



Lick-Wilmerding Athletics
Parent/Athlete Handbook

“The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.”

-Vince Lombardi

League Information

For most sports Lick-Wilmerding participates in the Bay Area Conference (BAC), one of the most competitive small independent school leagues in California. Four distinct leagues comprise the BAC – LWHS competes in the BCL-West

BCL-West

Convent & Stuart Hall High School
Lick-Wilmerding High School
Marin Academy
San Domenico
San Francisco University High School
The Urban School

BCL-Central

The Bay School
The Drew School
Gateway High School
International High School
Jewish Community High School
Pescadero
San Francisco Waldorf

BCL-East

Athenian School
Bentley School
College Preparatory School
Head-Royce School
Redwood Christian
St. Joseph Notre Dame

BCL

California School for the Deaf
California Crosspoint Academy
Contra Costa Christian
Fremont Christian
Making Waves Academy
Oakland Military Institute

Facilities Information (Home Games)

Cross Country: Golden Gate Park
Boys & Girls Tennis: CCSF Tennis Courts
Swimming | Water Polo: CCSF Swimming Pool
Volleyball | Basketball | Badminton: Bothin Gymnasium | CCSF Gymnasium
Soccer | Field Hockey | Lacrosse: CCSF Field
Track and Field: CCSF Track
Baseball: Skyline College
Softball:

Fall Season

Boys & Girls Cross
Country
Girls Field Hockey
Girls Tennis
Girls Volleyball
Boys & Girls Water Polo
Flag Football/Ultimate
Frisbee (Club)
Sailing (Club)

Winter Season

Boys Basketball
Girls Basketball
Boys Wrestling
Girls Wrestling
Boys Soccer
Girls Soccer

Spring Season

Boys & Girls Badminton
Boys Baseball
Boys Lacrosse
Girls Lacrosse
Boys & Girls Swimming
Boys Tennis
Boys & Girls Track/Field
Girls Softball

*"I'd rather regret the risks that didn't work out than the chances I didn't take at all."
-Simone Biles*

Mission

At Lick-Wilmerding High School our students are encouraged to develop their head, heart and hands within the walls of the classroom as well in the athletic arena. The LWHS Athletics Department nurtures and develops the skills, character and inclusivity of student athletes from all walks of life, to build a can-do confidence and compassion through athletic competition. We value creating a diverse, equitable and inclusive culture for all of our student athletes.

Athletic Principles

The Lick-Wilmerding Athletic Program will:

- Provide opportunities for students athletes of all core identifiers to participate in a wide variety of sports throughout the school year.
- Coach student athletes in the program not as female or male athletes, but as simply athletes.
- Welcome student athletes from diverse backgrounds and experiences.
- Strive to accommodate students beyond traditional binary identification in consultation with the student, family, and school administration.
- Assist participants in the development of required physical and sport- specific skills.
- Foster the development of character, social skills, game ethics and sportsmanship.
- Compliment lessons learned in the classroom and encourage respectful language, cooperation, team-work, discipline and hard work.

The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.
-Babe Ruth

Athletic Code

Participation in the Lick-Wilmerding Athletics Program is considered a privilege, not a right. Therefore athletes must accept the following responsibilities:

Applicability: Abide by the training rules set by coaches and by Lick- Wilmerding High School.

Conduct and Behavior: You represent your team, parents/guardians, school, and community so proper conduct is expected at all times, on and off the field/court/pool, and during school and non-school activities.

Appearance: Take pride in your appearance, especially when traveling to other schools. Coaches or team captains may require a dress code on the day of a contest.

Dedication & Accountability: It is assumed that if you are joining an athletic team, a high level of commitment is to be expected. Attendance at all practices, meetings, and contests will be assumed to be mandatory unless otherwise discussed with your coach, and an agreement can be found. **IT IS YOUR RESPONSIBILITY AS A STUDENT-ATHLETE TO CONTACT THE COACH DIRECTLY IF FOR ANY REASON YOU ANTICIPATE AN ABSENCE.** If you are unable to fulfill the commitment, the coach has the authority to excuse you from the team.

Be punctual to all meetings, practices, and contests. Put forth 100% effort at all times-- study hard, complete all assignments and make every effort to be a leader both in the classroom and on the team, remember you are a Student first. Attend every class period during the school day. If you must miss a class, make sure you let your instructor know at least **TWO DAYS** in advance (unless excused by the appropriate administrator).

If early dismissal is required for a game, a proper communicated request must be made to the teacher(s) for the blocks that you may be partially or totally missing ASAP with the pink slip signed & turned in to Molly, 24 hours in advance of the contest in question; teachers have the right to say no to your request. If a game happens to fall on a Monday, communications between student & teacher needs to occur ASAP, with the same protocol in place.

Respect/Language: Use proper language with and show respect for parents, coaches, teammates, officials, opponents, and Lick-Wilmerding. Respect your teammates' abilities, weaknesses and strengths--the team comes before the individual.

*"The only person who can stop you from reaching your goals is you!"
-Jackie Joyner-Kersey*

Uniforms/Equipment/Team Gear: Respect the school equipment. The Athletics Department provides athletes with the best possible equipment and athletes are responsible for keeping the equipment/uniforms in good condition. We ask that all uniforms be laundered before being returned, unless otherwise stated. Team gear must be cleared by and purchased through the Athletics Department.

Transportation

The Lick-Wilmerding Athletics Department will provide transportation to all weekday sporting contests and practices through First Student Bus Company. Transportation back to school after the sporting event or practice will also be provided. Although the schedules are set well in advance, there are extenuating circumstances that occur that would require reschedules (rainouts, playing surface not safe, etc.). Please check with coaches, website, or Athletics Department for more details when these occur.

