LINCOLN HIGH SCHOOL



2026-2027 Athletic Handbook

TABLE OF CONTENTS

LPS ATHLETIC HANDBOOK – INTRODUCTION 3
LINCOLN PUBLIC SCHOOLS INTERSCHOLASTIC ATHLETIC POLICY JX 4
Code of Conduct 13
Dual Participation 13
Sportsmanship 13
Alcohol and Drugs including Tobacco 14
Purpose of Substance Abuse Policy 15
Disciplinary Procedures 15
School Year Round Expectations 16
Presence at Parties with Alcohol & Drugs 16
Appearance 16
Attendance 16
Hazing 16
Individual Coach's Rules 17
Leaving a Squad 18
Locker Room Regulations 18
Practices and Contests 18
Vacations 18
School Rules 19
Suspension/Detention 19
Travel 19
Equipment and Uniforms 19
Selection of Team 20
Captains 20
Parent and Coach Communication 20

Lincoln Public School Athletic Handbook
Introduction

Welcome to Lincoln Public Schools Athletics and congratulations on your choice to participate as a member of an outstanding athletic program. Lincoln Public Schools consists of a proud, successful group of student athletes led by committed and knowledgeable coaches, athletic trainers, and administrators. The Lincoln Public School Student Athlete Handbook and Lincoln Public School Athletic Code of Conduct were developed with input of parents, teachers, coaches, and administrators so that student athletes and their parents may understand important information and the conditions relating to athletic participation at Lincoln Public Schools. It is the intent of all members of the school's athletic department and administration for athletics to be an enriching and healthy experience for student athletes in which physical, mental, and social growth take place through interscholastic competition.

Participation in Lincoln Public School athletic programs is a privilege. With this privilege come certain responsibilities since student athletes represent Lincoln Public Schools in the classroom, in the hallways, in the athletic arena, and in the community. The Athletic Code of Conduct is in effect 365 days of the year, 24 hours a day, and 7 days per week.

Lincoln Public Schools believes interscholastic athletics are an integral part of a student athlete's total educational experience. The success of our athletic programs is based on our student athletes' abilities to balance their participation with their academic requirements. Academic achievement comes first. In athletics, our goal is to provide a safe, structured environment where student athletes can develop responsibility, work ethic, trust and loyalty, self-esteem and self-discipline.

This document serves to inform students and parents about the guidelines, policies, and regulations of the Rhode Island Interscholastic League (RIIL), Rhode Island Principals Committee of Athletics (RIPCOA) and the Lincoln Public School District. It explains expectations for athletes in Lincoln Public School. One of the primary roles of the Lincoln athletic department is to oversee the conduct of our student athletes. We urge parents to take an active part in the guidance and supervision of their son or daughter while supporting the school in its endeavor to develop positive and productive citizens.

LINCOLN PUBLIC SCHOOLS INTERSCHOLASTIC ATHLETIC POLICY

The Lincoln Public Schools recognize that a comprehensive program of athletics is important to the educational development of students. Therefore, the interscholastic athletic program is an integral part of the educational program in the Lincoln Public Schools. The Lincoln Public Schools are committed to providing athletic programs that promote and develop respect for self and others, fellowship and goodwill, sportsmanship, ethical conduct, teamwork, physical skill and constructive competition. The Lincoln Public Schools support access to athletics for all students. The objectives of the athletic program are to provide:

· A positive atmosphere of school athletics within the Lincoln Public Schools.
· Development of leadership qualities.
· Opportunities for physical, mental, social and emotional growth and development.
· Refinement of skills in sports activities of each student's choice.
· Self-discipline, self-motivation, excellence and the ideals of good sportsmanship that make for winning and losing graciously.
· Achievement of school goals and the student's individual goals.

Interscholastic athletic activities shall be conducted in accordance with the Rules and Regulations of the Rhode Island Interscholastic League and Rhode Island Principal's Committee on Athletics Grades 6-8.

I. Requirements.

Participation in interscholastic athletics is subject to satisfaction of the eligibility requirements of this policy, the Rules and Regulations of the Rhode Island Interscholastic League, and the Rhode Island Principal's Committee on Athletics Grades 6-8, as applicable. In the event of a conflict amongst the respective eligibility requirements set forth in the preceding sentence, the stricter requirement shall apply.

A. Academic/Age Eligibility

In order to participate in interscholastic athletics, students must:

- Arrive at school no later than 9:30 a.m. (LHS students) 10:00 am (LMS students) and remain in attendance thereafter on the day of an athletic activity if played on a weekday, and the day before if played on a Saturday. Unexcused absences or tardiness from school or from any class period, and absences due to disciplinary or social suspensions, will be the basis for exclusion from all athletic activity on that day, including tryouts, practices and contests. Coaches will be notified by the school administration.

