



LAMPETER-STRASBURG SCHOOL DISTRICT
Athletic Department

Pioneer Pride:
The JH and HS Student-Athlete Experience

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L-S Athletic Website: <https://www.l-spioneers.org/athletics>



PIONEERS

Dr. Branden Lippy, Athletic Director

WELCOME LETTER TO PARENTS/GUARDIANS

Dear Parents/Guardians:

On behalf of the Lampeter-Strasburg School District, I welcome you to our junior high and high school student-athlete experience. The function of this reference is to provide you with information pertaining to our junior high and high school athletic programs. I trust the information herein will prove beneficial and relieve you of some of the anxiety that is often associated with your child starting a school sports program.

Over the years, Lampeter-Strasburg has developed its athletic legacy by striving to be highly competitive while displaying good sportsmanship at all times. These components afford us much of the success we presently enjoy at the junior high and high school levels.

We recognize that a successful athletic program is dedicated to the development of student-athletes so they can become well-rounded individuals and be held accountable to high standards of academic performance, integrity and self-efficacy. Through the efforts of parents, students, coaches, and the greater community, we endeavor to create an atmosphere in which education, competition, personal improvement, and team successes are combined in a positive, constructive, and disciplined manner. *The District views the development of well-rounded student athletes as the primary goal of a successful program.*

Again, I thank you for your support of Lampeter-Strasburg Athletics.

Pioneer Pride,

Branden M. Lippy

Branden M. Lippy, Ed.D

MISSION AND PURPOSE

Mission Statement

The mission of the Lampeter-Strasburg Athletic Department is to promote participation and to develop positive values, healthy habits, physical skills, and personal ethics of all student-athletes. Involvement in interscholastic sport promotes many of the attitudes our district wants our young people to develop in life: self-discipline, a sense of fairness, fitness, resiliency, the capacity to make decisions under pressure, the pursuit of excellence, taking pride in one's own accomplishments without doing so at the expense of others, and the delight of playing a game for the pure challenge and fun of it.

Mission and Purpose of Interscholastic Athletics

The National Federation of State High School Associations (NFHS) states:

We believe student participation in education-based high school athletics and activities:

- Is a privilege.
- Enriches the educational experience.
- Encourages academic achievement.
- Promotes respect, integrity and sportsmanship.
- Prepares for the future in a global community.
- Develops leadership and life skills.
- Fosters the inclusion of diverse populations.
- Promotes healthy lifestyles and safe competition.
- Encourages positive school/community culture.
- Should be fun.

The Top Five Educational Outcomes of Interscholastic Athletics

The National Federation of State High School Associations (NFHS) Fundamentals of Coaching Manuscript (2013) states:

1. **Promotion of Learning:** Students should acquire new knowledge or skills that will lead to long-term behavior changes. This learning is not limited to the development of physical skills and should also facilitate the social, personal and psychological development of each student.
2. **Citizenship:** Students should acquire knowledge, attitudes, experience and skills that will prepare them to be a productive and responsible member of society.
3. **Sportsmanship:** Students should learn respect and concern for rules and officials, opponents, and the spirit and customs of sport.
4. **Healthy lifestyle:** Students should become committed to an addiction-free, physically active and long-term healthy lifestyle.
5. **Life skills:** Students should learn how to balance their life, emotional well-being, leadership, personal growth and decision-making skills. These outcomes do not happen automatically or by chance. They happen because teachers/coaches adopt a planned and purposeful approach to the interscholastic athletic experience.

L-S Goals at Each Level of Play

Junior High: Develop athletes in their knowledge of the game and the importance of being part of a successful team. Winning is important at this level but instruction and some level of game participation for all players on the team should be the top priority.

Junior Varsity: Foster the development of a winning program in preparation for varsity participation. Greater emphasis is placed on winning at this level and less of an emphasis is placed on game participation for all members of the team. Playing time for athletes will be determined by a larger degree on skill rather than overall participation for all student-athletes at this level.

