

LINN-MAR HIGH SCHOOL

2022-2023

PARENT/ATHLETE HANDBOOK



All Linn-Mar Schedules & Information can be found on the following sites:

Rschool Today Website:

<https://mississippivalleyiowa.org/public/genie/80/school/12/>

Linn-Mar Athletic Website:

<https://www.linnmar.k12.ia.us/school/linn-mar/athletics/>

Varsity Bound Website:

<https://ia.VarsityBound.com/schools/linnmar>



Welcome to the athletic programs at Linn-Mar High School. We are excited about your participation in one or more of our sports and hope that you have a positive learning experience from your efforts.

The contents of this manual are designed for the parent and athlete and hopefully will answer any questions you may have about the operation of our athletic program.

Linn-Mar High School will strive to continue to provide the student-athletes with the best possible opportunities for a very rewarding experience.

On behalf of the Administration and Coaching Staff at Linn-Mar High School it is our hope that you have a rewarding experience in any of our outstanding programs.

Tonya Moe
Athletic Director
tmoe@linnmar.k12.ia.us
319-447-3086

Jay Lehman
Associate Athletic Director
jlehman@linnmar.k12.ia.us
319-447-3061

Kelsey Rastetter
Athletic Secretary
krastetter@linnmar.k12.ia.us
319-447-3060

Linn-Mar Equity Statement (Board Policy 104.1)

The Linn-Mar Community School District not to discriminate on the basis of age (for employment), color, creed, national origin, race, religion, marital status (for programs), sex, sexual orientation, gender identity, physical attributes, genetic information, physical or mental ability or disability, ancestry, political party preference, political belief, military status, socioeconomic status (for programs), pregnancy, or familial status in its educational programs and its employment practices. The belief in equal educational opportunity serves as a guide for the board and employees in making decisions relating to school district facilities, employment, selection of educational materials, equipment, curriculum, and regulations affecting students.

There is a grievance procedure related to this policy. If you have questions or a grievance related to this policy, please contact the district's Equity Coordinators:

Equity Coordinator/Title IX Coordinator/Affirmative Action Coordinator:

Mrs. Karla Christian, Chief Officer of Human Resources
319-447-3036 / kchristian@Linnmar.k12.ia.us

Equity Coordinator:

Mr. Nathan Wear, Associate Superintendent
319-447-3028 / nathan.wear@Linnmar.k12.ia.us

M. V. C.
DIVISIONAL ROTATION OF TEAMS
2022-2023 and 2023-2024

Mississippi Division

Cedar Falls
DBQ Wahlert
DBQ Senior
CR Jefferson
CR Prairie
CR Xavier
Iowa City Liberty

Valley Division

CR Kennedy
CR Washington
DBQ Hempstead
IC, City High
Iowa City West
Linn-Mar
Waterloo West
Western DBQ

OBJECTIVES OF PARTICIPATION

1. To provide a positive image of school athletics at Linn-Mar High School.
2. To strive always for playing excellence that will produce winning teams within the boundaries of good sportsmanship and mental health of the student athlete.
3. To ensure growth and development that will raise the number of individual participants, give impetus to increasing attendance at each contest, build up gate receipts, and enable a program to continue upkeep and improvement of facilities.
4. To provide opportunities that will allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The laboratory should provide adequate and natural opportunities for:
 - A. Physical, mental and emotional growth and development.
 - B. Acquisition and development of special skills in activities of each student's choice.
 - C. Team play with the development of such commitments as loyalty, cooperation, fair play and other desirable social traits.
 - D. Directed leadership and supervision that stresses self-discipline, self-motivation, excellence, and the ideals of good sportsmanship that make for winning and losing graciously.
 - E. A focus of interest on activity programs for the student body, faculty and community that will generate a feeling of unity.
 - F. Achievement of initial goals as set by the school in general and the student as an individual.
 - G. Provisions for worthy use of leisure time in later life, either as a participant or spectator.

- H. Participation of the gifted and talented to develop skills that will enable individuals to explore future vocational pursuits.
5. To provide a superior program of student activities that includes appropriate activities for every boy and girl; opportunities for a student to experience success; provides sufficient activities to have an outlet for a wide variety of student interests, abilities, and needs; and provides those students activities which offer the greatest benefits for the greatest number of students.
 6. To create a desire to succeed and excel.
 7. To provide for the students' worthy use of leisure time now and in the future.
 8. To develop high ideals of fairness in all human relationships.
 9. To practice self-discipline and emotional maturity in making decisions under pressure.
 10. To be socially competent and operate within a set of rules, thus gaining a respect for the rights of others.
 11. To develop an understanding of the value of activities as provided in a comprehensive educational program.
 12. Develop an appreciation for the optimum level of one's personal well-being.
 13. Develop a positive self-concept and confidence in one's ability.

