

Lake Central

Team & Department Athletic Information



OFFICIAL WEBSITE FOR LAKE CENTRAL SPORTS <http://athletics.lcsc.us/index.php>

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Lake Central High School Athletic Department: Team & Department Information

High School Administration

- a) Mr. Robin Tobias, Head High School Principal
- b) Mr. Sean Begley, Freshmen Center Principal
- c) Mr. Ed Beck, Assistant Freshman Principal
- d) Mr. Richard Moore, Assistant Principal
- e) Mr. Marty Freeman, Assistant Principal
- f) Mr. Tim Powers, Assistant Principal

Athletic Department Staff

- a) Mr. Tony Bartolomeo, Athletic Director
- b) Mr. Brett St. Germain, Assistant to the Athletic Director
- c) Mrs. Kathy Kapelinski, Athletic Secretary
- d) Erin Graves, Athletic/Activities Secretary

Lake Central High School Head Coaches

Title	Name	Email
Strength and Conditioning	Tom Halterman	thalterm@lcscmail.com
Athletic Trainer/Sports Medicine	Chris Hall	chall@lcscmail.com
Cheerleading	Joan Loden	jloden@lcscmail.com
Boys Soccer	Jereme Rainwater	jrainwat@lcscmail.com
Girls Soccer	Shawn Thomas	sdthomas@lcscmail.com
Boys Tennis	Ralph Holden	rholden@lcscmail.com
Girls Golf	Chris Rossiano	crossian@lcscmail.com
Girls Volleyball	Tina Tinberg	ttinberg@lcscmail.com
Boys Cross Country	Jeff Rhody	jrhody@lcscmail.com
Girls Cross Country	Ann Downey	adowney@lcscmail.com
Boys Football	Brett St. Germain	bstgerma@lcscmail.com
Girls Gymnastics	Myra Lolkema	mdalton@lcscmail.com
Boys & Girls Swimming	Todd Smolinski	tsmolins@lcscmail.com
Boys Basketball	Dave Milausnic	dmilausn@lcscmail.com
Girls Basketball	Marc Urban	murban@lcscmail.com
Boys Wrestling	Ryan Alb	ralb@lcscmail.com
Boys Baseball	Jeff Sandor	jsandor@lcscmail.com
Girls Softball	Jeff Sherman	jsherman@lcscmail.com
Boys Golf	Chris Rossiano	crossian@lcscmail.com
Girls Tennis	Bryan Szalonek	bszalone@lcscmail.com
Girls Track	Ron Fredrick	rfredric@lcscmail.com
Boys Track	Jeff Rhody	jrhody@lcscmail.com
Girls Dance	Kevin Mathis	kmathis@m2dancecenter.com

Lake Central High School Athletic Booster Club

President: Mrs. Sherrie Bereda (burritos4@yahoo.com)

The Athletic Booster Club is a vital component to funding the Sports Programs at Lake Central High School. Lake Central Athletics is primarily funded by the following categories:

1. Gate Receipts & Ticket Sales
2. Indoor Concession Stand
3. Donations (at-large advertisements, private, BOOSTER contributions)

The Booster Club Needs YOU!

The Lake Central High School Athletic Booster Club financially supports athletic teams with monies raised from membership dues, fundraiser events, and solicitation of donations. The Booster Club also awards scholarships to graduating senior letter winners. Your participation helps to ensure the continued support of our athletic teams.

The Lake Central Athletic Booster Club strongly encourages all parents and members of the Lake Central Community to join and to get involved with our fundraising efforts. The success of this organization can only continue through the efforts of an active and representative group of parent supporters. With over 840 student-athletes involved with Lake Central High School Athletics, the membership in the Booster Club should exceed the current number. Please Help our Athletes and **Join Today!**

Meetings: held on the 2nd Monday of each month in the High School LGI Room at 7pm.