Varsity: In addition to overall athletic development, winning is a top priority at this level. Coaches will also assist those interested athletes in reaching the next level of play.

POLICIES AND PROCEDURES

Athletic Governance

The governing organization under which we participate is the Pennsylvania Interscholastic Athletic Association (PIAA). The PIAA is divided into districts, ours is District III. District III encompasses the following leagues: Mid-Penn Conference, Lancaster-Lebanon League, York-Adams Interscholastic Athletic Association, Berks County Interscholastic Athletic Association, Tri-Valley League, and Commonwealth Christian Athletic Conference. Our district is a part of the Lancaster-Lebanon League. Twenty-five schools participate in boys' and girls' sports. To assure a "level playing field," the league is divided into sections. This is typically based on enrollment.

District Sponsored PIAA Athletic Programs:

Fall

- | | | |
|----------------------|------|-------------------------|
| • Cross Country | Coed | Offered for grades 7-12 |
| • Field Hockey | | Offered for grades 7-12 |
| • Football | | Offered for grades 7-12 |
| • Golf | Coed | Offered for grades 9-12 |
| • Soccer – Boys | | Offered for grades 7-12 |
| • Soccer – Girls | | Offered for grades 7-12 |
| • Tennis – Girls | | Offered for grades 9-12 |
| • Volleyball – Girls | | Offered for grades 9-12 |

Winter

- | | | |
|----------------------|------|-------------------------|
| • Basketball – Boys | | Offered for grades 7-12 |
| • Basketball – Girls | | Offered for grades 7-12 |
| • Bowling | Coed | Offered for grades 9-12 |
| • Swimming | Coed | Offered for grades 9-12 |
| • Wrestling | Coed | Offered for grades 7-12 |

Spring

- | | | |
|--------------------|------|-------------------------|
| • Baseball– | | Offered for grades 9-12 |
| • Lacrosse – Boys | | Offered for grades 9-12 |
| • Lacrosse – Girls | | Offered for grades 9-12 |
| • Softball | | Offered for grades 9-12 |
| • Track & Field | Coed | Offered for grades 7-12 |
| • Tennis – Boys | | Offered for grades 9-12 |

Registration Process

All student-athletes are required to sign up during the assigned sports season registration time. Announcements detailing this information will be made at both the high school and middle school via Schoology emails, and on the athletic website.

Physicals

All student-athletes are required by the PIAA to have a physical examination prior to participation in any school sponsored athletic activity. Sports physicals are typically offered at the Lampeter-Strasburg High School in June. This is the ONLY time that sports physicals will be offered at L-S for the forthcoming school year. Physicals for the forthcoming school year must take place on or after June 1. Physicals completed before June 1 will not be accepted. Students may also obtain a physical from their family physician or where additional opportunities exist (Med Express, etc.).

Link: [PIAA and L-S Sports Physical Paperwork](#)

Board Policies

<https://www.l-spioneers.org/school-board/policies-and-procedures>

Policy 123 - Student Participation in Interscholastic Athletics

Policy 123.3 – Student Activity Fee

Policy 227.1 – Drug Screening

Policy 5131.7 – Disciplinary – Interscholastic Athletics

Policy 5131.71 – Disciplinary – Interscholastic Athletics Rules and Regulations

COACHES

Expectations

Each coach shall be responsible for the conduct of their players, team assistants, and coaching staff. It is the responsibility of each coach to ensure the actions of the whole team, on and off the field/court, are respectful. All rules of conduct apply before and/or after the game and/or practice and any time the team is represented at any sanctioned event or program.

Ethical Conduct

Head coaches should implement the following listed standards of ethical conduct in their interscholastic athletic program.

