



Welcome!

Winter 2023-24

Athletic/Activities Office

- Mr. Stroup – Activities/Athletic Director
- Ms. Shalon – Secretary Athletic/Activities
- Ms. Connolly – Assistant Athletic Director
- Mr. Brooks – Assistant Athletic Director
- Mr. Luty (Jason) – Athletic Trainer
- Ms. Manno (Meghan) – Athletic Trainer
- Mr. Chimekas – Sports Aide



ACCOUNTABILITY
CHARACTER
EFFORT
SAFETY



Character

- Most important part of our programs.
- Representation
 - Yourself, Family, School, Community
- Golden Rule
 - Treat others as you want to be treated.
- “Leave it better than you found it.”



“Sport Culture?”

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



Fan Behavior/Sportsmanship

- Cheer positively for your team
- No names
- No numbers
- Nothing directed towards players, coaches, or officials
- No profanity/Inappropriate Comments
- Stadium: All fans must use Montgomery Ave. Entrance



Wellness



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

Hygiene Practices



- 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 after practice
 - Shower when you get home from practice/competition
 - Wash game/practice clothing

Physicals

- Cannot participate if your physical has not been submitted online, reviewed and approved by our athletic training staff.
- All physicals must be submitted online through [FamilyID](#).



Trainer's Room

- Use for:
 - Treatment, taping, or injury evaluation
 - Students injured - treatment during practice times
- Be in and out like the locker room
- Not a place to socialize



Communication Tools

- School Email
- Remind App
- Hudl Messaging



Student-Athlete



- Academic Eligibility
 - Checked every Friday
 - At least 1.5 GPA in major classes
 - No more than 1 F in any class
 - If ineligible - ineligible next Sunday-Saturday
 - Last quarter's final grades can impact eligibility
 - Questions – see Mr. Stroup, Ms. Connolly or Mr. Brooks
- Attendance
 - Must be at school by 9:30am to participate in athletics
 - Except – excused absences/early dismissals/excused lateness

Entering and Exiting LMHS

- No cleats on inside – buildings and buses
- 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 Chem Building



Other Details

- New 9th (after start of the school year), 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.

