

# Welcome to the Hawk Family



**2024 - 2025**

**Lakeland Middle School**

**Player and Parent  
Activities Manual**

**LMS Activities Mission:**

***Lakeland School District values the pursuit of excellence through personal development and teamwork, ethical and responsible behavior on the field and off, adherence to the spirit of rules, leadership, strength of character, and sportsmanship. LJSD Activities instill habits that will lead students to better and healthier lives.***

**The interscholastic activities program of Lakeland is designed to:**

- involve students in wholesome, healthy competition,**
- teach respect for rules**
- teach respect for the property and person of others**
- develop self-discipline through rigorous training**
- develop sportsmanship through competition**
- teach the fundamentals of each activity**
- develop the individual participant to his/her potential**
- teach the value of working with others as a team**
- build physical and mental capacities**
- develop the attributes of cooperation and social adjustment, stressing high moral character.**

# **To the Student-Athlete & Parent/Guardian**

This packet is designed to inform participants and parents of the Lakeland School District's activity policies.

**The following forms must be on file with the Activity Director before student-athletes are allowed to participate. These forms can all be found on the [Lakeland Athletics website in Bigteams.](#)**

Form	Approval Dates			Status
	Student	Parent	Staff	
Medical History Form OR Interim Questionnaire	07/31/22	07/31/22	08/04/22	Complete
Physical Examination Form		07/31/22	08/03/22	Complete
IHSAA & Lakeland SD Policies and Agreements	08/08/22	08/07/22	08/08/22	Complete
ImPACT form	08/03/22	08/03/22	08/03/22	Complete
Athletic Electronic Communication Agreement	08/07/22	08/07/22		Complete
ASB Fee Agreement	08/11/22	08/11/22	08/11/22	Complete

**Philosophy**- Policy and code for interscholastic activities.

## **Physical Form** -

Lakeland Middle School requires that participants have a new physical form on file prior to the first day of any athletic practice. Middle school students need to have a physical on file ONE TIME during the span of their middle school career.

## **Interim Questionnaire Consent Form** -

This form provides us with a brief medical history assisting coaches and physicians and will be filled out EVERY YEAR. If there are any medical conditions marked yes since the last physical, the athlete may be required to have a physical stating the student is good to play sports.

**Electronic Communication**- All the above paperwork is signed and submitted in Big Teams.

## **Activity cards** - \$20

Athletes are to purchase activity cards before the first athletic contest. This will be paid in cash or check to the front office.

**Transfer students** - (New to LMS within the last calendar year) must report to the Activities Director *before* they participate at any level. Transfer papers must be completed and filed before that student will become eligible to participate. If there are questions, please contact the Activities Director.

# **Lakeland Middle School**

15601 N Hwy 41  
Rathdrum, Id 83858  
Phone 208-687-0661

## **ADMINISTRATION**

Principal: Matt Ziegenfuss – [matthew.ziegenfuss@lakeland272.org](mailto:matthew.ziegenfuss@lakeland272.org)  
Assistant Principal: Harrison Bertsch – [harrison.bertsch@lakeland272.org](mailto:harrison.bertsch@lakeland272.org)  
Activities Director: Deon Goodwin – [deon.goodwin@lakeland272.org](mailto:deon.goodwin@lakeland272.org)

## **COACHES**

8<sup>th</sup> Grade Volleyball: A Team: Raegan Neu – [raegan.neu@lakeland272.org](mailto:raegan.neu@lakeland272.org)  
B Team: Amanda Kral – [amanda.kral@lakeland272.org](mailto:amanda.kral@lakeland272.org)

7<sup>th</sup> Grade Volleyball: A Team: Keri Murphy – [kmurphy@lakeland272.org](mailto:kmurphy@lakeland272.org)  
B Team: Berenice Munyer – [bmunyer@lakeland272.org](mailto:bmunyer@lakeland272.org)

Cross Country: Karla Hegbloom – [karla.hegbloom@lakeland272.org](mailto:karla.hegbloom@lakeland272.org)  
Deon Goodwin – [deon.goodwin@lakeland272.org](mailto:deon.goodwin@lakeland272.org)

Wrestling: Levi Cushman – [lcushman@lakeland272.org](mailto:lcushman@lakeland272.org)  
Sam Feusier – [sam.feusier@lakeland272.org](mailto:sam.feusier@lakeland272.org)

Cheer: Brennen Naumann –  
Savannah Moffett –

8<sup>th</sup> Grade Boys Basketball: A Team: Greg Chapple – [gchapple@lakeland272.org](mailto:gchapple@lakeland272.org)  
B Team: Jacob Mullins – [jacob.mullins@lakeland272.org](mailto:jacob.mullins@lakeland272.org)