- It is expected that all student-athletes conduct themselves properly on transportation provided to and from an athletic event, in a manner properly representative of Lick-Wilmerding High School.
- Parents/Guardians may pick up their child directly from the sporting event or practice venue but must properly notify the coach of the student-athlete's team.
- There are some occasions in which transportation will not be provided: these circumstances are due to proximity of the contest venue with LWHS. In these cases alternative means of travel will be explored, occasionally asking parents and/or guardians for help in transporting the team to the game venue.
- Under emergency or mitigating circumstances Student-Athletes may drive themselves to sporting events but may **NOT** drive other student-athletes. These students will require written permission from parents or guardians.

Tryouts

Due to CIF mandated start dates of practice/tryouts the Winter and Spring seasons have the potential for overlapping dates due to postseason play from previous seasons, that may affect the attendance of tryouts.

Whenever the case of overlapping seasons (Winter, Spring) the Student-Athlete will be given an opportunity to tryout to make a team. The student-athlete will as soon as possible notify the Head coach of the tryout in question. The student-athlete will **NOT** tryout for their future team until their current season has finished, unless an understanding can be agreed upon by both coaches **AND** the Athletics Director. These student-athletes will have a minimum of 2 tryout days, upon completion of their current season.

“Natural talent only determines the limits of your athletic potential. It’s dedication and a willingness to discipline your life that makes you great.”

-Billie Jean King

Parental Responsibilities

Our goal is for parents to be fully-informed about the Athletics Program, its philosophy and expectations, so as to better support your own athlete, the coach, the team, and the entire Athletics Department.

Parents are *encouraged* to discuss the following with coaches:

- Disciplinary expectations and consequences
- Conflict resolution procedures
- Location, times and transportation for all practices and games
- Procedures for notification of illness, injuries or missed practices

Parents are *discouraged* from discussing the following with the coaches:

- Playing time
- Placement on teams
- Strategies used by coaches during contests or practices
- Other student-athletes and their performances

We encourage parents to attend sporting events to positively cheer on their children and show support for the team. At the same time, it’s very important for parents to remember that they are there as fans and not extensions of the coaching staff. “Coaching from the stands” is inappropriate and only serves to distract athletes. Our aim is to create a positive environment, as well as maintain good sportsmanship for all of our athletes as well as the opposition and officials.

Coaches Expectations

All Lick-Wilmerding coaches will embody the mission and principles of the Lick Athletics Department in their conduct and coaching. Although not all-encompassing, as different coaches will have slightly different philosophies, in general Coaches will:

- Support student athletes from all walks of life, and build a culture of care, commitment, and healthy competition for all players.
- Fairly manage playing time based on level of team. Coaches will prioritize playing time for all players on the frosh/JV levels, and will strive to give playing time to all players on varsity level teams whenever possible.
- Maintain transparency about team policies, specifically regarding illness, injury, tardiness, and unexcused absences.
- Work with other school leaders as needed to support their team/program.
- Not friend or connect with students on social media, other than in groups necessary to do their job.
- Avoid private telephone calls or texts, from individual students. If texting, include another adult or other teammates in your messaging.

*“If you're not a leader on the bench, then don't call yourself a leader on the field.”
-Abby Wambach*

Concussions

The ImPACT Concussion test is a computer-based neurocognitive tool used in conjunction with other tests to evaluate for signs of a possible concussion. Please note that only a trained medical professional can diagnose a concussion.

The athletics department will recommend that you see your doctor for diagnosis for a concussion if the potential of a concussion is present.

All student-athletes are required to take the initial baseline portion of the ImPACT test. The student athlete will only need to take the post-concussion test to compare with the baseline score for evaluation purposes, in the event of a suspected concussion or they are showing signs of a concussion. If a concussion is suspected or has occurred please follow the following protocol:

- 1. Parents or student athlete will inform the Athletics Department of the possible concussion/injury by email.**
- 2. Athletics Department will respond and will contact the Academic Dean (When going to the doctor please bring the Academic/Athletic Plan sheet that can be found at lwhs.org/page/athletics under download to expedite the process)**
- 3. The Academic Dean will reach out to teachers' of the student athlete to aid with the academic stress of recovery post concussion symptoms (screen time, workload, etc.)**

Please note that the student-athlete will not be cleared to return to the participation in athletics until after the Athletics Department receives a note from their doctor explicitly clearing them to return to activity.

*“Success comes from knowing that you did your best to become the best that you are capable of becoming.”
-John Wooden*

Procedures for Resolving Concerns

The goal for each Athletics season is for it to go as smoothly and successfully as possible, but sometimes unforeseen issues can arise that cannot be easily resolved between teammates or between athletes and coaches. If this situation does occur realize that you are not alone and you are supported by the Athletics Department.

- If an issue arises, your initial contact will be with your coach to discuss the issue.
- If the issue remains unresolved or does not feel safe or appropriate following the meeting with the coach, please contact one of the Athletics Directors
- If the matter remains unresolved, your next communication should be with your Dean.
- If the matter remains unresolved the student athlete should go directly to the Head of School

***At any point, if a student-athlete has an issue that does not feel safe or appropriate to be discussed with the above members of the community, the student-athlete may go to ANY adult administrator on campus.**

We look forward to another successful year. Go Tigers!

Parent/Athlete Handbook Acknowledgement

I have received a copy of or have Internet access to the Lick-Wilmerding Parent/ Athlete Handbook. I recognize that it is my responsibility to read the Handbook and to comply with its provisions. I understand that the School may revise the Handbook's provisions at any time at its discretion. Please detach this sheet and return to your head coach signed.

Student Athlete's Signature

Date

Print Student Athlete's Name

Graduation Year

Parent's Signature

Date

Print Parent's Name