Website: <http://lakecentralathleticboosters.webs.com/>

Lake Central TITLE IX Policy

Lake Central School Corporation does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities, including athletics. The following person has been designated as the title IX Coordinator to handle inquiries regarding the non-discrimination policies, coordinating the School Corporation's compliance with Title IX, overseeing complaints of sex discrimination and addressing any issues which arise during the review of such complaints:

Assistant Superintendent of Personnel
Lake Central School Corporation
8260 Wicker Avenue
St. John, Indiana 46373
219-365-8507

GRIEVANCE PROCEDURE: All alleged incidents of sex discrimination, including sexual misconduct, retaliation and/or concerns regarding programs and activities offered or not offered, should be reported to the Title IX Coordinator. The concern should be made in written form and provide as much of the following information as possible:

- The name, department and position of the person of program allegedly causing the sex discrimination.
- A description of the incident(s), including the date(s), location(s) and the presence of any witnesses.
- The names of other students who may be subject to the same of similar sex discrimination.
- Any other information relevant to the sex discrimination

An investigation into the concern shall be conducted by the Title IX Coordinator. The investigation will be conducted within a reasonable amount of time in a manner that is reliable, impartial and confidential. The Complainant will be notified of the outcome of the investigation by the Title IX Coordinator. As appropriate, the Title IX Coordinator will take steps to prevent the recurrence of any harassment or sex discrimination in the future and will correct discriminatory effects of any harassment if appropriate.

How to request a new Sport/Level Provision: If you would like to request that Lake Central offer an additional sport or additional level of a sport currently offered, you may do so by clicking the link below.

<http://athletics.lcsc.us/index.php>

The Athletic Department and Administration periodically review these requests you may be contacted for additional information.

In considering requests for new sports or new level of a sport will be considered, the Lake Central School Corporation may take into account, if applicable:

- A. The interest level of students in participating in the sport and their ability level, if applicable, of students in participating in that sport and the ability of students to participate.
- B. Whether the sport would offer additional opportunity to students who are underrepresented in the high school's athletic program.
- C. Availability of facilities and coaches;
- D. Cost
- E. Any other relevant factor.

The person requesting the new sport or new level of sports at a Lake Central School will be notified in writing of the determination. If the request is not granted, the person requesting the new sport or level of a sport, the written notice will include reason (s) for the denial.

IHSAA

Indiana High School Athletic Association

Organized in 1903, the Indiana High School Athletic Association is a voluntary, not-for-profit organization that is self-supporting without the use of tax monies.

The purpose of the IHSAA is to encourage and direct wholesome amateur athletics in the high schools of Indiana. In keeping with this mission, the Association:

- Regulates, supervises and administers interschool athletic activities among its member high schools as an integral part of the secondary education program. A tournament series is sanctioned in 20 sports, 10 for girls and 10 for boys. This school year, more than 160,000 students will compete in IHSAA-sanctioned tournaments.
- Cooperates with all agencies vitally concerned with the health and educational welfare of secondary school students.
- Determines qualifications of individual contestants, coaches and officials.
- Provides written communications to facilitate athletic relations among member schools.
- Establishes standards for eligibility, competition and sportsmanship while providing protection against exploitation of schools or students.

The IHSAA is governed by its legislative body, the Board of Directors, composed of 19 members who are elected by member school principals from three IHSAA legislative districts. The Board of Directors meets annually with the responsibility of establishing the Association's rules and regulations. Within the Board of Directors is the Executive Committee. The Executive Committee meets monthly and is responsible for organizing and directing state tournaments and meets, interpreting the Association's By-Laws, determining penalties for rules violations, and establishing the Association's state office and employing a commissioner and staff to administer the Association.

Fall Sports	Level Offered at LC	IHSAA Start Date
Girls Golf	JV & V	7/31/2015
Girls Volleyball	Fresh, JV, V	8/3/2015
Boys Soccer	JV & V	8/3/2015
Girls Soccer	JV & V	8/3/2015
Boys Tennis	JV & V	8/3/2015
Boys Football	Fresh, JV, V	8/3/2015
Boys Cross Country	JV & V	8/3/2015
Girls Cross Country	JV & V	8/3/2015
Winter Sports	Level Offered at LC	IHSAA Start Date
Girls Basketball	Fresh, JV, V	10/26/15
Girls Swimming	JV & V	10/26/15
Boys Wrestling	JV & V	11/2/15
Boys Basketball	Fresh, JV, V	11/9/15
Boys Swimming	JV & V	11/9/15
Girls Gymnastics	JV & V	11/23/15
Spring Sports	Level Offered at LC	IHSAA Start Date
Girls Track & Field	JV & V	2/15/16
Boys Track & Field	JV & V	2/15/16
Girls Softball	JV & V	3/7/16
Boys Baseball	Fresh, JV, V	3/14/16
Girls Tennis	JV & V	3/14/16
Boys Golf	JV & V	3/14/16

OTHER GOVERNANCE ORGANIZATIONS

The governance, structure and rules for certain other sports offered through the Athletic Department at Lake Central High School are provided as follows:

- The Indiana Association of School Principals establishes rules for student eligibility and participation, competition schedules as well as for standards for competition and judging for competitive cheer. The governance structure parallels that of IHSAA.
- Founded in 1994, the Indiana High School Dance Team Association provides oversight and uniform rules of competition and eligibility, competition schedules as well as judging standards for the dance team.

