

Athletic Handbook



2017 - 2018



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Introduction

The Lotus School for Excellence Athletics Program is a 6th – 12th competitive program offering boy’s and girl’s soccer, volleyball, cross country, dance, basketball, and wrestling. Our high school programs compete at the 2A/3A level in the Colorado High School Activities Association, and our 6th – 8th grade programs compete in the Denver Charter Athletic League.

This Athletic Handbook outlines in detail the rules and standards of our Athletic Department and the expectations we hold our student-athletes, coaches, and parents accountable to. The Athletic Handbook is a reference guide that should be used to answer any questions or clarify any concerns.

Website

Find details and information about all Athletic Department events, calendars, and updates through the Lotus School for Excellence home page at <http://www.lotusschool.org/>. Click on “Athletics.” Follow LSE Athletics on our social media platforms for quick game updates. Find us on Facebook, Instagram and Twitter.

Address and Directions

Lotus School for Excellence
11001 E. Alameda Ave.
Aurora, CO 80012



Directory of Administration

School Director	Mr. Eray Idil
Dean of Student Culture	Mr. Brawnny De Leon
High School Dean	
Middle School Dean	

Directory of Athletic Staff

Athletic Director	Mr. Deon Jackson	djackson@lotusschool.org
Assistant Athletic Director	Ms. Kayla McClelland	kmcclelland@lotusschool.org

Directory of Varsity Coaches

Boys' Soccer	Mr. Ahmet Katmer	akatmer@lotusschool.org
Cross Country	Ms. Jessica Butler	jbutler@lotusschool.org
Volleyball	Ms. Krystyna Foxworthy	klfoxworthy@comcast.net
Dance	Ms. Rhona Nelson	rnelson@lotusschool.org
Wrestling	Mr. Ronnie Kois	rrkois@gmail.com
Boys' Basketball	Mr. Deon Jackson	djackson@lotusschool.org
Girls' Basketball	Mr. Gail Scobee	gscobee@lotusschool.org
Girls' Soccer	Mr. Oscar Romagnoli	oromagnoli@lotusschool.org



Important Dates

- Fall: Tryouts will occur the Week of August 14th
CHSAA First Day of Practice August 14th
Season begins August 19th
End of Season Banquet Nov. 11th
- Winter: Tryouts will occur Week of Nov. 13th and Nov. 20th
CHSAA First Day of Practice November 10th
Season will begin November 29th
End of Season Banquet Feb. 24th
- Spring: Tryouts will occur the Week of February 26th
CHSAA First Day of Practice Feb. 26th
Season begins March 3rd
End of Season Banquet May 5th

Eligibility Checks: Sept 8th, Oct. 13th, Nov. 17th, Dec. 20th, Feb. 9th, Mar. 9th, Apr. 13th, May 17th

Fundraisers: July 13th; August 2nd and 12th; Sept. 11th and 17th; Oct. 1st and 15th; Nov. 12th and 19th; Dec. 10th and 31st

**** Please visit the Athletics page on the LSE website (<http://www.lotusschool.org/athletics/>) for an updated calendar with game times and directions.**



Lotus School for Excellence Athletic Mission & Vision

LSE Athletics seeks to uphold and support the mission and vision of the school by building and sustaining a high performing athletic program that competes for championships and scholarships.

Our vision is to develop and prepare our students for success by reinforcing fundamental skills in detailed discipline to last our student-athletes a lifetime.

Colorado High School Activities Association (CHSAA)

The Lotus School for Excellence is a member of the Colorado High School Activities Association and operates our 6th-12th grade athletic program under CHSAA regulations. Our high school sports teams compete at the 2A/3A level. While CHSAA only recognizes our sports teams for levels 9th – 12th, CHSAA rules will apply to all 6th – 12th grade student-athletes. We have highlighted a few CHSAA rules that are important policies regarding eligibility. For all CHSAA rules, you can visit www.chsaa.org.

Aurora Denver Sports League (ADSL)

The Aurora Denver Sports League is the governing body of our 6th – 8th grade sports teams. ADSL is composed of several charter middle school programs throughout the Denver/Aurora area. However, all 6th – 8th grade student-athletes will also follow CHSAA rules. We want to prepare our young student- athletes for success in the competitive high school level. For more information regarding ADSL, please visit www.dcalports.com.



