next scheduled sport (whichever happens first). Failure to complete athletic service hours within the time requirement will result in the student-athlete serving the full 20% suspension.</p>
Category 3	
Violations	First Violation Consequences
<p>Any felony action in which a student-athlete is arrested. Examples include but are not limited to battery with an object, assault with a weapon, possession of controlled substance with intent to deliver, and criminal trespass to a motor vehicle.</p>	<p>Any Category 3 offense is equivalent to 2 violations. This may be considered a 2nd or 3rd violation of the Code. Please see the violation consequences below.</p>
Second Violation Consequences (for all categories)	
<p>In and Out of Season:                      40% of the contests in his/her current sport or next scheduled sport and loss of opportunity to serve as a captain of a team for the remainder of his/her high school career.</p> <p>During the suspension, the student-athlete is expected to attend and participate in all required practices and successfully complete the season.</p> <p>Any student-athlete with a second Category 2 Code violation or any Category 3 Code violation will meet with a school social worker and may be required to participate in a recognized, community-based substance abuse or other corrective program.</p>	
Third Violation Consequences (for all categories)	
<p>In and Out of Season:                      The student-athlete will be excluded from all athletic programs for the remainder of his/her high school career.</p> <p>The student-athlete may petition, in writing, to the athletic director for reinstatement to the athletic program, providing that at least one calendar year of suspension has been completed from the date of the third infraction. Any reinstated student-athlete will be at the second violation level.</p>	

I have read the Athletic Code of Conduct of Lake Forest High School, and understand the categories of violations and consequences for failure to comply with this code of conduct. By signing the front of this card, we understand the Categories and Consequences of the Lake Forest High School Code of Conduct.