Any coach providing such services to the district shall:

- Show respect for players, officials, and other coaches.
- Respect the integrity and judgment of game officials.
- Establish and model fair play, sportsmanship, and proper conduct.
- Establish player safety and welfare as the highest priority.
- Always provide proper supervision of students.
- Use discretion when providing constructive criticism and when reprimanding players.
- Maintain consistency in requiring all players to adhere to the established rules and standards of the game to be played.
- Properly instruct players in the ways to use equipment safely.

- Avoid recruitment of athletes from other schools.
- Avoid suggesting, providing, or encouraging any athlete to use nonprescription drugs, anabolic steroids, or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, the Surgeon General of the United States, or the American Medical Association.
- Follow the rules of behavior and the procedures for crowd control as established by the board of education, L-L League, District III, and PIAA.
- Act in ways that are not detrimental to the reputation of the team or the District.

STUDENT-ATHLETES

Expectations

Students are to abide by the expectations stated in the Student Handbook and each team's written rules. Each student will be held accountable in accordance with the information/stipulations contained in the handbook, team rules document, as well as all applicable Lampeter-Strasburg School District policies and procedures.

In addition:

1. Players will listen to coaches and be respectful of elders.
2. Players will take care of the facilities, equipment, and uniforms that they use.
3. Players will avoid all types of taunting and belittling remarks to their teammates or opponents.
4. Players will show good sportsmanship at all times, win or lose.
5. Players will not make sports a priority over schoolwork or family.
6. Players will participate for the love of the game and social interaction with peers.

Ethical Conduct

Student-athletes are expected to abide by a code of ethical conduct. Student-athletes should:

1. Encourage and demonstrate good sportsmanship from fellow players, coaches, officials and parents/guardians at every game and practice.
2. Attend every practice and game that they can and will notify a coach if they cannot.
3. Do their very best to listen and learn from coaches.
4. Treat coaches, other players, officials, and fans with respect regardless of race, gender, creed or abilities, and expect to be treated accordingly.
5. Encourage parents/guardians to be involved with the team in some capacity because it is important to them.
6. Do their very best in school.
7. Remember that sports are an opportunity to learn and have fun.

PARENTS/GUARDIANS

[From Michigan State University and The Institute for the Study of Youth Sports:](#)

Top 10 Parenting Do's

1. Reinforce with your child to be a good sport. For example, emphasize shaking hands after games no matter how bitter the contest, and never belittling someone to make yourself feel better.
2. Limit your conversations about sport. Let them know you are interested, but also interested in all aspects of their lives!
3. Have realistic expectations for your child's success in sport. Try to be objective when your child is not receiving playing time or starting; or they struggle with their performances. They are not mini-adults; they are maturing young people who make many mistakes as well as doing many great things (sometimes in the same day!).
4. Support the coach and don't try to coach your child! Especially from the stands during a game. Coaching your child, unless you are a part of the coaching staff, makes it very easy to confuse and frustrate the child. It can undermine the coach and destroy coach-athlete trust.
5. Keep it fun. Try not to take sport too seriously. You will ruin it for your child, and they will feel pressure if you are too critical, controlling, or overbearing. Keep it light!
6. Push to follow through on commitments, work hard, and be a good person. This is the time to challenge your child – when they want to take a short cut that does not show commitment to the team or the coach. Pushing, however, to win is not healthy and will only create issues between you and your child.
7. Have them play for their reasons, not yours. Keep in mind that your child wants to be independent from you in some ways, and yet have your support. For certain, in sport let their goals drive the level of involvement. This will lead to less frustration and arguments.
8. Remain calm and composed during games. Avoid yelling at officials. High school athletes find it very frustrating and embarrassing when parents yell at officials or lose their composure in the stands. There is enough pressure on these kids to perform as it is. Your added pressure from reacting to mistakes they make, being critical and negative, and just too emotional create unneeded stress and take away from the fun of the game.
9. Support, support, support! Support your child in many different ways. Listen to them when they need to be heard after a tough game or practice. Challenge them when they are exhibiting a bad attitude. Confirm what they are going through is normal in sport. Be empathetic. Never make them feel guilty about “your sacrifices” for them to play. There are some many more ways to support than just paying for them to play, transporting them, or giving them tactical advice.
10. Make your love and support unconditional and never contingent on performance. The biggest issues between parents and their children often come when the parent makes the child feel like their encouragement and love is contingent on their performances. No matter how your son or daughter plays be encouraging, give them a hug, let them know you love them even if they go 0 for 5, have five big turnovers, or take bad penalties. The coach will get on them about their execution; the parent needs to play his or her role and support.