8<sup>th</sup> Grade Girls Basketball: A Team: Brandon Furey – [brandon.furey@lakeland272.org](mailto:brandon.furey@lakeland272.org)  
B Team: Amanda Kral – [amanda.kral@lakeland272.org](mailto:amanda.kral@lakeland272.org)

7<sup>th</sup> Grade Boys Basketball: A Team: Greg Chapple – [gchapple@lakeland272.org](mailto:gchapple@lakeland272.org)  
B Team: Jacob Mullins – [jacob.mullins@lakeland272.org](mailto:jacob.mullins@lakeland272.org)

7<sup>th</sup> Grade Girls Basketball: A Team: Brandon Furey – [brandon.furey@lakeland272.org](mailto:brandon.furey@lakeland272.org)  
B Team: Jacob Munyer – [jmunyer@lakeland272.org](mailto:jmunyer@lakeland272.org)

Track: Greg Chapple – [gchapple@lakeland272.org](mailto:gchapple@lakeland272.org)  
Deon Goodwin – [deon.goodwin@lakeland272.org](mailto:deon.goodwin@lakeland272.org)  
Kevin Rogge – [kevin.rogge@lakeland272.org](mailto:kevin.rogge@lakeland272.org)  
Jacob Mullins – [jacob.mullins@lakeland272.org](mailto:jacob.mullins@lakeland272.org)

**Colors**

**GREEN and GOLD  
Mascot  
HAWK**

**LAKELAND SCHOOL DISTRICT ACTIVITIES CODE**

Students of the Lakeland School District, who wish to participate in interscholastic activities, must adhere to the rules and regulations; local city ordinances, and the laws of the State of Idaho; and this district's policies.

Interscholastic activities and competitions are recognized as a valid part of the total school program. Expenditure of school district funds in accordance with the district's expenditure and budgetary regulations is authorized for the support of these activities. The district will maintain membership in the IHSAA for the appropriate grade levels.

**All student-athletes must purchase a school activity card. (ASB)**

Students are required to have parental permission to join any athletic team.

**PARTICIPATION STANDARDS**

Activities will be open to all students (subject to tryouts, when applicable) and administered according to the following standards:

1. The building principals or their designees of each school shall certify the eligibility of all participants in accordance to the participation requirements stated herein. This includes home-schooled and dual-enrolled students.
  - A. Student-athletes must follow all school/district rules and regulations.

Academic Requirements:

- B. Students who wish to participate in activities at the middle school will be subject to eligibility requirements. Students must be enrolled full-time and must be passing all classes.

C. Grades:

Grades will be checked weekly on Mondays. Athletes have until Friday (or the end of the school week) to maintain eligibility.

If a student remains academically ineligible for two school weeks, they will be removed from the team.

## SCHOOL ATTENDANCE REQUIREMENTS

Students must attend classes regularly, strive for academic achievement, and set positive examples in the school and community with his/her personal conduct.

1. A student must attend school the **entire day** before practicing or competing inter-scholastically unless special permission for an absence has been granted in **advance** by the activities director.

An exception would be made if the Parent emailed the athletic director prior to the approved medical appointment; in which case, the student must present to the activities director a signed statement from the doctor. This pertains to practice sessions and contests (District Policy 3380).

2. For athletic activities, a student who has been injured and has had medical treatment from a doctor, cannot participate again without a doctor's release.
3. Students earning an F will not be allowed to miss class due to a scheduled athletic or activity contest. (District Policy 3380)

## **Transportation**

The following travel policy applies to extracurricular activities:

- A. School District-approved transportation must be used unless prior arrangements are made with the parent, coach, and activities director.
- B. Any out-of-state or overnight transportation must have prior approval by the school board in accordance with district policy.
- C. Participants must travel together to and from contests away from their school in transportation provided by the school unless prior arrangements are made with the parent, coach, and activities director.
- D. The exceptions are:
  - Injury to a participant which would require alternate transportation
  - Arrangements between the participant's parent/guardian and the coach for the student participant to be transported with his/her parent/guardian.
  - Participants are NOT allowed to ride with friends or family members other than a parent or guardian unless prior arrangements are made.
- E. Process for prior arrangements.
  - Parents must email the activities director prior to the date that they will be transporting their student.
  - The activities director will confirm the arrangement and will return a written email to the parent and coach.