Excused Absence:

1. Personal illness - to be verified by appropriate authority; if deemed necessary by the responsible school official.

2. Appointments with health professionals that cannot be made outside of the regular school day. The responsible school official may request appropriate documentation.

3. Observance of recognized religious holidays, when the observance is required during a regular school day.

4. Emergency family situations as deemed appropriate by the responsible school official.

5. Planned absences for personal or educational purposes, which have been approved.

Unexcused Absences (Truant):

All absences that are not included as excused absences.

- The athlete must be taking at least four subjects, each involving at least four periods of work or an aggregate of fifteen periods of work per week.
- Academic eligibility will be determined at the issuance of quarterly report cards. The Lincoln Public Schools will use the first quarter, second quarter, and third quarter grades during the school year. Final grades will be used to determine fall sports eligibility.
- At all times the athlete should have secured for the period from the beginning of the quarter up to the end of the regular marking period (quarter) which shall not exceed a maximum of 12 weeks and a passing grade in 60% of the student's program (credits). A student who is not passing 60% of his/her program (credits) is ineligible to participate in all interscholastic athletic activities including tryouts, practices, scrimmages, and games until the end of the quarter of the next marking period (quarter).
- In the case of a student who devotes a considerable part of the summer to make up subjects failed during the school year and receives credit toward graduation for this make-up work, that student shall be entitled to count such credit toward eligibility provided this credit is made an official part of his/her school record during the first week of the fall term. In case a student fails to complete the minimum scholastic requirements for athletic eligibility at the end of a quarter due to unavoidable absence, the student shall be ineligible for the next quarter until these requirements of the preceding quarter are made up.
- Not have reached his/her nineteenth birthday prior to September 1st. Post-graduates are ineligible for competition.

B. Athletic Eligibility

Students should be encouraged to participate in the sports for which they have an interest and aptitude and should not be limited to a single sport. However, limitations on individual participation on teams or in games may be imposed based upon:

· The skill or achievement level of the student.
· The safety and welfare of those students not suited for participation in that particular sport.

- The needs of the team.
- Funding limitations.
- A determination of a reasonable number of participants relative to the availability of coaching staff.

Every student desirous of participating in an interscholastic athletic activity is required to attend scheduled tryout sessions for the subject activity. A student may be excused from attending a scheduled tryout session only for good cause. Requests for excusals for reasons other than absence from school must be submitted by the student's parent/guardian, in writing, to the Athletic Director, in advance of the proposed absence. Request for excusal due to an absence from school must be submitted to the Athletic Director prior to the first scheduled tryout upon the student's return to school. The Athletic Director shall grant or deny the request for excusal in writing. The Athletic Director shall provide the coach with a copy of the grant or denial and shall retain a copy on file in the Athletic Director's office. Any student having an absence which has not been excused in writing and in advance by the Athletic Director shall not be considered for the team. There are circumstances when students may join a team after the initial try out period has ended.

These circumstances are enumerated below:

1. Have attended all required tryout sessions for a team and been cut by said team and wishes to join another team that does not cut participants
2. Have enrolled in Lincoln High School after the initial tryout period has passed for a sport. In this circumstance, the student must try out for as many sessions as in the initial try out period. Students must join the team within 1 week of the start of the season for winter and spring or within one week of the start of school in the fall.

During tryout sessions, the coach shall prepare a written evaluation of each participant's performance in accordance with a scoring system predetermined by the coach. The Athletic Director shall keep the evaluations on file in the Athletic Director's office. The evaluation shall be made available to the student's parent/guardian upon written request made to the Athletic Director.

In order to try out for a team, students must provide a health physical and clearance to play which will be kept on file with the school nurse in compliance with Article IV below.

In order to be eligible for participation in interscholastic sports, students must be registered online with rSchoolToday (link can be found on the Lincoln High School website under the Athletics tab) and provide the following: (i) proof of insurance in compliance with Article II below; (ii) Parental Permission and Acknowledgment of the Lincoln Public Schools Interscholastic Athletic Policy signed by the student's parent/guardian in compliance with Article III below; (iii) an updated health physical and clearance to play in compliance with Article IV below; (iv) a *Rhode Island Interscholastic League's Assumption of Risk Form or Rhode Island Principal's Committee on Athletics Form* signed by the student's parent/guardian in compliance with Article V below; and (v) a consent form concerning concussion awareness signed by the student and parent/guardian in compliance with Article VI below.

II. Insurance.

Students participating in interscholastic athletic activities are required to carry *accidental/medical insurance.* Parents may purchase accidental/medical insurance for their children via arrangements made by the Lincoln Public Schools with an insurance company. The Lincoln Public Schools do not assume responsibility for medical expenses resulting from injuries to participants in sports.