SPORTS	LEVEL OFFERED AT LC	START DATE
Cheerleading	JV & V	May 1, 2014
Dance	JV & V	May 1, 2014

Realities of High School Sports

Participation in Lake Central's extracurricular programs is a privilege. We want Lake Central Athletics to be a model for other athletic teams and programs to emulate. Coaches and Athletes are expected to exemplify sportsmanship behavior both on and off campus. . Academics are a priority, and participation in extracurricular programs should complement a student's academic schedule and not hinder it.

Lake Central students involved in extracurricular activities have fewer behavior infractions, lower truancy rates, and higher grade point averages than the at-large high school student. We praise the academic accomplishments of our student-athletes along with their athletic successes. However, the personal demands of belonging to an athletic team are great. The following are some points to be mindful when joining one of our sports teams:

1. Vacations should NOT be planned during the playing season.
2. There are NO guarantees for playing time.
3. Student-Athletes are expected to be at ALL practices on time (communication with coach)
4. Lake Central provides students-athletes with a cohesive year-round opportunity to train and condition.
5. Our programs require fundraising efforts to operate.
6. Expectations and commitment of time becomes greater within higher levels of competition.
7. FACILITIES: due to the lack of facility space, some practices may begin at 5-AM and some may not end until 9-PM.
8. Studies and homework are expected to be completed for classes even if a weeknight competition brings teams back to LC at late evening hours.

Season Conditioning

Our coaching staff is expected to conduct opportunities for training and conditioning while out of season. These opportunities also extend into the summer months. Students are strongly encouraged to become multisport athletes at Lake Central. Students who participate in more than one of our varsity programs become more well-rounded athletes and help to contribute to the successes of Lake Central. If an athlete is not involved with a seasonal high school sport, they are encouraged to participate with the off season conditioning of their team. These activities may include:

- Meetings
- Camps
- Strength Training (weight room)
- Core Conditioning
- Competition Strategies

Moratorium Week (Includes week of July 4th)

According to Rule 15-3.4 of the IHSAA By-Laws: Each member school shall observe a moratorium week on Monday of the week which includes July 4. During this seven day period, there shall be no contact between athletes and coaches, and no athletic activities, including conditioning, conducted.

There are no LCHS athletic activities scheduled for this week and our facilities will be closed. This is a vacation period for families established by the IHSAA and extended to all sports regardless of IHSAA oversight.

CODE OF CONDUCT

The Code of Conduct is a document that is part of the Lake Central High School Athletics Participation Packet and is signed by the student and parent each year prior to being allowed to try-out or to participate on an athletic team. The Code indicates that **student conduct during the regular school day, during school-related activities, and at other times** is subject to the provisions of the Lake Central High School "Code of Conduct". In addition, the conduct of students who wish to participate in school sponsored athletic programs and extracurricular activities are subject to this Code of Conduct. Because participation in such activities is a privilege, the Code of Conduct addresses conduct beyond that applicable to students in general, to further the expectations, purpose, and integrity of athletic or other extracurricular activities.

The Code of Conduct is a four year commitment. Once signed, the Code applies to the student's entire athletic/extracurricular career at Lake Central High School on a 24/7/365 basis to conduct both at school and off school grounds. Applicable penalties will be applied whenever the conduct is discovered. That is, Lake Central administration reserves the right to fully investigate conduct which potentially violates the Code whenever evidence is provided, even if the conduct occurred during prior seasons or school years (e.g., conduct occurring during a student's freshmen year may result in a penalty during the student's senior year if not discovered/reported until that time).

Violations of the Code of Conduct can result some of the following consequences: assigned hours of community service, probation, suspension from practices and/or games, career expulsion from athletics and other extracurricular events.