LEVELS FOR ATHLETIC PROGRAMS AT LINN-MAR

- All sports programs: Philosophy – Varsity= Jr./Sr. Dominated but consists of the best players in the program regardless of age/grade.
- Levels of programs:

Individual (9-12 on varsity)

Tennis (B&G)	JV2, JV1, V
Golf (B&G)	9/10, JV, V
Swimming (B&G)	9/10, JV, V
Cross Country (B&G)	9/10, JV, V
Wrestling (B)	9/10, JV, V
Wrestling (G)	V
Track (B&G)	9/10, JV, V
Cheerleading	9, 10, V
Poms	JV, V

Team

Football	9, 10, JV, V
Basketball (B)	9, 10, JV, V
Basketball (G)	JV-1, JV-2, Varsity Reserve, V
Baseball	9, 10, JV, V
Volleyball	9, 10, JV, V
Cheerleading	9, 10, JV, V
Soccer (B&G)	JV-1, JV-2, V (All 9-12)
Softball	9/10, JV, V (All 8-12)
Bowling (B&G)	JV, V

Rschool Today Website

The link below is the specific site for Linn-Mar High School.

http://www.mississippivalleyiowa.org/g5-bin/client.cgi?G5genie=80&school_id=12

Here are some of the key features.

- 1) You can sign up for notifications in any/all the sports that you wish. The notifications will send you an email any time there is a change to the schedule in the sport(s) you have designated. The Athletic Office will post all postponement information including makeup information instantly to Rschool Today and you will be the first to know of the arrangements if you have signed up to be notified.
- 2) There are hundreds of maps and directions to the various places that Linn-Mar High School competes.
- 3) You can get an instant view of all sport activities for each day (it's many people's homepage).
- 4) You have access to the most recent schedules for all of our 21 interscholastic sports and all levels. These are continually updated so check frequently to be sure you have the most up to date schedule!
- 5) The league website is the prefix of our web address. www.mississippivalleyiowa.org
The league site contains rosters of most league schools. Information for the media in terms of "all conference teams" and links to league statistical summaries. It is your one stop shop for all things in the Mississippi Valley Conference.

Linn-Mar High School Athletic Website

<https://www.linnmar.k12.ia.us/school/linn-mar/athletics/>

Contains a lot of important information:

1. Online Registration Link
2. List of Head Coaches & Contact Information
3. Announcements & Cancellations
4. Calendar of Events
5. Team Information & websites
6. Summer Camp Information
7. MVC Conference teams and directions to sites
8. Sportsmanship

Varsity Bound Website:

<https://ia.Varsitybound.com/schools/linnmar>

Contains a lot of important information:

1. Schedules
2. Results & Scores
3. Stats
4. List of coaches and team rosters
5. Information about all MVC Schools & Opponents
6. MVC Conference teams and directions to sites

HOW TO BE AN ALL-STAR PARENT

By Rob Gilbert, Ph.D.

How do you define an all-star parent? Very simply, he or she is a parent who is a good sport and a great fan. To become an all-star parent of an athlete, there are times when you must stop parenting. When your son and daughter changes into uniform and becomes an athlete, you also have to change -- from parent to fan. Your job on the sidelines or in the stands is not to be a parent, but to be your child's greatest fan.

There's no trick to learn here. You already know how to do this. Remember how you behaved when your baby was learning to walk? You were a fan and a supporter, weren't you? You applauded the "downs" as well as the "ups".

You never said things like, "What's taking you so long?" "How come the kid down the street is walking better than you?" "Why do you keep making the same mistakes over and over again?" You were the world's most appreciative audience.

Why should it be any different now that your child is an athlete? Your job is not to be the coach (unless you are the coach) or the expert. You are there so that you can share the thrill of victory and the agony of defeat -- together.

In fact, your child needs your support more in defeat than in victory. Did you ever notice that strangers feel free to come out of the stands and congratulate the winners? But, in defeat, sometimes the athlete's own teammates and coaches ignore her/him. As a parent you have to be there to cushion setbacks with a positive "We'll get 'em next time!"

Three "B's" For All-Star Parenting

1. Be There
2. Be Positive
3. Be Seated

Be There - You can never hope to be an all-star parent unless you show up at games. Regardless of the skill level of your child or the success of the team -- go to the games. Be Supportive. Don't be a fickle, fair-weather fan.

Be Positive - On the sidelines, if you can't say something positive, don't say anything at all. Nothing good comes from negative statements and nothing negative comes from positive ones. If you can't be positive, at least be silent.

Be Seated - Even though it's good to be positive, it's not good to overdo it. Don't stick out. Be an admirer -- not a cheerleader. Players should not confuse your voice with the public address system.

Once you start to become a positive, acknowledging fan, an interesting thing may happen. Your child will want you at the games. When this happens, you will know that you are considered to be an important member of your child's personal all-star support team.