## **LAKELAND COACH'S EXPECTATIONS**

To be a model of athletic/activity achievement in the State of Idaho by:

1. Presenting a positive image of school athletics and activities by all participants including players, coaches, administrators, trustees, and parents.
2. Striving for excellence that will produce quality teams and nurture sportsmanship and personal growth for the student.
3. Providing an environment where students develop athletic and lifetime skills including but not limited to:
  - Development of team play that encourages loyalty, cooperation, accountability, honesty, and commitment.
  - Leadership that stresses discipline, self-motivation, trust, excellence, and the ideal of good sportsmanship.
  - Emphasizing programs for the entire student body, faculty, and community that will generate a feeling of unity.
  - Providing an opportunity for achievement of individual goals as set by the participant.
  - Developing an appreciation for activities that promote life-long participation and a healthy lifestyle.
  - Developing High Standards of fairness and honesty.
  - Nurturing self-discipline, emotional maturity, and proper social behavior while learning to make decisions under pressure.

- Creating an environment that allows participants to reach their full personal potential while achieving their personal goals and objectives.

## **POSITIVE SPORTS PARENTING**

A parent's "Coaching Job" is the toughest one of all and takes a lot of effort. Sometimes in your desire to help your child, best intentions can end up being counterproductive. Applying the Rules of Parents will go a long way toward fostering an environment your child can use to enjoy and excel in their sport.

1. Make sure your child knows win or lose, that you love them, you appreciate their efforts and **you are not disappointed in them.**
2. Try your best to **be completely honest** about your child's athletic capability, competitive attitude, sportsmanship, and actual skill level.
3. **Be helpful but don't "coach"** on the way to the track or court...on the way home...at breakfast...and so on.
4. Teach them to **enjoy the thrills of competition**, trying, working, improving their skills and attitudes...taking the physical bumps and coming back for more.
5. Try not to relive your athletic life through your child in a way that creates pressure. Remember, you fumbled too; you lost as well as won; you were frightened; you backed off at times; and you were not always heroic. **Don't pressure them.**

6. **Don't compete with the coach.** The young athlete often comes home and chatters on about 'coach says this, coach says that.' This is often hard to take, especially for a father or mother who has had some sports experience.
7. **Don't compare** the skill, courage, or attitudes of your child with that of other members of the squad or team, at least not in front of them.
8. You should get to know the coach so that you can be assured that his or her philosophy, attitudes, ethics, and knowledge are a **good influence** on your child.
9. Always remember that children tend to exaggerate both when praised and when criticized. **Temper your reactions** to their tales of woe or heroics they bring home.
10. Make a point of **understanding courage** and the fact that it is relative. Explain to your youngster that courage does not mean an absence of fear but means doing something despite fear or discomfort.
11. Never approach a coach **on game day** to talk about your child, before, during, or after a contest. Always encourage your child to speak to their coach - open communication is key.

### **LMS PARENTS INVOLVEMENT WITH ACTIVITIES**

1. Parents/legal guardians are encouraged to attend and support all school activities.

2. Parents/legal guardians and all community supporters are expected to be positive role models by demonstrating good sportsmanship and personal leadership.
3. Parents/legal guardians shall encourage their children to honor their commitments and not condone quitting an activity or sport before its completion.
4. When a meeting is needed for a coach/supervisor, director, or school administrator to address any concern regarding a student participant, each student will be represented on an individual basis.
5. If patrons, parents, students, and employees have concerns that need to be expressed, and to maintain continuity and best resolve issues of concern, the following district protocol is to be followed:
  - A. The first step is to take the concern to the assistant/head coach of the specific sport at the appropriate level. It is the goal of the district to resolve the issue at this level.
  - B. If there is still a concern, it will be taken to the building activity director.
  - C. If the concern persists, it will be taken to the building principal.
  - D. If the concern still has not been resolved to the satisfaction of all concerned, then it will be taken to the superintendent.
  - E. If the interested party still feels the concern has not been properly resolved, then he/she may appeal to the board of trustees by calling or writing the superintendent and asking to have the item placed on the agenda of the next regularly scheduled business meeting of the board of directors.

## **OTHER PARTICIPATION REQUIREMENTS**

1. Notwithstanding any other district policy violation, any civil or criminal law infraction or conduct by a student participant that is determined by the team head coach and building athletic/activities director to be detrimental to the activity program, school, or school district will result in a meeting with the team head coach and the building athletic/activities director resulting in possible suspension or expulsion from activities.
2. Where the violation and disciplinary action involve suspension from school, the participant shall not participate in practice or contests during the time of suspension. The participant may be subject to suspension or expulsion from the team for the remainder of the season.
3. Theft or malicious destruction of any school, individual equipment, or property is not to be tolerated. Participants found to be responsible for the theft or malicious destruction of school property will be suspended from the team. A decision regarding further competition will be made by the building activities director, and the designated building administrator.
4. The rules and regulations in this code shall apply to any violation on or off the school premises during the season of participation.
5. Additional team rules and regulations recommended by the team head coach must be approved by the building principal and the building activities director and can't contradict board policy.
6. Athletic Insurance: The District does not insure the individual athlete against injury. All athletes turning out for sports of any kind are recommended to carry some type of acceptable insurance protection or have a waiver on file signed by the parent/guardian.