III. Parental Permission and Acknowledgement of Athletic Policies.

At the time student-athletes register online for an athletic team, they will receive the Lincoln High School Athletics Handbook or Lincoln Middle School Athletics Handbook, as applicable. Each parent/guardian will read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the school district. Each student-athlete's parent/guardian will complete online a Parental Permission Acknowledgement of the applicable handbook for each sport acknowledging knowledge and understanding of all school policies and giving permission to participate in that interscholastic sport. This will be kept on file in the Athletic Director's office.

IV. Physical Examination.

In order to try out for a team, a student must have a health physical and clearance to play performed by a physician. The physical and clearance to play covers all sports provided the examination occurred within one year of the ending date of the respective athletic season(s). If the physical and clearance to play expires during the season, an update will be required to complete the season. This form will be kept on file in the school nurse's office. Students and parents/guardians will be responsible for communicating with the school nurse about any preexisting conditions that may affect athletic participation.

V. Risk of Participation.

Athletes and parents/guardians must realize the risk of injury, both serious and minor, which may occur as a result of athletic participation. In order to participate in interscholastic sports, students and parents/legal guardians are required to sign the *Rhode Island Interscholastic League's or Rhode Island Principal's Committee on Athletics Assumption of Risk Form*. This form must be notarized and submitted to the coach/Athletic Director prior to participation. One copy will be kept on file in the Athletic Director's office. The second copy will be filed at the league office.

VI. Concussion Awareness Information.

Rhode Island state law requires that athletes and parents/guardians review materials about signs and symptoms of concussions. An electronic signed consent form will be required by both the student-athlete and parent/guardian during the online registration process.

VII. Expectations.

The Lincoln student-athlete is expected to:

· Demonstrate the highest levels of sportsmanship and fair play at all times, regardless of the

circumstances.

- Comply with all rules and regulations of the Lincoln Public Schools, Rhode Island Interscholastic League and Rhode Island Principal's Committee on Athletics Grades 6-8.
- Apply him/herself academically to the best of his/her abilities and to the minimum requirements set forth in Article I(A) above.
- Abstain from the use of alcohol, tobacco, vapes, and illegal substances (of any kind).

Possessing, consuming, or distributing alcohol and illicit substances: Student-Athletes of the Lincoln Public Schools, who represent the school are expected to be role models and leaders and, therefore, are held to additional accountability. All such participants in the Lincoln public schools' athletics programs will be subject to consequences for possession, use, dissemination, or being under the influence of alcohol or other substances prohibited by law either on or off school property, during school hours or out of school hours. In addition to the consequences under the Student Behavior Code Policy (JFC-R), the following consequences shall be implemented

The following violations will be cumulative during a student-athlete's time at Lincoln Middle School & Lincoln High School:

First Violation: Immediate loss of participation and leadership privileges in all interscholastic athletic activities for a period of time determined by the Athletic Director and the school administration. As a condition for reinstatement, the student athlete and parent/guardian must meet with the Athletic Director, coach, Student Assistance Counselor or School Social Worker, and the building administrator to review their commitment to the Lincoln Public Schools Chemical Health Policy and to athletic participation. The student athlete and parent/guardian must re-sign the student-athlete handbook code of conduct.

Second Violation: The student athlete will be suspended for 60 calendar days from participation in games or contests (excluding summer vacation). This includes participating in or attending any Lincoln Public Schools interscholastic athletics events. After fourteen (14) calendar days the student-athlete may return to the team for meetings or practices only. This suspension will be completed during the student-athlete's season. If there is not sufficient time remaining in that season to complete the suspension, it will be carried over to the next interscholastic sport season in which that student participates. In addition, the student-athlete will be required to forfeit his/her captaincy and the student-athlete will be ineligible to serve as captain for any athletic team in the future. As a condition for reinstatement the student athlete will submit a 500 word reflective essay on the effects of his/her policy violation and the lessons he/she learned to the Athletic Director, the student athlete and parent/guardian must meet with the Athletic Director, coach, Student Assistance Counselor, and building administrator to review their commitment to the Lincoln Public Schools Chemical Health Policy and to athletic participation, the student athlete will meet with the Student Assistance Counselor or with the School Social Worker in which the Student Assistance Counselor or the School Social Worker may recommend that the student seek additional independent substance abuse services. Payment, if any, for participation in the group or counseling program will be the responsibility of the student and his or her family. Lastly, the student athlete and parent/guardian must re-sign the student-athlete handbook code of conduct.