ELIGIBILITY RULES

IHSAA - <http://www.iahsaa.org> IGHSAU - <http://www.ighsau.org>

A. **ELIGIBILITY REQUIREMENTS** (As set forth by the IHSAA & IGHSAU)

YOU ARE NOT ELIGIBLE:

1. If you do not have a physician's certificate of fitness issued this school year, or if you are twenty years of age or over.
2. If you have attended high school for more than eight (8) semesters. (Twenty days of attendance or playing in one contest constitutes one semester.)
3. If you did not pass all subjects (minimum twenty trimester hours) the previous three trimesters (one calendar year).
4. If you were out of school last trimester.
5. Transfer students are subject to LMCS, IHSAA, IGHSAU transfer policy.
6. If you have ever accepted an award for your high school participation from an outside group other than an inexpensive, unframed, un-mounted paper certificate of recognition, or, if you have received any money for expenses or otherwise, for your participation in an athletic contest.
7. If you have competed on a non-school team as a team member or as an individual while out for a sport and during that sport season without the previous written consent of your principal or designee. Example: While you are out for softball/baseball and during softball/baseball season you want to participate on an outside school softball/baseball team or tournament. You would have to have permission from the school principal or designee or you would be declared ineligible. Once softball/baseball season is over, you may participate without written permission.
8. If you have ever trained with a college squad or have participated in a college event.
9. If your habits and conduct both in and out of school are such as to make you unworthy to represent the ideals, principles, and standards of your school.

B. **STUDENT ACTIVITY CONDUCT CODE**

The Board of Directors of the Linn-Mar Community School District offers a variety of voluntary activities designed to enhance the classroom education of its students. Students who participate in extracurricular activities serve as ambassadors of the Linn-Mar Community School District throughout the calendar year, whether away from or at school. Students who wish to exercise the privilege of participating in extracurricular activities must conduct themselves in accordance with board policy and must refrain from activities that are illegal, immoral, unhealthy, or highly inappropriate. Participation in these activities is a privilege, conditioned upon meeting the eligibility criteria

established by the board, administration, and individual activity coaches and sponsors. The administration shall keep records of violations of the Good Conduct Rule.

The following activities are covered by the board's policy and these rules:

Athletics, instrumental and vocal music performances', drama productions, speech contests, National Honor Society, all co-curricular clubs (e.g. Math Club, French Club, Robotics), all honorary and elected offices (e.g. Homecoming, class officer, student government officer or representative), state contests and performances for cheerleading and drill team, or any other activity where the student represents the Linn-Mar Community School District outside the classroom.

1. **ACADEMIC ELIGIBILITY** – (*Linn-Mar CSD Board Policy: 502.6*)

Co/extra-curricular activities include but are not limited to, interscholastic athletic contests, extra-curricular fine arts performances, and other competitions, trips, or performances by Linn-Mar High School sponsored clubs, teams, and organizations.

Students not academically eligible may be allowed to participate in practices at the discretion of the coach, director, or sponsor with the approval of the high school principal [or designee]. Academically ineligible students may travel with co/extra-curricular activity groups at the discretion of the athletic director or administrator but may not participate.

Students must pass all courses during the preceding grading period in order to be eligible to participate in co/extra-curricular activities. Students who do not pass all courses during the preceding grading period will be ineligible for a 30-day consecutive calendar period. For co/extra-curricular activities, this 30-day period will begin in the next grading period, the day after grades are available.

For athletics, this ineligible period will follow the guidelines of the Scholarship Rule, 281 IAC 36.15(2). The Scholarship Rule states that the student is ineligible for a 30-day consecutive calendar period in the next (or current) occurring interscholastic athletic team in which the student is a contestant. The 30-day period begins on the first date that competition in the sport is allowed, as determined by the Scholarship Rule. There is no requirement that the student competed in the sport previously.

In order to fulfill the requirements of a loss of competition penalty, the student must complete the entire activity/sport season in good standing as well as be withheld from the prescribed number of competition dates. To be considered a member in good standing the student must follow all behavioral, attendance, and team expectations; be an active team member at the end of the season; and their name must be listed on the end-of-season report for the sport. If a student quits an activity/sport or is removed from an activity/team because of disciplinary reasons, they will not receive credit for time served.

Students who receive incomplete grades will be ineligible until all course work is satisfactorily completed. The courses must be completed within 10 days after the conclusion of the previous grading period. Students who qualify for credit recovery will be ineligible for a minimum of 30 days, pending the completion of all course work at a passing level. This work will be monitored by the academic assistance counselor with final approval by the principal [or designee].

2. **SCHOOL ATTENDANCE**

- A student is expected to attend one-half school day based on their schedule, immediately prior to the competition or practice to be eligible to participate in a practice, competition or performance scheduled on the same date, unless otherwise authorized by principal or designee.

