Pre-Season
Student-Athlete Meeting
Winter 2021-2022
Athletic/Activities Office

• Mr. Luty– Athletic Trainer
• Ms. Degrazio– Athletic Trainer
• Ms. Shalon – Secretary Athletic/Activities
• Ms. Connolly – Assistant Athletic Director
• Ms. Campbell – Assistant Athletic Director
• Mr. Stroup – Activities/Athletic Director
• Mr. Chimekas – Sports Aide
Physicals

• You will not be able to participate if you are missing paperwork or have not turned in your physical.

• If you need paperwork, please get it at the end of the meeting in the rear of the auditorium.

• Please email physicals to lutyj@lmsd.org.
General Information

• Facilities
  – Leave it better than you found it.
  – Take care of equipment/facilities.
  – Return equipment to proper place.
• Gear/food on buses
  – Leave it better than you found it.
• Uniforms
• Check your school email daily
• Contact information for coaches can be found on the high school athletic page. Click on Winter Sports.
Character

• Most important part of our programs.
• Representation
  – Yourself, Family, School, Community
• Golden Rule
  – Treat others as you want to be treated.
Fan Behavior/Sportsmanship

- Cheer positively for your team
- No names
- No numbers
- Nothing directed towards players, coaches, or officials
- No profanity/Inappropriate Comments
"Sport Culture?"

- What to do on the field/court when faced with comments that are:
  - Inappropriate
  - Profane
  - Racist
  - Homophobic
  - Etc.
Wellness

• Nutrition/Hydration
• Rest
• Sleep
• Skin Care
• Head Injury/Concussion
• Sudden Cardiac Arrest
• Screenings by Athletic Trainers
  – Impact
  – EyeGuide
• Report injuries to Coaches and Athletic Trainers
Training Room

• Use when you need:
  – Treatment, taping, or need to be evaluated
• Be in and out like the locker room
• Not a place to socialize
Student-Athlete

• Academic Eligibility
  – Must maintain at least 1.5 GPA in major classes
  – No more than 1 F in any class
  – Checked every Friday
  – If ineligible, you will be ineligible next Monday-Sunday
  – Last year’s final grades can impact your eligibility
  – Questions – please see Mr. Stroup

• Attendance
  – Must be at school by 9:30am to participate in athletics
    • Exceptions – excused absences/early dismissals/excused lateness
COVID-19 Information

• Masking (Indoors and Buses Only)
  – Student-athletes and coaches are required to wear a mask.
  – Includes weight room

• Indoor Masking (in play/practice)
  – Mask optional for student-athletes active in play/practice once testing is started
  – Applies to Basketball/Wrestling/Squash
  – Testing required for Basketball/Wrestling/Squash
  – All other students have option to test through district testing program

• Locker Rooms
  – Use to store equipment and change
  – Do not use the locker room as a place to socialize
COVID-19 Information

• Personal Equipment
  – Should not be shared
  – Examples – Towels, gloves, uniform, etc.

• Water
  – Bring your own water bottle
  – Fill stations may be available

• Hygiene
  – Wash hands or use hand sanitizer before and after practice
  – Shower when you get home from practice/competition
  – Wash game/practice clothing
Entering and Exiting LMHS

• Doors to use
  – Kobe Bryant Entrance
  – Weight Room Entrance
  – Pool Entrance
  – Locker Room Exits

• Crossing Montgomery Avenue
  – Wait for the walk signal
  – Cross traffic does not stop
  – Cross the street on the side of District Administration Building
Other Details

• Wednesday Night November 17\textsuperscript{th} 6pm Parent Meeting in LMHS Auditorium

• New 10\textsuperscript{th}, 11th, and 12\textsuperscript{th} grade students to LMHS – Please see Mr. Stroup
  – Need to have PIAA transfer paperwork meeting with Mr. Stroup and Parents/Guardians.
Questions

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