Third Violation & Subsequent Violations: Immediate dismissal from all interscholastic athletic activities for 365 days (one calendar year) from time of the violation. This includes participating in or attending (as a spectator) any Lincoln Public School interscholastic athletic events of any kind. As a condition for

reinstatement the student athlete will submit a 1000 word reflective essay on the effects of his/her policy violation and the lessons he/she learned to the Athletic Director, the student athlete and parent/guardian must meet with the Athletic Director, coach, Student Assistance Counselor or School Social Worker, and building administrator to review their commitment to the Lincoln Public Schools Chemical Health Policy and to athletic participation, the student-athlete will be required to participate in an appropriate substance abuse treatment and/or counseling program. The student-athlete and their parent(s)/guardian(s) shall meet with the Student Assistance Counselor or with the School Social Worker to arrange for participation in this substance abuse treatment and/or counseling program. Payment, if any, for participation in the group or counseling program will be the responsibility of the student and his or her family. Upon completion of this evaluation and/or program, the student athlete must provide the Student Assistance Counselor or School Social Worker with a report of the student athlete's completion of said evaluation/program, and the student athlete and parent/guardian must re-sign the student-athlete handbook code of conduct.

*With any violation of this athletic policy, school administration reserves the right to extend suspensions/consequences beyond the minimum amounts stated here.

- Respect the integrity and judgment of game officials even in the case of disagreement with their judgment.
- Attend all meetings, practices, and games unless excused by the coach.
- Abstain from hazing.

Hazing is defined as any activity that humiliates, degrades, abuses, or endangers a person's physical or emotional health for the purpose of initiation or membership in an organization regardless of the person's willingness to participate. Team initiations are a form of hazing. An athlete's participation in any such conduct will result in immediate disqualification of that athlete from a team and possible further school and legal disciplinary measures and consequences. There is no recognized initiation of any kind in the Lincoln Public Schools.

Participation in interscholastic athletics is a privilege which may be revoked for failure to comply with the rules and regulations of the league, school, or the athletic department. The student-athlete in violation may be required to sit out games, at the discretion of the coach/Athletic Director, or for major violations, be dismissed from the team, at the discretion of the Athletic Director.

VIII. Communication.

The Lincoln Public Schools recognize the importance of keeping lines of communication open with the coach. Most communication can take place effectively between the coach and the student-athlete. However, there are appropriate concerns a parent may wish to discuss with the coach. If the parent has concerns about the treatment of a student-athlete, academic concerns, or concerns about the student-athlete's behavior, the parent should contact the coach or the Athletic Director. The coach or the Athletic Director should be contacted at school, not at home, and a return call will be made promptly. Concerns about athletics are most productive if addressed during the applicable sport season.

It is not appropriate to discuss with the coach/Athletic Director playing time, team strategy, play calling or other student athletes. It is also not appropriate to confront a coach before, during or after a game or practice. The coach's responsibility at those times is to supervise his/her student-athletes.

It is important that the coach schedules a pre-season meeting with parents and that all parents attend this meeting. At this time, the coach will disseminate all pertinent
information concerning expectations, practice time, policies and procedure, and answer questions concerning the rules and regulations.

IX. Transportation.

Transportation is provided for scheduled interscholastic events that take place outside of the district. All coaches, including assistant coaches, are required to use the provided transportation unless they receive prior approval from the Athletic Director. All student-athletes are required to use the provided transportation unless approved in writing in advance by the Athletic Director. All such requests must be received 24 hours in advance. Such approvals shall be kept on file in the office of the Athletic Director. In instances where transportation is not provided by the school district for interscholastic events or activities a permission to travel form must be completed by the student-athlete and parent/guardian and kept on file with the Athletic Director.

X. Equipment and Uniforms.

For most sports, uniforms and equipment are owned by the Lincoln Public Schools and are loaned to student-athletes. Due to Rhode Island Interscholastic League/RIPCOA Rules, equipment cannot be issued to any student out of season. It is the student's responsibility to make sure any issued and personal belongings are secured properly in the locker room. School issued uniforms and equipment are to be worn only for contests and practices or when authorized by the coach or Athletic Director. All uniforms and equipment must be returned within one week of the completion of the sports season. If a student-athlete does not finish the sports season they shall have one week from the date in which they left the team to turn in all uniforms and equipment.

The care of such uniforms and equipment is the responsibility of the athlete, therefore, the cost of damaged, lost or stolen uniforms and equipment is the responsibility of the athlete. Student-athletes who lose their equipment or return their equipment in poor condition will be assessed the replacement cost of the equipment. Additionally, student-athletes will not be permitted to participate in another sport and student-athletes will not be issued final report cards or transcripts until all items have been returned or the financial obligation has been met. In those sports where the athletes themselves purchase parts of the uniform or equipment, the athlete would keep the uniforms and equipment that he/she purchased.