- Participation in evening performances or competitions should not affect school attendance on the following day. When performing or competing during the school day, students are expected to return to classes immediately after the event.
- Students placed on out-of-school suspension will not be allowed to practice or compete in contests during the suspension period.

3. **GOOD CONDUCT RULE-** (Reference: Board Policies 502.5, 502.5R1, 502.5R2, 502.5R3)

Philosophy

Participation in school activities is a privilege. School activities provide the benefits of promoting additional interests and abilities in the students during their school years and for their lifetime.

Students who participate in co/extra-curricular activities serve as ambassadors of the school district throughout the calendar year whether away from school or at school. Students who wish to have the privilege of participating in co/extra-curricular activities must conduct themselves in accordance with board policy.

Students who fail to abide by this policy and the administrative regulations supporting it may be subject to disciplinary measures. The principal will keep records of violations of the co/extra-curricular conduct policy.

It is the responsibility of the superintendent in conjunction with principals to develop rules and regulations for school activities. Students wanting to participate in school activities must meet the requirements set out by the school district for participation.

Alcohol, Tobacco, Drugs- (Reference: Board Policy 502.5R3)

Students who participate in co/extra-curricular activities involving public performances are prohibited from possessing, using, transporting, controlling, or transmitting tobacco/nicotine, alcohol, or other drugs at any time (year-round) during their middle school or high school career. The administration will suspend a student if it is determined, as reported by school personnel, that a violation did occur. The ruling will include any activities outside of school, as well as at school or at school events (either home or away). Suspensions may also result from either legal documentation or by self-admittance. Investigation of possible infractions will involve parent notification. If a student is guilty of an infraction and is not currently involved in an activity, the suspension will become effective utilizing the activities they were involved in the previous year.

1st Offense (During middle school or high school career):

- Suspended from at least 20% of public performances with carryover to next activity;
- Counseling required prior to reinstatement (Suspended from at least 33% of performances if no progression in counseling); and
- Must continue practicing.

2nd Offense (During middle school or high school career):

- Suspended from at least 50% of public performances with carryover to next activity;
- Counseling required prior to reinstatement; and
- Must continue practicing.

3rd Offense (During middle school or high school career):

- One-year suspension from co/extra-curricular activities; and
- Counseling required prior to reinstatement for all third offenses.

4th Offense (During middle school or high school career):

- a. Permanent suspension from co/extra-curricular activities; and
- b. Counseling available for all fourth offenses.

****Established school/team/group rules may also apply to violations.**

In order for the suspension to be put into effect, it must be clearly determined that the violation did occur. It is clear that an admission from the student is not required prior to disciplining a student. (*Reference: Schmahl vs. Glenwood Community School District, 2 DPI App Dec. 26, 1979*)

Court System Involvement: Students admitting to or found guilty of non-trafficking misdemeanors or felonies not defined in these regulations may be subject to suspension from co/extra-curricular activities as determined by the building principal [or designee]. The district will cooperate with the courts or other recognized public agencies in carrying out consequences in co/extra-curricular activities.

Appeal Process: As established by board policies *502.5-Co/Extra-Curricular Conduct Policy and 502.5-R1 Administrative Regulations Regarding Co/Extra-Curricular Conduct for Students.*

4. DUE PROCESS PROCEDURES

Due process procedures as stated below will be followed. After the District receives information concerning a possible activity code violation, this process will include:

- The District will provide oral or written notice to the student of the allegation(s) against the student.
- The District will review the evidence supporting the allegation against the student.
- The student will be provided an opportunity to respond to the allegation(s);
- The District will then determine whether a violation of the Good Conduct Code has occurred, and notify the student of that determination.
- The determination of whether there was a violation of the Good Conduct Code will be made by the principal, the coach or staff person supervising the extracurricular activity, and the athletic director, if applicable.

5. TRANSFER STUDENTS

Eligibility for students who transfer into the Linn-Mar Community School District from another district will be reviewed at the time the student officially enrolls and begins attending school. All factors affecting students' eligibility status in the previous district will be considered in determining the date the student becomes eligible for participating in performances and/or competitions.

If the student had not yet completed a period of ineligibility for a violation of a Good Conduct Rule in the previous school or school district, the student shall be ineligible until that period of time has been completed.

8. ADDITIONAL GUIDELINES

All behavioral issues that could impact a student's eligibility for participation in an extra-curricular activity cannot be detailed in an activity code. Consequently, additional guidelines, expectations, consequences, and student support plans will be determined by the athletic director, coach, sponsor, and the administration. The Student Activity Conduct Code will be shared in writing with students and parents at the beginning of the season or activity.

The Student Activity Conduct Code designates its expectations during the time a student is enrolled in the Linn-Mar Community School District. The school's interest and intent is to expect and support positive student behavior at all times and discourage or deter illegal, immoral, unhealthy, or highly inappropriate behavior.

