

Welcome to the Tiger Family



2022 - 2023

Timberlake High School

Player and Parent
Activities Manual

THS Activities Mission:

Lakeland School District values the pursuit of excellence through personal development and teamwork, ethical and responsible behavior on the field and off, adherence to the spirit of rules as well as to their letter, leadership and strength of character, and sportsmanship. LJSD Activities instills habits which will lead students to better and healthier lives.

The interscholastic activities program of Timberlake is designed to:

- involve students in wholesome, healthy competition,**
- teach respect for rules**
- teach respect for the property and person of others**
- develop self discipline through rigorous training**
- develop sportsmanship through competition**
- teach the fundamentals of each activity**
- develop the individual participant to his/her potential**
- teach the value of working with others as a team**
- build physical and mental capacities**
- develop the attributes of cooperation and social adjustment, stressing high moral character.**

To the Student Athlete & Parent/Guardian

This packet is designed to inform participants and parents of the Lakeland School District's activity policies.

The following forms must be on file with the Activity Director before student athletes are allowed to participate. These forms can all be found on [Timberlake Athletics](#) website in [Bigteams](#).

Form	Approval Dates			Status
	Student	Parent	Staff	
Medical History Form OR Interim Questionnaire	07/31/22	07/31/22	08/04/22	Complete
Physical Examination Form		07/31/22	08/03/22	Complete
IHSAA & Lakeland SD Policies and Agreements	08/08/22	08/07/22	08/08/22	Complete
ImPACT form	08/03/22	08/03/22	08/03/22	Complete
Athletic Electronic Communication Agreement	08/07/22	08/07/22		Complete
ASB Fee Agreement	08/11/22	08/11/22	08/11/22	Complete

IHSAA and Lakeland SD Policies and Agreements - Idaho high school activities rules and regulations & LSD policies and agreements - initialed by both parent and student athlete. [Philosophy](#)- Policy and code for interscholastic activities

Drug Policy- Extra curricular activities consent form- Drug and alcohol testing program.

Physical Form -

The IHSAA requires that participants have a new physical form on file prior to the first day of practice in the 9th and 11th grades. Students that are Sophomores or Seniors that received a physical the previous year AND is on file at THS, will not require a new physical. This physical must be completed on/after May 1, 2022.

Interim Questionnaire Consent Form -

This form provides us with a brief medical history assisting coaches and physicians and will be filled out by the sophomores and seniors who are not required to complete a physical form. If there are any medical conditions marked yes since the last physical, the athlete may be required to have a physical stating the student is good to play sports.

Concussion/ Impact Testing forms

Students must take a concussion/impact test and upload completion of this in the athletic forms *before* they will be allowed to practice/play.

Electronic Communication- Signed and submitted in bigteams

Activity cards - \$40

Athletes are to purchase activity cards before the first athletic contest. This can be paid on the big teams website.

Transfer students - (New to THS within the last calendar year) must report to the Athletic Director *before* they participate at any level. Transfer papers must be completed and filed before that student will become eligible to participate. If there are questions, please contact the athletic director.

Timberlake High School

5973 ID-54

Spirit Lake, ID 83869

Phone 208.623.6303

ADMINISTRATION

Principal: Ryne Eberlin- ryne.eberlin@lakeland272.org

Assistant Principal: Josh Hegstad- joshua.hegstad@lakeland272.org

Activities Director: Catey Walton - cwalton@lakeland272.org

Athletic Trainer : Samantha Kelley Samantha.kelley@lakeland272.org

COACHES

Football: Kelly Amos- kamos@lakeland272.org

Volleyball: Michelle Garwood- mgarwood@lakeland272.org

Boys Soccer: Justin Mooney- jagmooney@hotmail.com

Girls Soccer: Steve Michael- steve@rathdrumcommunitycenter.com

Cross Country: Shawn Lawler - slawler@lakeland272.org

Cheer: Kathelyn Fuller - kathelyn.fuller@lakeland272.org

Boys Basketball: Mike LaFontaine- mike.lafontaine@lakeland272.org

Girls Basketball: Matt Miller - mmiller@lakeland272.org

Wrestling: [Jason Jerome](mailto:Jason.Jerome)- jerome06@hotmail.com

Track and field : Brian Kluss- bkluss@lakeland272.org

Baseball: Bryce Johnson- bryce.johnson@lakeland272.org

Softball: Casi Lupinacci- casi.lupinacci@lakeland272.org

Golf: Matt Miller - mmiller@lakeland272.org

Colors

Blue and Gold

Mascot

Tiger

LAKELAND SCHOOL DISTRICT ACTIVITIES CODE

Students of the Lakeland School District, who wish to participate in interscholastic activities, must adhere to the Idaho High School Activities Association (I.H.S.A.A.) rules and regulations; local city ordinances and the laws of the State of Idaho; and this district's policies.

Interscholastic activities and competitions are recognized as a valid part of the total school program. Expenditure of school district funds in accordance with the district's expenditure and budgetary regulations is authorized for the support of these activities. The district will maintain membership in the IHSAA for the appropriate grade levels.

All student participants in a sponsored IHSAA activity must purchase a school activity card. (ASB)

Students are required to have parental permission to join any athletic team.