XI. Spectator Behavior

Behavior Expectations of Spectators:

1) Lincoln Public Schools (LPS) spectators (students, parents, community members) are expected to attend sporting events and cheer positively and enthusiastically for student-athletes. Spectators are expected to show pride in their school and support for the student-athletes. They are also expected to represent themselves appropriately.

2) Always praise athletes for their actions during a game; never degrade a participant for their efforts.

Athletics are a learning experience for students, and mistakes will be made. Use only cheers that support and uplift the teams involved.

3) It is expected that all spectators cooperate with directives from game officials. These officials may include the athletic director, building administrators, referees/umpires/officials, and/or other assigned staff. These officials are responsible for making sure the event is safe and respectful, and to address any negative behavior from spectators. Any lack of cooperation may result in ejection from the event, and school-based consequences.

4) Do not intimidate or ridicule a player, coach, or official before, during or after a contest. Show respect for the opposing players, coaches, spectators and support groups. Spectators should support the efforts of all participants involved. Under no circumstances are LPS spectators permitted to direct negative cheers, taunts, insults, etc. towards members of the opposing team. This includes players, coaches, and the other team's fans. Any spectator who engages in these actions may be subject to ejection from the event, and school-based disciplinary consequences.

5) Spectators are expected to adhere to the rules of the venue that is hosting the event. That means at off site venues such as hockey rinks, for example, there is to be no banging or shaking the glass that surrounds the ice. Failure to comply with such rules may result in ejection from the event, and school-based disciplinary consequences.

6) Always respect the integrity and judgment of officials. There is to be no negative cheering, taunting, insulting, etc. made towards referees or game officials. They are present to regulate the flow and enforce the rules of the game. An official should never be degraded or ridiculed for a call they make. Any such cheering may result in ejection from the event, and school-based disciplinary consequences.

7) A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.

8) Learn the rules of the game so that you may understand and appreciate why certain situations take place.

9) Recognize and show appreciation for an outstanding play by either team.

10) Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

11) Refrain from the use of any controlled substance (alcohol, drugs, etc.) before, during and after the game, on or near the site of the event (i.e. tailgating). Failure to comply with such rules may result in ejection from the event, and school-based disciplinary consequences.

It is the expectation that spectators demonstrate sportsmanship and show respect for all participants involved. If spectators show that they are unable to follow these set expectations, administration reserves the right to prohibit students/spectators from attending sporting events, if deemed necessary, in order to preserve a safe and respectful environment for all student-athletes.

Student/spectator attendance/participation in a sporting event is considered a school event. This means that any failure to adhere to expectations may be subject to school-based consequences.

a. Any spectator who is ejected from a game during the school year will be subject to a minimum of a 10-day suspension from attending/participating in any Lincoln Public Schools sporting events (home or away). In order to be reinstated a meeting must take place with the Athletic Director & Building Administrator.

b. If a spectator is ejected a second time during the school year, the spectator will not be eligible to attend/participate in any Lincoln Public Schools sporting events (home or away) for a period of 30 days. In order to be reinstated a meeting must take place with the Athletic Director & Building Administrator.

c. If a spectator is ejected a third time during the school year, the spectator will be suspended from attending/participating in all Lincoln Public Schools sporting events for 365 days (one calendar year) from the time of the ejection. In order to be reinstated a meeting must take place with the Athletic Director & Building Administrator.

*With any violation of this athletic policy, school administration reserves the right to extend suspensions/consequences beyond the minimum amounts stated here.

XII. Appeal Process.

A student, by and through his/her parent/guardian, who feels aggrieved because of an action taken as a result of any provision of this policy may appeal said action to the building administrator of the school at which action was taken. Appeals from decisions made by the building administrator may be taken to the Superintendent of Schools and from decisions made by the Superintendent of Schools to the School Committee. Appeals from decisions made by the School Committee may be taken through the process defined in Title 16 of the General Laws of Rhode Island.

First Reading: July 10, 2013
Second Reading: July 30, 2013
Revised Policy First Reading: June 28, 2017
Revised Policy Second Reading: July 17, 2017
Revised Policy Adopted: July 17, 2017
Revised Policy First Reading: June 12, 2023
Revised Policy Second Reading: July 17, 2023
Revised Policy Adopted: July 17, 2023

CODE OF CONDUCT FOR STUDENT ATHLETES

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators, and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound athletic program. Athletes are expected to abide by this code of conduct, which will earn them the honor and respect that participation and competition in the interscholastic athletic program affords. Conduct which results in dishonor to the athlete, the team or the school will not be tolerated. All rules apply to all athletes including players, managers, trainers, cheerleaders and all other students representing a team from Lincoln Public School.