Serious violations of school rules or community laws that occur during the time a student is enrolled in the Linn-Mar Community School District will be reviewed by the administration to determine the best support plan for the student. A student's eligibility status for extra-curricular activity participation is but one consequence that may be considered by the administration when such events occur. The Administration has the right and the power to impose other additional penalties or consequences, separate and apart from the penalties listed above, in response to serious violations of the School District's policies and rules or community laws.

C. STUDENT TRANSFER AND INTERSCHOLASTIC COMPETITION ACTIVITIES

When a student transfers to a high school in the district outside their attendance area, the student is ineligible to compete on the varsity level for 90 school days in any interscholastic athletics activity at the school to which the student transfers unless the parent/legal guardian and the student effect a bona fide change of residence to the proper attendance area.

The period of ineligibility applies only to varsity level contests and competitions. ("Varsity" means the highest level of competition offered by one school or school district against the highest level of competition offered by an opposing school or school district.)

A bona fide change of residence must result in all household goods being transferred from the previous resident to the new residence, the parents or guardians must actually reside day and night at the new address, and change in residence has not represented an attempt to circumvent the intent of the transfer rule. A bona fide change of residence may also occur when the family unit has been disrupted as a result of divorce, separation or other circumstances beyond the control of the student.

In the event of a parent/legal guardian change in residence, the principal of the receiving school shall ascertain eligibility by:

1. Verifying the student's legal residence and ascertaining that the transfer is not in violation of the spirit of the provisions of this regulation;
2. Securing a written transcript of all high school credits; and
3. Securing in writing a statement indicating that the student was in good standing in conduct, citizenship, and academic progress at the time of the transfer.

Students transferring back to the high school in their own attendance area after attending a high school outside their attendance area are ineligible to compete in interscholastic athletic activities for at least 90 days.

Students who are declared ineligible under this regulation may appeal the decision to the Principal. If the appeal is not resolved at this level, it may be presented to the Superintendent/designee, whose decision on the matter shall be final.

PETS PROHIBITED at **ALL IGHSAU/IHSAA** Sanctioned Events



GENERAL RULES

A. CHANGING SPORTS

Athletes will be allowed to transfer from one sport to another during a given season only upon mutual agreement of both coaches and with the approval of the Athletic Director.

Should you quit a sport during the season, you will not be allowed to join another sport team during their pre-season practice. For example, it would be necessary to wait until the fall sport season ends before joining a winter sport team and so forth.

B. Dual Sport Athletes

If a student-athlete has interest in participating in two sports during the same season they must contact the coaches of the two sports and the activities director of their intentions at least two weeks prior to the start of the season of the sport that begins first.

The coaches will schedule a meeting with the athlete to go through team schedules and outline a plan for practices and contests. Coaches are to communicate with each other and let the athlete know what the practice schedule is, and the coaches are never to put the athlete in the middle of a conflict.

In that meeting coaches and athletes will determine participation in situations where there are two regular season contests on the same date. If there is a state event and regular season contest on the same date then they will participate in the state event, unless the two coaches agree on a different plan.

The athlete's first priority is their academics. The request to participate in dual sports will only be considered if the applicant is in good academic standing at the time of the request. The athlete is expected to maintain their grades. If this standard is not maintained the participant will be asked to give up one sport.

An athlete making the varsity team in one sport will be given consideration over a sub-varsity team in the other sport they are participating in.

Athletics and Fine Arts

Linn-Mar supports students that wish to participate on both athletic teams and in our fine arts programs. When creating the activities calendar, every effort is made to avoid conflicts between athletics and fine arts events; however, it is inevitable that conflicts will arise given the limited number of days on the calendar.

Our athletic coaches and our fine arts instructors have typically worked together to arrange practice schedules to avoid conflicts, but participants in both should anticipate some scheduling conflicts. If a conflict exists between two activities, the activity that is competing/performing in a contest or performance will take priority. If both are participating in a contest or performance, state level contests/performance will take priority. Otherwise, the decision about which activity to attend will be made by the coaches, instructors, and students in question.

Please note, although our coaches will make every reasonable accommodation, they reserve the right to make playing time decisions based on a student's on-going participation in practices and games in that sport. Each situation will be handled individually and based on its unique characteristics.

PARENT/COACH COMMUNICATION

There are situations that may require a conference between the coach and the parent. These conferences 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 of concern.

1. The student athlete must bring the issue to the coach's attention.
2. If the issue needs further attention, the parent should contact the coach to set up an appointment.
3. Please do not attempt to confront a coach/parent before or after a contest or practice. These can be emotional times for both parent and coach. Meetings of this nature do not promote resolution.
4. If the parents feels the meeting with the coach did not provide a satisfactory resolution they should:
 - a. Call and set up an appointment with the Athletic Director to discuss the situation.
 - b. At this meeting the appropriate next step can be determined.