Participation Policy

LSE encourages all of our 6th – 12th grade students to participate in athletics in some capacity, whether as a team manager or an athlete. Any student at any athletic level with any sports experience is welcome to participate on our teams. All we ask is that students show a real interest and commitment to the sport of their choice, adhere to team guidelines regarding attendance at practices/games/events, fill out the required DCAL and CHSAA forms, and pay the required athletic fee.

Participation within a team at any level will be determined by open tryouts held before the start of the season. Students must attend tryouts in order to participate.

Participation in multiple sports is allowed and highly encouraged for all students, as long as the multiple sports occur in different seasons. Once the proper forms are filled out and athletic fees paid in full for the current year, they will cover the student's participation in any sport, should they choose to participate in more than one.

Coaches are not required to make playing time equal at any level. Playing time should reflect an athlete's commitment to their team and team guidelines.

To participate in athletics, students must:

- Attend tryouts for the sport in question
- Turn in a physical form signed by a physician
- Turn in signed liability waiver and parent permission
- Pay \$100.00 athletic fee
- Adhere to team guidelines (athlete attends all practices, games, team events etc.)



Lotus Athletics Eligibility Policy

As a member of the Colorado High School Activities Association (CHSAA), Lotus School for Excellence complies with all CHSAA regulations, in addition to particular rules set forth by LSE to ensure our standards of excellence (1720.1). The following eligibility requirements apply to all LSE participating student-athletes 6th – 12th:

In order to be eligible to play a sport, a student must be currently enrolled at Lotus School for Excellence (1710.a) and passing a minimum equivalent of 2.5 units of credit during the period of participation (1710.c.Plan B). Athletes must also maintain an 80% term attendance rate. On game days, a student must attend 3.5 periods in order to play.

Eligibility will be decided upon periodic grade and attendance checks throughout the academic year. LSE defines a “periodic check” as the 5 - week grading period marked by a Progress Report or Report Card.

For the first five weeks of the academic school year, eligibility is based on the previous term’s GPA (1710.d.1.PlanB). If a student did not pass the previous term with a 2.5 or greater GPA, then the student may regain eligibility on the 6th Thursday of the Academic Year regardless of a passing GPA status at the 1st Quarter Progress Report (1710.d.2).

If a student is not passing their credits with a 2.5 or greater GPA at a quarterly Progress Report or Report Card, the student will remain ineligible until the next issued Progress Report or Report Card reflects a minimum 2.5 GPA. Conversely, if a student is proclaimed eligible at grade check but drops below a 2.5 GPA during the 5-week period, the student is still considered eligible until a Progress Report or Report Card reflects a GPA lower than 2.5.

Any out of school suspension for behavior or misconduct are grounds for automatic ineligibility for the remainder of the grading period.

You are eligible if you are/have:

- Currently enrolled as a student at LSE
- 2.5 term GPA at Quarterly Progress Reports and Report Cards
- 80% term attendance at Quarterly Progress Reports and Report Cards
- Present for 3.5 periods on game days
- No behavioral referrals or suspensions



Ineligible students are required to attend after-school tutoring Monday, Tuesday, Thursday, and Friday from 3:30 – 4:15 with proof of teacher signature. Failure to do so will result in Athletic Probation. LSE defines Athletic Probation as zero athletic participation, including events, practices, and games for six weeks regardless of current eligibility status or GPA at Report card/Progress Report (if issued during those six weeks).

Ineligible students are still allowed to practice with their team after tutoring ends at 4:15 pm. Ineligible players must attend all home games as supporting team members on the bench. Ineligible players do not get the privilege of early dismissal or travel for games.

If you are ineligible, you must:

- Attend after-school tutoring from 3:30 – 4:15 pm Mondays, Tuesdays, Thursdays, and Fridays
- Attend every practice after 4:15 pm
- Attend all home games





Lotus School For Excellence

Student – Athlete Tutoring Contract

As of _____ (date), I _____ (name) am not meeting Lotus School for Excellence’s eligibility requirements. As a consequence, I will report to mandatory tutoring after school on Monday’s, Tuesday’s, Thursday’s, and Friday’s from 3:30 – 4:15 pm until the next Progress or Report Card shows I am passing the term with a 2.5 or greater GPA. I will submit a weekly tutoring report with teacher signatures verifying I was present at the end of every week to the Athletic Director or Asst. Athletic Director. If I fail to attend after-school tutoring and uphold the Student-Athlete contract, I understand I am subject to Athletic Probation. LSE defines Athletic Probation as zero athletic participation including events, practices, and games for six weeks regardless of the current or reported GPA on the next Progress or Report Card.

