Season Expectations for Students and Parents

Please review the next few pages, sign that you understand, and return to your coach. You will not be able to play unless this has been signed and returned. This form will be posted on our website that you can access at any time for review.

Athlete Expectations

Student-athletes are expected to:

- Attend practices and games. Students must attend school for a minimum of 4 hours to participate in practices or games unless a student has an excused reason for not being at school (an out of the area doctor appointment, funeral attendance, or an approved reason by administration). Absences for personal reasons like long weekends does not qualify a student from participating in a practice or game. Unexcused absences from practice will result in playing time reduction.
- Demonstrate good effort.
- Maintain appropriate school behavior. If a player gets a behavior ticket or is suspended for any reason, he/she is ineligible for the next game. The player is expected to sit on the bench and encourage teammates. Non-attendance of a game a student is ineligible will extend the suspension until he/she attends a game to support teammates even though he/she cannot play.
- Treat others respectfully. Let the coaches do the coaching unless your coach asks you to help another player.
- Support teammates.
- Represent Lassen View positively on and off the court.
- Students who are waiting for a late practice, including minimum days, may attend the SERRF program to stay on campus. In order to continue being able to attend SERRF, all SERRF rules must be followed including staying under SERRF supervision. Players may not wander around campus and can be dismissed 15 minutes before the start of practice. If there are games, players may be released to go over to the gym 15 minutes before the first game starts.
- Refrain from show-off and look-at-me behavior. Professional athletes often make hand or other gestures when he/she does something good. Examples include making a 3 signal with your hand after making a 3-pointer, flexing after blocking a shot, dancing after scoring a touchdown, etc.
- Understand that we are competing against other players who are trying to win as well. You are not going to be perfect and you will make mistakes. DO NOT get upset with yourself and let it affect your play. Making mistakes are the part of any game and even the best players are not perfect. Do not let a bad play affect next play.

Academic Eligibility

Student-athletes are expected to maintain satisfactory academic progress throughout the season.

- Grade checks will be conducted every **Monday**.
- Any student-athlete earning an **"F" in any class or a GPA below 2.0** will receive a **one-week academic warning**.
- If, at the next Monday grade check, the student-athlete still has an **"F" or a GPA below 2.0**, he or she will be declared **academically ineligible**.
- Once declared ineligible, the student-athlete will remain ineligible until the **next scheduled Monday grade check**, provided eligibility requirements have been met.
- Eligibility will **not** be restored during the same week a student-athlete is declared ineligible, even if grades improve before the next Monday grade check.
- The only exception to this rule is the first two weeks of the trimester. Since not many assignments have been completed, any low or missing assignment will skew the grade low. Starting the third week of the trimester, grade checks will begin.
- Any player who had less than a 2.0 or an F on their last trimester's report card will be ineligible and must apply for academic probation by the principal.

Athletic ability does not excuse poor behavior or poor sportsmanship. Continued violations will result in a player/parent meeting with coach and administration and may lead to dismissal from the team.

By signing below, I understand the expectations for athletes this upcoming season.

***Player Signature*_____ *Date*_____**

Parent Signature that you understand the expectations for your child.

***Parent*_____ *Date*_____**

Parent Expectations

Parents and guardians play an important role in creating a positive athletic experience for all student-athletes. Lassen View asks parents to support the goals of our athletic program by encouraging effort, improvement, teamwork, and sportsmanship.

Parents are expected to:

- Encourage their child to do their best, regardless of the outcome.
- Demonstrate good sportsmanship toward players, coaches, officials, and spectators.
- Refrain from criticizing or coaching players from the stands.
- Respect officials and accept their decisions.
- Support the coach's instruction and team decisions.
- Understand that playing time is **not** equal and is determined by the coach based on team needs, effort, attendance, attitude, skill development, and game situations.

- Model respectful behavior and appropriate language at all athletic events.
- Address concerns privately and respectfully with the coach rather than during or immediately after a game.
- Encourage their child to communicate directly with the coach about questions or concerns whenever appropriate.
- Ensure their child attends practices and games on time and communicates absences in advance whenever possible.
- Remember that school athletics are designed to promote learning, growth, and enjoyment while competing to win.
- Pick up your child on time after practices and games.
- Encourage your child to contact his/her coach when sick or unable to attend a practice or game.
- Monitor academic achievement and grades to assist your child maintaining athletic eligibility.
- Transportation for away games is done by parents. If you cannot drive, please help arrange a parent driver and/or inform the coach of the need for a ride to or from the game.
- Attend the parent meeting or arrange a meeting with your child's coach if you are unable to attend the parent meeting.

Parents who engage in inappropriate behavior—including disrespect toward officials, opposing teams, coaches, players, or spectators—may be asked to leave an event and may be subject to additional school or league consequences.

Parents, please sign below that you have read the parent expectations for this upcoming year.

***Parent Signature*_____ *Date*_____**

Our Partnership

The most successful athletic experiences occur when coaches, players, and parents work together with a shared purpose. At Lassen View, we are committed to developing skilled athletes, strong character, and respectful competitors. We ask every parent to help reinforce these values by supporting the team, respecting the game, and remembering that our student-athletes are learning lessons that extend far beyond the final score.