It is not acceptable for a parent to approach a coach immediately before, during, or after a practice and/or competition. Appropriate concerns for a parent to discuss with a coach:

- 1.) The mental and/or physical treatment of your child
- 2.) What your child needs to do to improve
- 3.) Concerns about your child's behavior

* Coaches have the discretion to involve another coach in any meeting and/or request that the student-athlete be in attendance.

It is very difficult for parents to accept that their child may not be participating as much, or in the role, the parents had hoped they would. Coaches/advisors make decisions based on what they believe is in the best interests of all team members. As one can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach. Issues NOT appropriate for discussion with the advisor/coach:

- 1.) Playing time
- 2.) Team and training strategy
- 3.) Play calling
- 4.) Any situation that deals with other students-athletes athletic performance

There are situations that may require communication between the coach and parent. This communication is not discouraged, as it is important for each party to have a clear understanding of the others' position. When such communication is necessary, the following procedure is suggested to help promote positive resolution to the issue. Communication parents should expect from the coach/advisor:

- 1.) Coach's philosophy
- 2.) Expectations the coach has for the parent's son or daughter
- 3.) Locations and times of practices and contests/performances
- 4.) Team requirements, i.e., fees, special equipment needed, group rules, off-season expectations
- 5.) Procedures that will be followed if your child becomes injured or ill during participation
- 6.) Communication coaches should expect from parents
- 7.) That concerns regarding the parent's son or daughter will be expressed directly to the coach at the appropriate time and place. For example: at a scheduled meeting, not before, during, or after a contest, performance, or practice.
- 8.) Specific concerns in regard to the coach's philosophy and/or expectations
- 9.) Notification of any schedule conflicts well in advance

C. CONDUCT ON TRIPS

Athletes will be considered as "good will ambassadors" for Linn-Mar High School.

Athletes will conduct themselves as ladies and gentlemen at all times, both on and off the playing surfaces.

D. DRESS ON TRIPS

Athletes will be neatly dressed according to the coach's standard and expectations on all athletic trips.

E. RETURNING FROM OUT-OF-TOWN CONTESTS

Athletes will return from all out-of-town contests with their squads and by school transportation. EXCEPTIONS can be made by parents calling the coach in advance to explain the reason for the request, AND by then providing a written note to the coach requesting the exception.

Please do not make requests to simply ride home with parents rather than on the bus or van. The team concept should always be paramount. At no time should an athlete request to ride home with someone other than his or her parent.

F. ATHLETES DRIVING TO PRACTICES OR CONTESTS IN LOCAL AREA

Whenever possible and practical, it is our practice to furnish school transportation to practices and contests. However, occasionally it is necessary for us to have athletes report to the site rather than furnish school transportation. In cases where athletes are asked to drive, we expect and encourage them to observe the following:

1. Go in "convoy" with coach.
2. Observe all traffic regulations.
3. Practice safety.
4. Do not overload vehicles.
5. Take the shortest, safest route to and from the site.
6. Have a driver's license in person or in a car.

Care/Prevention of Athletic Injuries

Linn-Mar receives athletic training services through Rock Valley PT.

The trainer's hours may vary depending on the week. If an athlete needs to be seen but can't get in during the scheduled time, they can call the trainer and set up an appointment.

Our trainers will make the final decision(s) on whether athletes will be allowed to play following an athletic injury. Their decision will be supported by the athletic director and school administration. It is imperative that coaches, athletes, and parents notify and communicate with the trainer on all injuries that occur during practices, games, open gyms, etc. The trainer will screen the injured athletes and make communication with parents on recommended treatment(s).

A trainer will be present at all home contests & most practices.

EQUIPMENT ROOM/GYMNASIUM PROCEDURES

A. ATHLETIC EQUIPMENT

1. In most sports, practice and/or game equipment will be issued to athletes. Athletes will be responsible for said equipment.
2. All equipment will be returned when the athlete finishes the sport either at the end of the season or upon quitting the sport. Any equipment not returned or paid for, could result in the athlete to be ineligible to compete in the next season. Once fees and fines are paid in full, the athlete will become eligible to compete again.
3. Any equipment will be paid for by the athlete if it is lost (this includes theft), or destroyed through negligence. Cost of equipment will be determined by the Athletic Director and will be based on

replacement cost of equipment. New equipment will be issued only upon receipt of payment for lost article(s).

4. School owned equipment is to be worn only at scheduled practice or games/meets.
5. Schools are prohibited by law from selling used equipment to students. Please do not ask to buy used school-owned items.

B. Gym/Weight Room/Stadium Procedures

1. At no time is it permissible for individuals or groups to work out in the gymnasium without authorized school supervision. Please reserve gym time with the athletic office.
2. At no time will individuals or groups be working out, jogging, or just "messing around" while teams or squads are having an official practice session.
3. Athletes in the gymnasium for one sport practice will refrain from using equipment not specifically for their sport.
4. Athletes are not to be in the weight room without authorized adult supervision. This includes alumni.