Required Participation Forms

Prior to being cleared for athletic participation at Lake Central, student must complete and return the following forms to the high school athletic office:

- A completed IHSA Physical Packet (4-pages)....with both parent and student signatures where applicable(regardless of whether the sport is governed by IHSA)
- Insurance Information Form (if family does not have insurance, then participation waiver must be signed)
- A completed Code of Expectations with signatures of parents and student
- Emergency Contact Form for the Athletic Trainer
- Extracurricular Consent Form (drug testing program)
- Concussion Acknowledgement and Information

A student CANNOT begin participating in a sport until all the above forms have been completed and returned to the athletic office. Once these forms have been reviewed by the athletic office, a "White Card" will be given to the student who will then present it to the coach. This card is a small index card that grants administrative approval for the student to begin athletic participation and acknowledges to the coach that all necessary forms are completed and are on file in the athletic office.

Athletic Department Fees (\$60.00)

Transportation Fee: \$30.00 (per sport)

- This is a required fee for each sport in which the student participates during the school year.
- Athletes are expected to ride the team bus to and from competitions. There are no exceptions, unless emergency circumstances warrant alternative transportation.

Fitness Fee (Weight Room & Training Room): \$30.00 (per sport)

- This is a required fee for each sport in which the student participates during the school year.

Lake Central School Corporation Fees (\$100.00)

- This is a required one-time fee per year. This fee is separate from all other fees. Fee is payable online at the LC online store or a check to Lake Central School Corporation.

ELIGIBILITY

At Lake Central High School, your athletic eligibility is determined by the following factors:

1. All required participation forms are on file in the athletic office
2. Maintaining No Code of Conduct Violations
3. Remaining in good academic standing, which indicates the following:
 - a. A fulltime student who is enrolled and passing subjects totaling 5-credits/classes for grade 9, 10, 11, and 12.
 - b. All incoming freshman are automatically eligible.
 - c. Academic eligibility is determined each grading period and again at the end of each semester. A student who becomes ineligible due to poor grades will not be eligible until the next grading period provided the student has earned the expected number of credits.
4. **ATTENDANCE:** (Practice or Competition)—In order to participate in athletics daily, and athlete must be in attendance for 2-full periods of the school day.
 - a. Daily attendance sheets are processed for coaches' verifications.
 - b. Exceptions may include: funerals, court appearances, college visitation...etc.
5. All athletic participation fees have been paid

Parent / Coach Communication Process

- Start with the Coach: set an appointment. Understand that right before and right after a practice or contest is not always the best time for the coach to meet. Please avoid these moments and contact the coach for alternate times.
- If not satisfied with the outcome of your conversation with the coach, set an appointment with the Athletic Director.
- Contact the coaching staff with questions about practice times and locations.
- Contact athletic office with additional concerns and questions.

Conclusions

- We want to be a model for other athletic teams and programs to copy.
- We want to always be a class act of sportsmanship.
- It is important to keep things in perspective.
- Positive Communication

Athletic Department Fees (\$60.00)

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- Athletes are expected to ride the team bus to and from competitions. There are no exceptions, unless emergency circumstances warrant alternative transportation.

Fitness Fee (Weight Room & Training Room): \$30.00 (per sport)

- This is a required fee for each sport in which the student participates during the school year.

Lake Central School Corporation Fees (\$100.00)

- This is a required one-time fee per year. This fee is separate from all other fees. Fee is payable online at the LC online store or a check to Lake Central School Corporation.

LAKE CENTRAL HIGH SCHOOL
SUPERFAN AND SEASON TICKETS

PASS OPTIONS (for home events)

STUDENT PASS (\$25.00 Student) – This ticket will allow students to attend all high school home events, excluding IHSAA sponsored tournaments. A ticket may be purchased for a middle school student (grades 5-8), but may only be used at Lake Central High School athletic events. This pass is not transferrable. Student ID's will be coded individually upon purchase.

FOOTBALL SEASON PASS (\$30.00 Adult) – The season football ticket admits you into all levels of football competition; Varsity, JV and Fr (could be 16 possible home events to attend for football).

LC 12-PUNCH PASS (\$50.00 Adult) – This pass was designed for multi-sport use or may be used as a season ticket. You will receive a pass with 12 punches that you may use at any sporting event held at Lake Central High School, excluding IHSAA tournaments. This pass may be renewed at request.

