



Pre-Season
Student-Athlete Meeting
Fall 2021

Athletic/Activities Office

- Mr. Luty– Athletic Trainer
- Ms. Doriston– 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
 - Stadium Complex Update
 - 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 [Fall Sports](#).

Character

- Most important part of our programs.
- Representation
 - Yourself, Family, School, Community
- Golden Rule
 - Treat others as you want to be treated.



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

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
 - 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.
- 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/use hand sanitizer before and after practice
 - Shower when you get home from practice/competition
 - Wash game/practice clothing

Entering and Exiting LMHS

- Remove cleats prior to entering the building.
- Put cleats on after leaving the building.
- Doors to use
 - Kobe Bryant Entrance
 - Weight Room Entrance
 - Pool Entrance (WP)
 - 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 6pm Parent Meeting in LMHS Auditorium
- New 10th, 11th, and 12th grade students to LMHS – Please see Mr. Stroup
 - Need to have PIAA transfer paperwork meeting with Mr. Stroup and Parents/Guardians.



Dismissal

- Cheerleading
- Cross Country Boys
- Cross Country Girls
- Field Hockey
- Football
- Golf
- Soccer Boys
- Soccer Girls
- Tennis
- Volleyball
- Water Polo