A. Dual Participation

By RIIL rules, student-athletes are allowed to participate in more than one sport each season. Dual participation is solely a choice by the student-athlete and his/her parent(s)/guardian(s). Upon deciding to play multiple sports in the same season, the student-athlete must declare which sport is the primary sport, and which is the secondary sport. If events or practices coincide for both sports, the student athlete must be present for the primary sport. If conflicts arise, the Director of Athletics will work with the head coaches to determine the resolution.

B. Sportsmanship

"Good sportsmanship, ethical behavior, integrity, and the respect for others" are the guiding principles that permeate all interscholastic activities in our school. In perception and practice, sportsmanship is defined as those qualities, which are characterized by generosity and genuine concern for others. All individuals, regardless of their role, are expected to model sportsmanship because of their influence on the behavior of others.

STUDENT ATHLETES MUST:

- Appreciate and understand that their behavior is observed and emulated by many who are younger;
- Live up to the high standard of sportsmanship established by the RIIL and RIPCOA;
- Accept and understand the seriousness of their responsibility and the privilege of representing their school and community;
- Live up to the standards of sportsmanship established by the school administration and the coaching staff;

- Learn the rules of the game thoroughly and discuss them with parents, fans, and peers;
- Treat opponents the way they would like to be treated, as a guest or friend;
- Refrain from taunting, trash-talking, or making any kind of derogatory remarks, especially comments of ethnic, racial or sexual nature, to their opponents during the game;
- Wish opponents good luck before the game and congratulate them in a sincere manner that they would like to receive following a victory or defeat;
- Respect the integrity and judgment of game officials;
- Win with humility and lose with grace.

C. Alcohol and Drugs Including Tobacco & Vapes

Medical research substantiates that the use of alcohol and mood modifying substances produces harmful effects on the human body and will affect athletic performance. You cannot compromise your participation with substance abuse. Students who experiment with such substances jeopardize program morale, reputation and success, and they do physical harm to themselves and risk personal injury and harm to others during their activity. Students must decide if they want to hold a leadership position or want to be part of an athletic team. If they do wish to be a participant, they must make the commitment in order to do so. A big part of this decision means refraining from the use of alcohol, drugs, tobacco, vapes and steroids. Student athletes are considered in violation of this policy if they use any tobacco products or are in the presence of, possess, consume (including being under the influence of) and/or distribute, other than as prescribed by a physician for personal use, any tobacco product, vape, controlled drug and/or intoxicant or steroid at any time (see Year Round Expectations) during that sport's season, or during the school year in the case of a captaincy, whether during school, at any school activity, on school property, or at locations off school property.

Alcohol and Drugs

Substance Abuse Policy

Recognizing the existence of alcohol and other substance abuse among students and recognizing the need to discourage all forms of substance abuse, the Lincoln School Department established a policy for dealing with instances of substance abuse as part of the Student Behavior Code (JFC-R).

Purpose of the Substance Abuse Policy

1. To officially inform students and parents that the use of illicit drugs, or the misuse of prescription medication, and the unlawful possession and use of alcohol is wrong and harmful.
2. To clearly state that substance abuse will not be tolerated in the schools.
3. To protect the academic environment for all students who wish to learn.
4. To involve the total Lincoln community in addressing the problem of substance abuse.
5. To deal compassionately and effectively with students who suffer from substance abuse.

Disciplinary Procedures

1. Students in possession of or under the influence of drugs and/or alcohol shall be referred to the building level administrator.
2. The building level administrator will inform the school nurse who will make a medical judgment, when necessary, to determine the extent of drug/alcohol intoxication or of any medical risk. If it is determined that the student shows signs of possible overdose, the Lincoln Rescue will be called immediately.
3. The parent or guardian of the student involved will be notified and asked to come to the school in each of the above instances.
4. All students involved in instances of substance abuse will be referred by the building level administrator to the secondary Student Assistance Counselor or the school social worker who, in turn, will coordinate the student's referral to education and/or treatment programs.
5. The student will be suspended in accordance with the provisions of the School Behavior Code adopted by the Lincoln School Committee (School Department Regulation JFC-R which allows for exclusion from all extra-curricular activities, including the graduation ceremony, for a period of up to one year.)
6. Lincoln police will be called to the school to file a report. The police will make a decision to determine if there is sufficient evidence for arrest. If arrested, the student will be transported to the police station by the arresting officer. The parent/guardian will be instructed to go to the police station. Drugs and/or alcohol found will be turned over to the Lincoln police.
7. Students suspended from school for involvement in abuse shall be informed by school officials that they are required to participate in an appropriate substance abuse treatment and/or counseling program. Students and their parents/guardians shall meet with the secondary Student Assistance Counselor or with the school social worker to arrange for participation in this substance abuse treatment and/or counseling pro-gram. Students who refuse participation in such a program will be referred to the Lincoln School Committee for further disciplinary action and/or expulsion from school.
8. Payment, if any, for participation in the group or counseling program will be the responsibility of the student and his or her family.