Student Signature _____

Parent Signature _____

Coach Signature _____

Athletics Director Signature _____



Weekly After-School Tutoring Form

Week 1

Day	Monday	Tuesday	Thursday	Friday
Subject				
Teacher Signature				

A.D. initials _____

Week 2

Day	Monday	Tuesday	Thursday	Friday
Subject				
Teacher Signature				

A.D. initials _____

Week 3

Day	Monday	Tuesday	Thursday	Friday
Subject				
Teacher Signature				

A.D. initials _____

Week 4

Day	Monday	Tuesday	Thursday	Friday
Subject				
Teacher Signature				

A.D. initials _____

Week 5

Day	Monday	Tuesday	Thursday	Friday
Subject				
Teacher Signature				

A.D. initials _____



Fundraising Policy

LSE Athletics believes all students should be given the opportunity to be a student-athlete and participate in the privileges and opportunities that come with being an LSE Athlete. Fundraising is crucial to our operation and our mission. It allows us to offer lower athletic fees, making sports a feasible option for our students and their families. For this reason, LSE athletics requires that every athlete, coach, and staff member participate and attend fundraising events. LSE Athletics hosts Chipotle Night's, car washes, a student vs. staff soccer tournament, and concessions at Broncos' games throughout the year as some of our fundraising events.

Student Athletes: required to attend 5 fundraising events (if you are 16 or older, 4 of those events must be Broncos' games)

Coaches/Staff: required to attend 4 fundraising events (3 should be Broncos' games)

Parents of Athletes: encouraged to attend as many as possible

Volunteer Policy

LSE Athletics relies heavily on our wonderful volunteers to make our programs successful. LSE Athletics offers several ways to become involved as a volunteer. We encourage both parents and students (including those not on a sports team) to help host the ticketing/concessions stand at home games. Anyone 16 or older can help work the LSE concessions stand at any of the Broncos' Games.

Parents who may have knowledge and experience about a sport that they wish to share, and are interested in volunteering directly with their student's sports team, are encouraged to directly contact the appropriate coach. The coach and parent will coordinate together which days and times work for both parties for an organized schedule. If you choose to volunteer, we do stress the importance of consistency in order to maximize the impact of your role with the team.

For students willing to give their time and commitment to athletics by managing a team, hosting concessions, or working the booth at a bronco's game, service hours – a requirement for graduation – are available. Students needing service hours can track their hours worked at athletic events through the X2VOL system. Service hours should be updated by the end of the week and will be checked off by the Athletics Director.

***** For students working any Athletics Event such as Broncos' games, parent permission is required. Permission slips must be signed and turned in before the time of the event. Permission slips are available in the Secondary Office with the Asst. Athletic Director.**



Statement of Risk and Insurance

Participation in athletics at any level includes possible risk of injury, from minor to long term or even catastrophic. It is impossible to eliminate this risk completely, but it can be minimized significantly if safety rules are followed. Participating athletes have a responsibility to obey necessary safety rules and report physical problems and/or possible injuries to their coaches immediately.

Lotus School for Excellence does not provide insurance to students to cover injuries incurred while they are participating as athletes.

Athletic Training and Concussion Policy

All participating student-athletes are required to inform the coach and/or athletic trainer of any injuries as soon as possible. If the injury requires the attention of a physician or healthcare provider, the student-athlete must submit a physician's letter of release prior to returning to play. Student-athletes prescribed any medications such as an inhaler or EpiPen must have their medications on hand should they need access to it at any athletic activities or they will not be allowed to participate.

In accordance with CHSAA rules and policies regarding concussions (1780.21), any athlete suspected of sustaining a head injury and/or exhibiting the common signs and symptoms of concussion will be removed immediately from any athletic participation. Student-athletes with a possible concussion will not be permitted to return to play until cleared by a physician or licensed healthcare practitioner to begin the Return – to – Play Protocol.

