



**LAKE CENTRAL ATHLETIC
FRESHMAN ORIENTATION
APRIL 8, 2019**

WE ARE LC!!

**FOLLOW US ON TWITTER:
@LCINDIANS**

Athletic Department Staff

- Mr. Chris Enyeart, Director of Athletics
- Mr. Jeff Sandor, Associate Director of Athletics
- Mrs. Kathy Kapelinski, Athletic Administrative Assistant
- Mrs. Erin Graves, Facility & Athletic Administrative Assistant



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@gmail.com
Girls Golf	Andy Gurnak	agurnak@lcscmail.com
Girls Volleyball	Matt Clark	mclark@lcscmail.com
Boys Cross Country	Jeff Rhody	jrhody@lcscmail.com
Girls Cross Country	Morgan Kleinaman	mkleinam@lcscmail.com
Boys Football	Tony Bartolomeo	tbartolo@lcscmail.com
Girls Gymnastics	Karen Barcelli	kbarcell@lcscmail.com
Boys Swimming	Jeff Kilinski	jkilinsk@lcsmail.com

Coaches Continued

Title	Name	Email
Girls Swimming	Todd Smolinski	tsmolins@lcscmail.com
Boys Basketball	Dave Milausinic	dmilausn@lcscmail.com
Girls Basketball	Joe Huppenthal	jahuppen@lcscmail.com
Boys Wrestling	Luke Triveline	ltriveli@lcscmail.com
Boys Baseball	Mike Swartzentruber	mswartze@lcscmail.com
Girls Softball	Jeff Sherman	jsherman@lcscmail.com
Boys Golf	RJ Ohlenkamp	rohlenka@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@lcscmail.com
Unified Track & Field	Karen Brann	kbrann@lcscmail.com

Athletic Booster Club

- ◎ President: Mrs. Laura Polaski
 - (president@lchsabc.com)
- ◎ **Meetings:** held on the 2nd Monday of each month at LCHS, Room H205, at 7pm.
 - 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:
 - Gate Receipts & Ticket Sales
 - Indoor Concession Stand
 - Donations (at-large advertisements, private, BOOSTER contributions)

Realities of High School Sports

- ⦿ Participation in Lake Central's extracurricular programs is a privilege
- ⦿ Academics are a priority
- ⦿ The following are some points to be mindful when joining one of our sports teams:
 - Vacations should NOT be planned during the playing season.
 - There are NO guarantees for playing time.
 - Student-Athletes are expected to be at ALL practices on time (communication with coach)
 - Lake Central provides students-athletes with a cohesive year-round opportunity to train and condition.
 - Our programs require fundraising efforts to operate.
 - Expectations and commitment of time becomes greater within higher levels of competition.
 - FACILITIES: due to the number of programs and our facility space, some practices may begin at 5-AM and some may not end until 9-PM.
 - 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

- 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

- ⦿ Located on Pages 13-15 of the LCHS Athletic Department Participation Packet
 - 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 in 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:
 - Register on FamilyID, <https://www.familyid.com/organizations/lake-central-high-school>
 - A completed IHSAA Physical Packet (4-pages)....with both parent and student (April 19th 5-8 PM, LCHS Physical Night) signatures where applicable (regardless of whether the sport is governed by IHSAA)
 - Insurance Information Form (if family does not have insurance, then participation waiver must be signed)
 - A completed Code of Conduct with signatures of parents and student
 - Emergency Contact Form for the Athletic Trainer
 - Extracurricular Consent Form (drug testing program)
 - Concussion Acknowledgement and Information

Participation Forms Cont.

- ⦿ A student CANNOT begin participating in a sport until all the above forms have been completed on FamilyID and the IHSA Pre-Participation Physical has been returned to the athletic office (available under links tab on FamilyID).
- ⦿ 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.
- ⦿ This is to be completed through the FamilyID link: <http://www.familyid.com/lake-central-high-school>

Participation Fees

⦿ **Athletic Department Fees (\$60.00)**

- We are hosting a Golf Outing on September 18, 2018 to potentially cover this fee for all athletes!!
- Transportation Fee: for 2018-2019 the fee is \$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): for 2018-20188the fee is \$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 annual fee for any student participates in athletics during the school year. This fee is separate from all other fees. Fee is payable online via your Skyward account.

Athletic Department Golf Outing

- When: Saturday, September 21, 2019
- Where: White Hawk Country Club
- Purpose: Raise money to cover as much of the \$60 weight room, training room and transportation
- 1st year: We were able to cover \$30 for all the participants during the 2018-2019 school year.

Eligibility

- ⦿ At Lake Central High School, your athletic eligibility is determined by the following factors:
 - FamilyID with uploaded IHSA Physical is complete
 - Maintaining No Code of Conduct Violations
 - Remaining in good academic standing, which indicates the following:
 - A fulltime student who is enrolled and passing subjects totaling 5-credits/classes for grade 9, 10, 11, and 12.
 - All incoming freshman are automatically eligible (clean slate).
 - 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.
- ⦿ **ATTENDANCE:** (Practice or Competition)—In order to participate in athletics daily, and athlete must be in attendance by the end of 1st hour on a 4-period day and the end of 2nd period on a 7-period day. Students must attend all 4 periods when their program has practice before school.
 - Daily attendance sheets are processed for coaches' verifications.
 - Exceptions may include: funerals, court appearances, college visitation...etc.
- ⦿ All athletic participation fees have been paid

Parent/Coach Communication

- ⦿ 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. (24-28 Hours)
- ⦿ 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.

Practice / Game Schedule

- EVENTLINK-All practices and game schedules are posted to this website, coaches are able to send one-way communication to parents about team specific events or changes to the schedule. Register at <https://eventlink.com/>
- Lake Central Athletic Department Website <http://athletics.lcsc.us>

Conclusion

- 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
- Register for Eventlink & FamilyID accounts
- Follow the Lake Central Athletic Department on Twitter @LCIndians
- Meet the Coaches:
 - All coaches have a table outside the Auditorium in the Hallway