Top 10 Parenting Don'ts

1. Focus the majority of conversations on the sport. If your conversations with your child are dominated by their sport then they will recognize how important it is to you, even if you say it isn't. This creates pressure.
2. Tell your child their opponent is not good and they should beat them. Again, this sets up an expectation that you cannot fail. What happens when they get behind? The pressure heats up! Focus on effort, good decision making with tactics, improvement, fun, and being a good sport. Have them focus on his own game!
3. Coach your child from the sidelines. As much as you may know about the game allow the coach to do their job. Your coaching, unless well-choreographed and based on what the coaching is saying, will only serve to confuse and frustrate your child. They will have a hard time trusting what the coach is telling them to do.
4. Criticize your child or even give your analysis after the game. Allow your child some space to get over the game, calm down, and enjoy the time with their team and reflecting on their performance. You want your child to learn lessons from sport, right? Well, they will learn faster if you allow them to deal with it and then facilitate their ability to learn from the game and move on by asking questions and listening. Furthermore, your child knows when they have made a mistake. If not, the coach will instruct them – there is no need to pile on!
5. Treat your child differently dependent upon whether he or she won or lost (or how they performed). What message are we sending when after a win we go get ice cream and after a loss we go directly home? That when you lose you don't deserve a treat – again, cranking up the importance and the pressure unintentionally. Be careful how you respond to your child after a game. Follow your post-game plans if possible. Maybe the dinner won't be as happy after a bad performance, but you will be exhibiting to your child that their treatment and your support are not contingent upon their performance. Also, you will be teaching a good lesson about emotional control, learning to lose with class, and moving on from tough performances.
6. Allow sport to dominate your child's life. Why? It is good to have great passion and pursue lofty goals. No doubt. At the same time, you want your child to learn balance in life. They will someday have to juggle being a father/mother, husband/wife, employee, boss, etc. More immediately, it is healthy for your child to consider themselves more than athletes. They should see themselves as a good student, a son or daughter, a brother or sister, a friend... and treat these roles with the importance they deserve. Moreover, having other pursuits will allow them to deal with the frustrations of sport, especially when they can no longer play the sport that they love competitively.
7. Control all decision making relating to sport. Teenagers want to have some say in their lives. They are looking to take more control. As a sport parent you want to allow your child to make decisions about his or her commitment to playing sports including the routines they need to follow to prepare for games as well as take care of homework and studying. If you control everything, they will resent you for it.
8. Consider your child's sport an investment for which you should receive something in return. With pay-to-play high school sport becoming ever more commonplace, it is easy to fall into this trap. Parents make an investment in time, money, transportation as well as emotional investment. However, do your best to not make your child feel like they need to perform because of your investment. Let them know that you will happily do all of these things no matter how they perform.
9. Exert pressure to win. This is a no-brainer. When you, the parent, pressure to win you are creating an expectation that your child does not have complete control over. This expectation creates stress and negative

emotion for the child. Again, focus on effort, sportsmanship, and things they can control. Then they can feel like a success in your eyes. Ultimately, that's what every child longs for.

10. Put your interests ahead of your child's interests. If your child is playing high school or middle school sport, be supportive. Go to games and encourage them. Listen to them discuss their triumphs and frustrations. And, always and always let them play for their own reasons not yours. Maybe you were an intense, driven athlete and maybe your child is not, and instead is happy with being a role player and spending time with his friends. It's his life let him live it. There is a fine line here. You want to teach your child to commit to a goal and pursue it with hard work and dedication. However, if your child has not shown the intense interest in a sport and has not for some time, save yourself and your child the pain. Instead, push on striving academically – in a positive way, of course.