LINN-MAR ATHLETES ATTENDANCE POLICY

Athletes who desire to attend a camp or clinic during a sports season are to notify their respective coaches prior to the beginning of practice for that season. Athletes may not miss any Linn-Mar performances or games without the following rule being implemented:

Missing a Linn-Mar game because of camp, clinic, or unexcused absences can result in the athlete not playing in contests at that level. If state tournament series games are missed due to the above, the athlete can be dropped from the Linn-Mar team and will forfeit his/her award.

This policy is intended to protect the integrity of all Linn-Mar teams and enhance the ethic of commitment and teamwork that participation in interscholastic athletics can provide our students.

PHYSICAL EXAMINATIONS

The State Athletic Association rules require all athletes to have a physical exam before starting athletic practices each year.

Every year each student shall present to the student's school designee (ONLINE REGISTRATION) a certificate signed by a licensed physician, surgeon, osteopathic physician and surgeon, osteopath, or qualified doctor of chiropractic, to the effect that the student has been examined and may safely engage in athletic competition.

The certificate of physical examination is valid for the purpose of this rule for one (1) calendar year. A grace period not to exceed thirty (30) days is allowed for an expired physical.

INSURANCE

All participants in extra-curricular activities should have some type of health/accident coverage or purchase an alternate student insurance policy available thru the Linn-Mar School District

SPORTSMANSHIP PLAYERS

ROLE

The role of the players in sportsmanship is second in importance only to the coach. Players are admired and respected by students of all levels as well as adult spectators. They have significant influence over the actions and behavior of spectators of all ages.

REQUIRED RESPONSIBILITIES

Players will perform the following responsibilities:

1. Accept and understand the seriousness of their responsibility and the privilege of representing the school and community.
2. Learn the rules thoroughly and discuss them with parents, fans, fellow students, and elementary students. This will assist everyone in the achievement of a better understanding and appreciation of the game.
3. Cooperate with the coaches and always exercise good sportsmanship by living the rules and role as stated.
4. Only the captain may communicate with the officials on the clarification of rules. It is his/her responsibility to communicate what was said back to his/her teammates and/or coach.
5. Always respect the official's judgment and interpretation of the rules. Never argue or make non-verbal gestures which indicate disagreement. This type of immature activity may incite undesirable behavior in the stands and by teammates.
6. Congratulate opponents in a sincere manner following either victory or defeat. This is a true measure of character.
7. Exercise self control at all times, accepting all decisions, unusual occurrences, and abiding by them.
8. Treat opponents with the respect that is accorded a guest or friend.
9. Shake hands with opponents prior to the contest and wish them luck.
10. Players ejected from a contest will be subject to IHSAA/IGHSAU consequences.

PREVENTIVE MEASURES

BEFORE

1. Shake hands with opponents and express good luck.
2. Learn the rules.
3. Practice your coach's rules in character development.

DURING

1. Help players who are down get to their feet.
2. Shake hands after an aggressive exchange.
3. Never gesture to officials, players, coaches, or the fans in a negative manner.
4. Never disagree openly with an official or coach's decision. Carry on ethically and maturely regardless of your true feelings.
5. Shake the opponent's hand if he fouls out or extend congratulations when he is leaving the contest.

AFTER

1. Make every effort to extend a congratulatory handshake to your opponent immediately at the game's conclusion.
2. Never debate something that occurred during the game with anyone, as it is in the past.
3. Be objective when communicating to the media about the contest. Don't be controlled by your emotions.
4. Show concern for injured opponents and teammates.
5. Promote sportsmanship and your athletic experience positively whenever and wherever the opportunity is available.

Sportsmanship Spectator Behavior

All MVC Schools have adopted and follow the IAHSAA and IGHS AU expectations for spectator behavior at athletic competitions as articulated in their "Conduct Counts" initiative.

The following spectator behaviors will result in a warning and possible removal from an athletic event

- 1.) Disrespectful conduct, including profanity, obscene gestures or comments, offensive remarks, or other actions that demean individuals or the event
- 2.) Throwing articles onto the contest area
- 3.) Entering the contest area in protest or celebration
- 4.) Physical confrontation involving contest officials, coaches/directors, contestants or spectators
- 5.) Spectator interference with the event
- 6.) Jumping up and down on the bleachers
- 7.) Use of artificial noisemakers, signs or banners
- 8.) Chants or cheers directed at opponents

Removal from an athletic event will require a meeting with the AD and a suspension will be issued depending on the severity of the event.

LETTERS - CERTIFICATES - NUMERALS

Criteria for earning awards should be announced by the coach before the season begins.