Weather Protocol

LSE takes weather and inclement conditions very seriously. All Athletics programs, practices, and games will be canceled in the event of a school closure. In case of rain, decisions regarding delay or cancelation of practice and/or home games will be made during the school day by 2pm. Thunder or lightening results in immediate delay of the practice and/or game, and coaches must clear the field and wait indoors. No one is to return to outdoor activities until thunder or lightening has not been heard or seen for 30 minutes. Teams should practice in places where a safe shelter is available to wait out inclement weather.



Travel Policy

Student – athletes are given many privileges not available to other students, such as traveling to different schools and even out of state. For safety and in order to maximize benefits from trips, travel for games and other athletic base events will follow the LSE Fieldtrip and Travel Protocol. The Lotus School for Excellence policies regarding behavior on campus will be enforced at all times during trips: if it is not allowed at LSE, then it is not allowed while traveling. Coaches and Athletic Staff will call an LSE Administrator immediately should a student-athlete decide to behave inappropriately. Abuse of travel privileges will result in immediate removal of the student from the trip at the parent’s expense and revocation of all student-athlete privileges. Athletic Probation is possible on a case-by-case basis. Expectations for student behavior are held to the highest standards for overnight travel (see Overnight Travel Policy).

Overnight Travel Policy

Overnight travel is an exciting experience LSE provides our student-athletes whenever possible. Overnight travel offers a unique opportunity to expand the minds of our student-athletes and an important setting for team bonding that can help our athletes grow. If time allows, LSE Athletics incorporates a college visit of a nearby campus into the team itinerary. LSE Athletics fully supports college readiness, and we want our student-athletes to realize their potential and options for higher education.

Prior to leaving on an overnight trip, the Athletics Department will host a mandatory parent meeting to discuss the itinerary, including hotel details, emergency contact information, and parent permission.

Adult supervision is required at all times during overnight trips. There must be a least one adult chaperone for every 6 students on an overnight trip. Students must inform their coaches and chaperones of their whereabouts throughout the trip.

Student-athletes will have assigned rooms. Students of the opposite sex will not be assigned to the same room. Chaperones and coaches will have a key to each room and are allowed to make random room checks, if deemed necessary. At the beginning of each trip, coaches will set curfew. After curfew, all students must be in their assigned rooms and are not permitted out of their room for any reason at the risk of being sent home and put on athletic probation. Students are not allowed to leave the hotel without notifying a coach or chaperone.



Students are required to attend all activities set in the itinerary and are allowed free time only when designated by the itinerary. Free time will be spent in the hotel only. Students should be considerate of the spaces they are sharing with other hotel guests.

All travel leaves from and returns to the school. Parents are required to drop off and pick up students at the pre-determined times. LSE is not responsible for student travel to and/or from their personal homes.

****LSE is not responsible for any lost or stolen items during travel. Please leave items of value at home.**

Policy and Procedure for Conduct Issues

All Coaches and Athletics Staff have been selected because of their extensive experience and skills in directing their team and preparing them for success. We trust our coaches to make the right decisions for their team and athletes, and ask that these decisions are respected by parents and athletes. If there are ever any questions or concerns, please address them to the Athletic Director. If necessary, the Athletic Director will arrange a meeting between the parent(s) and coach(es), and act as a mediator, if required. Concerns should always be addressed in a respectful manor and never during practices or games.

Student-Athlete Expectations

The Lotus School for Excellence has the highest standards for our student-athletes. You are the role models of the school for all grades K-12, which is why it is important that you take your commitment, participation, and privileges seriously. By choosing to participate in sports, you have chosen to commit to these athlete expectations and to fulfill your obligations.

First and foremost, you are expected to demonstrate positive leadership and character on and off the playing court/field, whether you are in- or off-season. Proper language and good sportsmanship are a must. LSE rules and guidelines laid out in the student handbook must be followed. Control your body in and outside of the classroom. Think with intention, and minimize the risk for poor decisions. Respect and follow the instructions of your teachers and coaches who are here to support you and prepare you for success.