L-S Parent/Guardian-Coach Communication Plan

Coaching, along with parenting, can be extremely difficult. Therefore, a clear understanding of each position enables us to accept the actions of the other and provide greater benefit to those we serve, the student-athletes.

As a parent, you have a right to understand what expectations are placed on your child when he or she enters our athletic program. This begins with clear communication from the coach.

Expected Communication from the Coaching Staff:

1. Coaching philosophy.
2. Expectations for team members.
3. Locations and times of practices and contests.
4. Team rules.
5. Discipline, which may impact your child's participation.
6. Eligibility requirements and concerns.

Expectations of Parent/Guardian:

1. Support your student athlete's effort toward success and maintain the importance of a strong work ethic academically and athletically.
2. Work to promote a positive environment that is to the benefit of your student athlete.
3. Become familiar with and review all team and district athletic policies with your child.
4. Communicate any concerns in a timely manner, according to district protocol.
5. Treat all coaching personnel, officials, and opposing teams with courtesy and respect and insist that your child does the same.
6. Support the program by being an active parent and positive role model for all student athletes.

Appropriate Parental Concerns for Discussion:

1. The treatment of your child – emotionally and/or physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.
4. An injury.

It is sometimes difficult to accept the idea of your child not playing as much as you may hope. Coaches are professionals and make decisions based on what they believe to be best for all student-athletes involved with the team. As you have seen from the aforementioned list, certain issues can be and should be discussed with your child's coach. Other concerns, such as those listed below, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss with the Coach:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

Steps to Follow when Concerns Arise:

1. The student-athlete should first speak directly to the coach, pertaining to the concern.
2. If a resolution is not reached, the parent and student-athlete, together, should speak directly to the coach.
3. Should this step not resolve the issue, please contact the athletic director, who will schedule a meeting between all stakeholders.

A coach should never be approached directly prior to, during, or directly after a contest. These can be highly emotional times for all involved. A 24-hour waiting period is required. Moreover, persistent phone calls and/or emails are disruptive and inappropriate. Finally, coaches are not to be approached at their place of residence. Meetings of this nature do not promote resolution.

LAMPETER-STRASBURG ATHLETIC DEPARTMENT ADMINISTRATION

The Athletic Director and Principal work together to ensure that the athletic program is able to function at a high level.

The Principal, as administrative head of the high school, is the head of all activities in the school, including athletics and makes all final decisions on personnel. Responsibility for day-to-day operation of the athletic program is delegated by the Principal to the Athletic Director.

The Athletic Director has primary responsibility for facilities, personnel, officials, game supervision, scheduling, transportation, budget, equipment, eligibility, team photos, awards, etc. The Director reports to the Principal.

The L-S athletic department's goal is to support our coaches and student-athletes. To do this, we ...

1. Dedicate ourselves to raising community standards in interscholastic sports.
2. Stay abreast on current topics and trends in the interscholastic sports industry.
3. Train staff to maintain a level of professionalism and credibility in order to uphold high standards while representing Lampeter-Strasburg School District in all capacities.

OFFICIALS

Officials protect the integrity of the games our kids love to play by demonstrating qualities like honesty, objectivity, consistency, courage and common sense. They have the opportunity to help teenagers learn life lessons that will benefit them for a lifetime.

There is a shortage of high school officials in almost every sport. In some communities, the shortage is critical and games are being either postponed or cancelled. As spectators, please allow officials to do their jobs. If it is difficult as a spectator to watch the job the officials are doing without negatively commenting, consider signing up to be one yourself!

Become A PIAA Official: <https://www.piaa.org/officials/become/default.aspx>

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