School Year Round Expectations

The substance use policy at Lincoln High School is in effect school year round, in and out of season, on and off the field, in and out of uniform for all student athletes. There is a reason for this …

We care about the welfare of our student athletes.

We also expect a commitment from you if you want to be involved in the athletic program at Lincoln High School.

Presence at Parties with Alcohol and Drugs

If a student athlete attends a party where alcohol or drugs are being illegally dispensed, the student athlete must leave the party immediately.

D. Appearance

Student athletes assume the responsibility of representing their school; consequently, they are expected to dress appropriately and professionally for practices, contests, and travel.

E. Attendance

Athletes are expected to be in school during the whole day throughout the athletic season. High School Students must be in class by 7:30 AM and Middle School Students must be in class by 8:10 AM. Athletes missing school for reasons other than illness must be excused in advance of the absence in order to participate. Athletes absent from school on Friday or a day preceding a holiday and/or a weekend contest are ineligible to participate unless the absence is excused in advance by the Principal or his designee. If tardy to school, students must check in at the Main Office no later than 9:30 AM (LHS) or 10:00 AM (LMS) to be eligible.

F. Hazing

Under no circumstances will any type of hazing and/or initiation be tolerated. The term “hazing”, as defined by Rhode Island State Law, means any conduct or method of initiation that any student organization, which willfully or recklessly endangers the physical or mental health of any student or other person (abbreviated from State of Rhode Island Hazing Law, section 11-21-1(b)). Violation of this policy will result in strong disciplinary action, including suspension from

the athletic team and loss of captaincy.

The following activities include but are not limited to some examples of violation of this standard:

- Requiring the consumption of any food, alcohol, drug, or other substance;
- Requiring participation in physical activities, such as calisthenics, exercise, or other games or activities requiring physical exertion;
- Exposing another to weather elements or other physically or emotionally uncomfortable situation;
- Forcing excessive fatigue from sleep deprivation, physical activities or exercise;
- Requiring anything that would be illegal under any applicable law, including laws of the State of Rhode Island;
- Requiring anything that can be reasonably expected to be morally offensive to another;
- Committing or requiring any act that demeans another based on race, gender, ability, sexual orientation, religion, or age;
- Committing any act of physical brutality against another, including, but not limited to, paddling, striking with fists, open hands, or objects, and branding;
- Kidnapping of transporting another with the intent of stranding him or her;
- Committing verbal abuse;
- Forcing or requiring conduct that can be reasonably expected to embarrass or adversely affect the dignity of another, including the performance of public stunts and activities such as scavenger hunts;
- Denying sufficient time for study or other academic activities; or
- Committing or requiring another to commit any sexual act or engage in lewd behavior.

G. Individual Coach's Rules

Coaches may establish (with advanced approval of the athletic director and principal) additional rules and regulations for their respective teams. These rules must be given in writing by the coach to all team members and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and will be administered by the coach. Additional team rules must be consistent with all other school rules and regulations. Copies will be kept on file in the athletic director's office. Coaches may take reasonable disciplinary action pertaining to any problem that may arise that has not already been reviewed in this handbook.

H. Leaving a Squad

Athletes who voluntarily leave a team (i.e. quit) should have an exit interview with the coaching staff indicating the reason for leave. Leave within the first week of the preseason, will allow a student to drop from the team without penalty. After this time, the student will be ineligible to participate in another sport for that season, unless The Athletic Director and both coaches involved grant permission.

I. Locker Room Regulations

1. Rough-housing and the throwing of towels or other objects is not allowed in the locker rooms.
2. All showers must be turned off. The last person to leave the shower room is expected to check all showers.
3. Athletes should ensure that all clothing and valuables are locked in their lockers.
4. No glass containers are permitted in locker rooms.
5. All shoes that have spikes or cleats must be put on and taken off outside of the school building.

J. Practices and Contests

Athletes are expected to attend all contests and practices during the season, vacations included, unless excused by the coach. Athletes with unexcused absences from contests or practices will adhere to regulations deemed necessary by the teams coaching staff.

