

**DLJH BOYS
MAJOR SPORTS**

PRESENTATION

2023 – 2024



MISSION STATEMENT

We will be committed to the development of student athletes to the highest standards of character, commitment, and competition (**Three C's**). Our program will strive to provide experiences that encourage growth in students, families, and coaches.

THREE C's (PLAYERS)

- **CHARACTER** - Be trustworthy and act with integrity.
- **COMMITMENT** - Preparation, attitude and effort must be present in the classroom and on the field/court.
- **COMPETITION** - A rising tide lifts all boats. Student athletes must strive to be the best version of themselves and encourage those around them to do the same.

PROGRAM 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
 - Self-Discipline
 - Vertical Alignment
 - Goals are to prepare our student athletes for:
 - Challenges presented during their everyday lives
 - Next level of play
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ATHLETIC REQUIREMENTS

- Current Physical
 - Due before Friday, August 18th
- Rank One Forms must be completed online
 - <https://lamarcisd.rankone.com/New/NewParentLogin.aspx>
- Copy of Birth Certificate
- Current Utility Bill – Dated after August 1st, 2023
- Athletic Contract
- All documentation completed by August 18th, 2023
 - **FOR ALL SPORTS**

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
- Practice
 - AM only & will be scaffolded
 - 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**
- Practice are AM only



TRACK & FIELD

- Time Frame
 - February – March
- Practices are AM only
- 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 by the first week of school
- The **top 3 athletes** in event will compete



SOCCER

- Requirements
 - Does not need to be in Major Sports
 - All proper documents submitted prior to tryout date
- Time Frame
 - April – May
- Practices are AM only
- Tryouts
 - **4-day process**
 - 12 kids per grade will be selected in tryout process



CROSS COUNTRY (XC)

- Head Coach: Laura Alvarez
 - AM Practices only
 - Timeframe: October – November
 - Rosters: **Top 10 per grade** will compete



MAJOR SPORTS PERIODS



- 3 periods
 - 1st, 3rd, & 7th
- Mixed grade levels
 - 50 – 60 per grade level
 - You will be grouped accordingly
- Eligibility
 - All documents must be turned in by 08/18/23
 - Must play football
 - Basketball gets moved in when you make the team
 - Must pass all classes all year
- Study Hall (Advisory)
 - NO PASS NO PLAY
 - Take advantage of advisory and get work done

INJURY & TREATMENT 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 first visit a physician
 - Student-athletes will practice unless they have a physician's note or a note from our trainers that states otherwise (**parent e-mails do not 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 from CFHS training staff may be available to DLJH athletes

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
 - Day 6: full participation
- **A doctor's note does not clear them to full participation, this ONLY clears them to start return to play protocol.**

HOUSE BILL 114 (VAPING)

- If a player is caught vaping they will automatically be sent to the Alternative Learning Center (ALC).
- Once a student returns to Leaman from ALC they will remain **athletically ineligible** until 2nd semester.
- You will not be able to participate in/tryout for football and basketball.
- **This is a serious matter to the Purple Track and LCISD!**

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 EXPECTATIONS

- Be a good fan in the stands
 - Parents be aware that the school can (and will) remove you from the premises and can prohibit you from attending future contest due to undesirable behaviors
 - **Please refrain from stepping on any field or court during contest**
 - AM football practices are open to families as long as you watch from bleachers
- Disrespectful Conduct
 - Any sort of profanity, actions that demean individuals, opposing teams, & officials

PARENT EXPECTATIONS (Cont.)

- 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**)
 - "So What" Rule for Coaches, Players, Fans
 - "Three Strike Rule"
 - Applies to Athletes, Coaches & Fans
- 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 assessed the injury, we will have you escorted on the field if necessary**

ADDITIONAL INFORMATION

- **All QR codes for online payment will be posted on the Leaman athletic website**
- **SportsYou**
 - J8NFWY28
- Medical Info
 - Please ensure that we have any medications or items they will need in case they need them while they are under our care
 - (EX. Inhaler, EpiPen, Insulin)
 - We will label & keep them in our medical bag
 - Athletics Clothing/Laundry
 - **Athletes must wear black shorts and white t-shirt**
 - In LCISD we provide a laundry services for football equipment
 - Athletes will turn in all athletic clothes **daily**
 - Please take black shorts and t-shirts home to wash daily
 - We want to encourage hygiene and avoid sickness

BE ON THE LOOKOUT (MORE INFO TO COME)

- Annual Fundraiser
- Game Day Meals
 - More info to come after season start
- Season Schedule/Calendar on website





THANK YOU!

QUESTIONS?

GO CHARGERS!

Go Astros Go Coogs!!

Boooo Mariners and Georgia Bulldogs