1. Freshmen
 - a. Certificate for first time award
 - b. Certificate for second and subsequent awards
2. Sophomores
 - a. Certificate for first time award
 - b. Certificate for second and subsequent awards
3. Junior Varsity
 - a. Certificate for first time award
 - b. Certificate for second and subsequent awards
4. Varsity
 - a. Letter (LM), numerals, pin for that sport, and certificate for first time award
 - b. Certificate and bar for second and subsequent awards in the same sport.
 - c. Certificate, bar, and pin for awards in other sports

In order for an athlete to win ANY award:

1. The athlete must finish the season in good standing.
2. All school-owned equipment must be turned in at the end of the season

ADMISSION PRICES FOR HIGH SCHOOL ATHLETIC EVENTS

High School Student Activity Ticket

In general, allows for admission to high school regular season athletic events sponsored by the issuing school. Not valid for tournaments..... \$50.00

Elementary and Junior High School Athletic Season Ticket

Honored at all regular season games..... \$50.00

All Sports Punch Card

\$40.00 purchases a card for admission to ten regular season athletic events. \$40.00
Not valid for tournaments

Football Admissions

Adults \$7.00
K – 12 Students..... \$5.00
Senior Citizens..... \$5.00

Volleyball, Wrestling, Basketball, Swimming, Track & Soccer, Baseball & Softball Admissions

Adults \$5.00
K-12 Students, \$5.00
Senior Citizens..... \$5.00

Administration

Superintendent	Shannon Bisgard
Associate Superintendent	Nathan Wear
Associate Superintendent	Bob Read
High School Principal	Dr. Jeff Gustason
Associate Principal	Joe Nietert
Associate Principal	Kim Buelt
Associate Principal	Steve Goodall
Athletic Director	Tonya Moe
Associate Athletic Director	Jay Lehman
Athletic Secretary	Kelsey Rastetter
Exec Director of Support Services (CFO)	David Nicholson
Director of Operations & Maintenance	TBA
Transportation	Brian Cruise, Brent Wilfong & Wendy Toll

Linn-Mar Head Coaches

Athletic Trainers	Vince Klopfenstein, Kory Carlson
Weight Room Manager	Thomas Keating
Football	Tim Lovell
Volleyball	Alyssa Thomas

Boys Cross Country	Kyle Hoffman
Girls Cross Country	Emily Burmeister
Boys Golf	Chris James
Girls Swimming	Charlie Hugo
Girls Bowling	Steve Tschantz
Boys Bowling	Christy Sevening
Boys Basketball	Chris Robertson
Girls Basketball	Chad Tompkins
Boys Swimming	Tom Belin
Boys Wrestling	Doug Streicher
Girls Wrestling	Mike Geers
Poms	Sami Herrera, Brittany Montgomery
Cheerleading	Erin Taylor, Becky Youngkent, Lauren Reynolds
Girls Soccer	Marco de Leon
Boys Soccer	Corey Brinkmeyer
Girls Tennis	Alex Paternostro
Boys Tennis	Chris Wundram
Girls Golf	Chris James
Boys Track	Kyle Hoffman
Girls Track	Nathan Hopp
Baseball	Kyle Rodenkirk
Softball	Lindsey Murray

Starting Dates 2022-2023

The second date listed after each sport is the first date on which competition is allowed (eligibility period starts). Eligibility resumes at 12:01 a.m. **on the 31st day.**

Family Week

July 24, 2022 - July 31, 2022 (NO contact period)

Boys Sports/IHSAA Sports

Sport	1st Practice Date	1st Competition Date	Eligibility Date
Golf	August 8th	August 11th	September 10th
Football	August 8th	August 18th	September 17th
Cross Country	August 8th	August 22nd	September 21st
Bowling	November 7th	November 21st	December 21st
Swimming	November 7th	November 21st	December 21st
Wrestling	November 14th	November 28th	December 28th
Basketball	November 14th	November 28th	December 28th
Track/Field	February 20th	March 6th	April 5th
Soccer	March 13th	March 27th	April 26th
Tennis	March 13th	March 27th	April 26th
Baseball	May 1st	May 15th	June 14th

Girls Sports/IGHSAU Sports

Sport	1st Practice Date	1st Competition Date	Eligibility Date
Volleyball	August 8th	August 22nd	September 21st
Cross Country	August 8th	August 22nd	September 21st

Swimming/Diving	August 8th	August 22nd	September 21st
Wrestling	October 31st	November 14th	December 14th
Basketball	November 7th	November 18th	December 18th
Bowling	November 7th	November 21st	December 21st
Track/Field	February 20th	March 6th	April 5th
Golf	March 13th	March 22nd	April 21st
Soccer	March 13th	March 30th	April 26th
Tennis	March 13th	March 27th	April 26th
Softball	May 1st	May 22nd	June 21st

Check websites of IHSAA (www.iahsaa.org) or IGHSAA (www.ighsaa.org) to make sure these dates have not changed.