## **DRUGS - ALCOHOLIC BEVERAGES - TOBACCO PRODUCTS**

Use or possession of alcoholic beverages, tobacco, nicotine (smoking, chewing, vaping, etc.), and/or illicit drugs by activities program participants is prohibited. The consequences will apply as outlined in LJSD policy 3400

## **SPORTSMANSHIP**

All schools and athletic programs will comply with the Lakeland School District policies and with the Idaho High School Activities Association (I.H.S.A.A.) sportsmanship guidelines manual. Sportsmanship, as defined by the I.H.S.A.A., is those qualities of behavior that are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual's influence on others' behavior as well.

Coaches, administration, athletes, and spectators will exhibit sportsmanship.

### **Athlete Goals for Sportsmanship**

- Develop a sense of dignity under all circumstances.
- Respect the rules of the game and the officials who administer the rules, and their decisions.
- Respect opponents as fellow students; and acknowledge them for striving to do their best while you seek your best at the same time.
- Refrain from engaging in all types of disrespectful behavior, specifically taunting, trash talk, and other forms of intimidation.
- Look at athletic participation as a potentially beneficial learning experience, whether you win or lose.
- Educate other students and fans to understand the rules of the game, and the value of good sportsmanship.
- Participate in positive cheers that encourage our youngsters, and discourage any cheers that would redirect that focus including those that taunt and intimidate opponents, their fans, and officials.

- Learn, understand, and respect the rules of the game, the officials who administer them, and their decisions.
- Respect the task of coaches as teachers, and support them as they strive to educate our youth through organized activities.
- Respect our opponents as student-athletes, and acknowledge them for striving to do their best.

### **Parent Goals for Sportsmanship**

- Realize that athletics are a part of the educational experience, and the benefits of involvement go beyond the final score of a game.
- Encourage all students to perform their best, just as we would urge them on with their classwork, knowing that others will always turn in better or lesser performances.
- Participate in positive cheers that encourage our youngsters, and discourage any cheers that would redirect that focus including those that taunt and intimidate opponents, their fans, and officials.
- Learn, understand, and respect the rules of the game, the officials who administer them, and their decisions.
- Respect the task of coaches as teachers, and support them as they strive to educate our youth through organized activities.
- Respect our opponents as student-athletes, and acknowledge them for striving to do their best.

## **Athletic Department use of Social Media**

The Lakeland Athletics/Activities Department utilizes several forms of social media to promote and recognize our students for their achievements in extracurricular activities. Information and schedules can be found on the following:

### 1. [LMS Athletic Web Page](#)

- a. The official Athletic Department web page is directly from our school website.

### 2. [LMS Facebook page](#)

### 3. [LMS Instagram Page](#)

- a. Many athletic updates will be on our school's social media accounts.

Coaches are not allowed to communicate with student-athletes on an individual basis via text or social media. School email communication or any communication platform that includes the whole team is appropriate.

See board policy 5325.

## **ACTIVITIES ADMISSION**

**2024-2025**

*All proceeds sponsor LMS Athletics*

General Admission	\$5.00
Student (without activity card) Visiting Student with ASB	\$3.00
Elementary Students (5th grade and under)	Free
LMS Student (with activity card)	Free
Seniors (62+) Veterans & First Responders	Free

# SPORTSMANSHIP

## **Gain an understanding and appreciation for the rules**

The spirit of good sportsmanship depends on conformance to a rule's intent as well as to the letter of the rule.

## **Exercise representative behavior**

The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. Your behavior influences others.

## **Recognize and appreciate skilled performances, regardless of affiliation**

This not only represents good sportsmanship but reflects a true awareness of the game by recognizing and acknowledging quality.

## **Display respect for officials**

The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. The rule of good sportsmanship is to accept and abide by the decisions made. This value is critical for students to learn for later application in life.

## **Display respect for your opponent**

Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded respect at all times. Be a positive representative of your school, team, or family.

## **Display pride in your actions**

Never allow your ego to interfere with good judgment or your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach, or official, this value is paramount since it suggests that you care about yourself and how you are perceived by others

# **“HONORING THE GAME”**

**SPORTSMANSHIP — RESPECT — INTEGRITY — HONESTY —  
TEAMWORK — LEADERSHIP — PERSONAL RESPONSIBILITY**