You are expected to be fully engaged in all team activities, including in the off-season and all weekend practices. You are responsible for taking care of all academic commitments on time and around practice/game time. School work is a priority: you are a student first and an athlete second. Vacations, appointments, and work should be scheduled around sports commitments. If attendance becomes an issue, playing time may be diminished or you may be dismissed from the team entirely. All coaches will grant four consecutive days during winter and spring breaks for vacation time.

As leaders of the school, you should be proud to represent your school on and off the court/field. You should participate in Spirit Fridays and as many school functions as possible. Award ceremonies and end-of-season banquets require your attendance.

As an athlete, you have not only made a commitment to the athletes on your team, but you have made a commitment to every student-athlete who understands the responsibility. When you are not in season, you should support your peer athletes and attend as many home games as possible.

Most importantly, respect your privileges! Be ready, be on time, and be where you are expected to be.

Parents of LSE Student – Athletes Expectations

LSE Athletics realizes the important role you, as parents, play in the success of your student-athlete. We cannot operate without the support of our student-athletes' parents. You should read through the student-athlete expectations and help emphasize the seriousness of athlete privileges and significance of the commitment your student-athlete has agreed to make. We depend on you to uphold these high standards of LSE Athletics and be role models for your student-athletes.

We expect you to engage and to participate in athletic events as much as your time allows; there are many ways to get involved and volunteer. You are expected to attend all required parent meetings throughout the year. Parent meetings are how our coaches and the athletic directors distribute important information and forms. It is highly suggested that parents and family attend important events like the end of the year banquets to celebrate the accomplishments of your student-athlete.

Just as we expect our athletes to respect the decisions and rules of their coaches, we expect our parents to do the same. Please do not argue with coaches, especially in regards to athlete playing time. Our Coaches take great care and consideration when deciding playing time for each athlete. We ask you to follow the respectful procedures for addressing concerns with coaches set forth in "Policy and Procedure for Conduct Issues."



Parents and spectators are to cheer appropriately during games for their team only, and never against the opposing team. As role models for our athletes, please refrain from talking to officials, players, and coaches during the game. Allow coaches to coach, players to play, and officials to officiate so everyone can enjoy the event.



**Student – Athlete - Parent Contract
2017-2018**

I, _____, grade _____, as an athlete at Lotus School for Excellence, agree to:

1. Follow all rules and policies of the Colorado High School Activities Association (CHSAA) found at www.chsaa.org.
2. Follow the guidelines set forth in the LSE Participation Policy.
3. Turn in a current physical form, liability waiver, and pay the \$100 athletic fee before practicing/playing with a team.
4. Maintain a 2.5 or greater term GPA and 80% or greater attendance at Progress and Report Cards in order to practice/play with my team, and follow all rules stated in the LSE Academic/Attendance Eligibility Policy.
5. Attend at least 3.5 periods on game days in order to participate in that day's game.
6. Attend tutoring M, T, Th, and F from 3:30 – 4:15, support my team at all home games, and continue to attend practices after tutoring ends if I am ineligible.
7. Attend 5 Athletic Fundraising events, and, if I am 15 or older, I will attend 4 Broncos Games.
8. Follow all training rules and the LSE Concussion Policy.
9. I will report all suspected injuries to my coach.
10. Recognize the higher standards of behavior expected of me while traveling for games, especially overnight travel set forth in the LSE Travel Policy, and understand the consequences if I violate these standards.
11. Thoroughly read the LSE Student-Athlete Expectations, understand I am responsible for fulfilling my athletic commitment, and will take my participation and privileges seriously.
12. Attend all required events and end of the season award ceremonies.
13. Take care of academic commitments and schedule vacations, appointments, and work around my sports commitments.
14. Follow the team expectations presented by my coach.
15. Understand that playing time is determined by the coach and may be influenced by my attendance and performances at practices and events on and/or off the playing field/court.
16. Represent LSE in a professional and positive manner on campus and off as a leader in the school.

I understand that there will be significant consequences if I do not uphold this agreement and/or do not follow the above rules and regulations of CHSAA and The Lotus School for Excellence.

Athlete Signature: _____

Date: _____

Sport: _____

As a parent of an LSE Student-Athlete, I have read the rules and policies set forth in the Student-Athlete Expectations and Parent Expectations, and will do my best to make sure my student-athlete upholds this agreement and all other student-athlete expectations.

Parent Signature: _____

Date: _____