SEASONAL PASS (\$60.00 Adult) – This pass may be scheduled for either the fall, winter, or spring sports seasons and admits you to an unlimited number of events for the season you purchase (note: Fall usage dates are from Aug. 1 thru Oct. 15; Winter usage dates are from Nov. 1 thru Feb. 25; Spring usage dates are from March 1 thru May 19). You determined your preferred season upon purchase.

SUPERFAN PASS (\$120.00 Adult) – This is still the best bargain in town. For an adult superfan, the cost savings could amount to over \$700.00 for the entire school year, excluding IHSAA tournament events. We realize how difficult it is for one fan to attend All Lake Central home events, but we hope that with the purchase of this ticket it will encourage fans to attend more events.

DOUBLE FAN PASS (\$200.00) – Allows 2 adults to attend any home event, excluding IHSAA tournament events. This is a great way for a couple to enjoy athletics throughout the entire school year.

Elementary students (grades k-4) and younger will be admitted free when accompanying an adult.

To Purchase or Renew a Pass Online:

Go to the Lake Central Athletic Website <http://athletics.lcsc.us/index.php> and click on the "Athletic Forms" link and then select "Athletic Ticket Information".

Lake Central Athletics Department Awards
Awards sponsored by the athletic department at Seasonal Banquets (Fall, Winter, Spring)

- **Lettering Awards**
 - Criteria: The lettering criteria should be clearly outlined by the coaches of each sport prior to the season and discussed with families at preseason meetings.
 - Junior Varsity (JV/participant): certificate
 - 1st, 2nd, 3rd Year Varsity Letter: certificate
 - 4th Year Varsity Letter: plaque with engraved name plate
- **Most Improved (MIP):** patch
 - Criteria: This is an award that is determined by the coaching staff of each sport and may be presented to any 9,10,11,12 grade student-athlete.
- **4.0 ("A" average):** certificate
 - Criteria: The premise of this award is to acknowledge multiple students who are achieving high standards of academics, rather than just a single scholar athlete award. The award is titled "4.0 or Higher", but it acknowledges those student-athletes who have an **"A" average** or better as a cumulative grade point average for their academic career at LC while participating in athletics. Any 9th, 10th, 11th, 12th grade student-athlete can receive this award if they have an "A" average or better for a cumulative GPA. The athletic department will process data for this award.
- **Sportsmanship:** patch
 - Criteria: This award is determined by the coaching staff and may be presented to any 9,10,11,12 grade student-athlete of any sport.
- **Most Valuable Player (MVP):** patch & plaque with engraved name plate
 - Criteria: This is an award that is determined by the coaching staff of each sport and may be presented to any 9,10,11,12 grade student-athlete.
- **Pride, Hustle, Desire (PHD):** certificate
 - Criteria: This award is determined by the coaching staff of each sport and may be presented to any 9,10,11,12 grade student-athlete. You could interpret this as a mental attitude award; unless you have a routine of declaring a mental attitude award recipient as part of other honors (see below).
- **Rookie of the Year:** certificate
 - Criteria: This award is determined by the coaching staff of each sport and should be presented to a student-athlete who is a first-time participant in your sport.

The following are the categories of Special Year-End Awards (awarded at the Spring Ceremony)

- **Athlete of the Year (Male & Female):** plaque & wall of fame picture
 - Criteria: This award is THE EXCEPTION, meaning that this award will be open for any 9,10,11,12 grade student-athlete at Lake Central. Special consideration should be taken by coaches when they nominate a non-senior for this award. For non-seniors, one should consider whether the athlete has received All-State recognition. Although the current year's accomplishments should be the focus, coaches are welcome to discuss high school career accolades for a nominee.
- **Multi-Sport Senior Athlete of the Year (Male & Female):** plaque & wall of fame picture
 - Criteria: This award is open for only seniors and nominees should have lettered in multiple sports during their senior year. Preferably, nominees will also have evidence of participating in multiple sports in multiple years throughout their high school career.
- **Scholar Athlete Senior Award (Male & Female):** plaque & wall of fame picture
 - Criteria: This award is open only for seniors. The athletic department will process a list for coaches of athletes who have a cumulative GPA of 3.66 or higher. Coaches may nominate an athlete for this award who they feel has had a strong/successful varsity athletic career while maintaining a GPA of 3.66 or higher.