K. Vacations

Vacations (including trips during school vacations) by athletic team members during a sport season are discouraged. Athletes and parents wishing to do so should assess their commitment to the team. In the event of an absence due to a vacation that is unavoidable, the athlete must:

- Contact the coach at least one (1) week prior to the vacation, preferably before the beginning of the season;
- Accept their playing status on that squad following the return to competition.
- Students who have an option to participate in a school or community service related trip will not incur a penalty, however, must accept their playing status on that squad following the return to competition.

L. School Rules

Athletes will abide by all rules and regulations outlined in the student handbook.

M. Suspension/Detention

Athletes cannot participate in athletics while serving a suspension or assigned to the Alternative Classroom (TAC). An athlete who is issued a detention must attend the session(s) assigned regardless of home game or practice conflicts. Athletes with away contests must meet with an assistant principal to be reassigned to the next open day to serve the detention.

N. Travel

Athletes must travel to and from athletic contests in transportation provided by the Lincoln Public Schools unless granted permission by the athletic director for an extenuating circumstance.

- Athletes will remain with their team under the supervision of the coach when attending away contests.
- Athletes may return from an away contest only with their parents. In that event, the parent must request permission from the Director of Athletics and coach prior to the contest. The athlete will be released only to their parents upon the personal recognizance of the parent by the coach.
- Athletes are not permitted to drive their own vehicles to away contests.
- Athletes who miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
- All regular school bus rules will be followed.

O. Equipment and Uniforms

Athletes are responsible for the proper care and security of all equipment issued/loaned them. School-furnished equipment is to be worn only for contests and practice or when authorized by the coach. All equipment must be returned immediately after the season. Failure to return this equipment may result in not being able to participate in subsequent athletic seasons and/or result in social suspension.

Athletes who do not return their equipment in good condition or who lose their equipment will be assessed the replacement cost of the equipment. Additionally, athletes may not participate in another sport until this obligation has been fulfilled. Due to Rhode Island Interscholastic League Rules, equipment cannot be issued to any student out of season.

It is the student's responsibility to make sure any issued and personal belongings are secured properly in the locker room.

P. Selection of the Team

Selection of athletic teams is the sole responsibility of the coaches of those teams. Their actions, however, must be consistent with the philosophy and policies of the athletic program. When a player selection is necessary, the process will include two important elements. Each candidate should have: Competed in a minimum of three practice sessions and have been personally informed of the player selection and the reasons for the action by the coach.

A student not selected for squad will be permitted to try out for another team if the coach of the second team agrees. A student not selected for disciplinary reasons, however, will not be eligible to participate on another squad for that sport season.

Q. Captains

Prior to the selection of captains, athletes will be informed by the coach of the criteria for selection and obligations of the position. The position of team captain is one of honor, leadership, and responsibility. As a result, students serving in that capacity are expected to conduct themselves in an exemplary manner both in and outside of school.

Any student involved in a violation of the code of conduct that results in a suspension from school, or any student who is associated with, in possession of, or found to be involved with drugs, steroids, alcohol, tobacco use, weapons, or crimes outside of school, will lose the ability to serve as captain of any school-sponsored athletic team or leader of a student club or activity for a period of one calendar year. Any sitting captain of a Lincoln High School athletic team will have that position rescinded and will be ineligible to serve for a period of one calendar year.

PARENT AND COACH COMMUNICATION

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program. Communication should include:

- Expectations the coach has for your child as well as all the players on the squad;
- Locations and times of all practices and contests;
- Team requirements, i.e., practices, special equipment, out-of-season conditioning;
- Procedure followed should your child be injured during participation.

As your children become involved in the programs at Lincoln Public School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged. Appropriate concerns to discuss with coaches:

- Your child's emotional and physical well-being;
- Ways to help your child improve; and
- Concerns about your child's behavior.

Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain topics can be and should be discussed with your child's coach. Other topics must be left to the discretion of the coach.
Issues not appropriate to discuss with coaches:

- Playing time
- Team strategy
- Play calling
- Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue or concern.

If you have a concern to discuss with a coach, you should:
Call the Director of Athletics at 334-7520 to set up an appointment with a coach. Please do not attempt to confront a coach before or after a contest or practice. These times can be emotional periods for both the parent and the coach. Meetings of this nature do not promote resolution.

If the meeting with the coach did not provide a satisfactory resolution, you should call and set up an appointment with the Director of Athletics to discuss the situation. When possible, parents should encourage his/her child to speak with the coach first to resolve issues.

LINCOLN PUBLIC SCHOOLS

ATHLETIC HANDBOOK SIGN OFF FORM

Please complete and sign lines below indicating that you and your child have reviewed together the contents of the Lincoln High School Athletic Handbook

Student's Name: _____ Grade: _____

(please print)

Student's Signature: _____

Parent/Guardian's Name: _____

(please print)

Parent/Guardian's Signature: _____

Date: _____