PARTICIPATION STANDARDS

Activities will be open to all students (subject to tryouts, when applicable) and administered according to the following standards:

1. The building principals or their designees of each school shall certify the eligibility of all participants in accordance to the participation requirements stated herein. This includes home schooled and dual enrolled students.
2. Activities Academic Minimum Requirements
 - A. Students who wish to participate in high school activities will be subject to eligibility requirements. Students must be enrolled full-time and must have passed 5 of 6 . Students participating with a cumulative GPA below 2.0 must have an academic improvement plan in place. This policy applies to all students in the Lakeland School District in grades 9-12. All activities governed by the Idaho High School Activities Association are covered by this policy. Students falling below the minimum standard will become academically ineligible. Any student on academic probation who fails to meet the requirements of that probation will also become academically ineligible.

B. Grades will be pulled as follows:

Eligibility for participation in fall activities will be based on the student's previous semester passed 5 of 6 (spring).

Eligibility for participation in winter activities will be based on the student's previous semester passing 5 of 6 (spring). Eligibility will also be checked at the completion of the 1st semester (fall). Coaches will check grades when tryouts begin. All students with an F will be placed on Academic Probation.

Eligibility for participation in spring activities will be based on the student's previous semester passing 5 of 6 (fall). Grades will be also checked by the coaches when tryouts begin. All students with an F will be placed on Academic Probation.

Grades will be checked by the coaches weekly on Mondays. All students with an F will be placed on Academic Probation.

Definitions:

Academically Ineligible – Any student who did not pass 5 of 6 courses will be deemed academically ineligible. Academically ineligible students will not be allowed to participate in competitive contests within their chosen activities. All grades will be pulled from the last completed semester prior to the season of competition. It is the responsibility of non-traditional students to provide the AD with transcripts from his or her school.

Academic Probation-- If a student has an F in any class, he/she shall be placed on Academic Probation. During the probation period the student will still be able to practice. If the student still has an F, the student will be ineligible to participate in the chosen activity. Students will not be released from class to attend an activity (including district or state tournaments) if they are failing or in danger of failing the class.

SCHOOL ATTENDANCE REQUIREMENTS

Students must attend classes regularly, strive for academic achievement, and set positive examples in the school and community with his/her personal conduct.

1. A student must attend school the **entire day** before practicing or competing inter-scholastically unless special permission for an absence has been granted in **advance** by the Athletic Director.

An exception would be made if the Parent emailed the athletic director prior to the approved medical appointment; in which case, the student must present to the activities director a signed statement from the doctor. This pertains to practice sessions and contests (District Policy 3380).

2. For athletic activities, a student who has been injured and has had medical treatment from a doctor, cannot participate again without a doctor's release.
3. Students earning an F will not be allowed to miss that class due to a scheduled athletic or activity contest. (District Policy 3380)

Transportation

The following travel policy applies to extracurricular activities:

- A. School District approved transportation must be used, unless prior arrangements are made with the parent, coach and activities director.

- B. Any out-of-state or overnight transportation must have prior approval by the school board in accordance to district policy.

- C. Participants must travel together to and from contests away from their school in transportation provided by the school, unless prior arrangements are made with the parent, coach and activities director.

- D. The exceptions are:
 - Injury to a participant which would require alternate transportation
 - Arrangements between the participant's parent/guardian and the coach for the student participant to be transported with his/her parent/guardian.
 - Participants are NOT allowed to ride with friends or family members other than a parent or guardian unless prior arrangements are made.

- E. Process for prior arrangements.
 - Parent must email Activities director prior to the date that they will be transporting their student.
 - For a parent to transport another student, both parents (the one transporting and the one giving permission) must email permission to the activities director of the arrangement.
 - Activities Director will call and confirm arrangement and will return written email to parent and coach explaining that it is a confirmed and approved arrangement.

TIMBERLAKE COACH'S EXPECTATIONS

To be a model of athletic/activity achievement in the State of Idaho by:

1. Presenting a positive image of school athletics and activities by all participants including players, coaches, administrators, trustees and parents.
2. Striving for excellence that will produce quality teams and nurture sportsmanship and personal growth for the student.
3. Providing an environment where students develop athletic and lifetime skills including but not limited to:
 - Development of team play that encourages loyalty, cooperation, accountability, honesty and commitment.
 - Leadership that stresses discipline, self-motivation, trust, excellence, and the ideal of good sportsmanship.
 - Emphasizing programs for the entire student body, faculty and community that will generate a feeling of unity.
 - Providing an opportunity for achievement of individual goals as set by the participant.
 - Developing an appreciation for activities that promote life-long participation and a healthy lifestyle.
 - Developing high standards of fairness and honesty.
 - Nurturing self-discipline, emotional maturity, and proper social behavior while learning to make decisions under pressure.
 - Creating an environment that allows participants to reach full personal potential while achieving their personal goals and objectives.

POSITIVE SPORTS PARENTING

A parent's "Coaching Job" is the toughest one of all and takes a lot of effort. Sometimes in your desire to help your child, best intentions can end up being

counterproductive. Applying the Rules of Parents will go a long way towards fostering an environment your child can use to enjoy and excel in their sport.

1. Make sure your child knows win or lose, that you love them, you appreciate their efforts and **you are not disappointed in them.**
2. Try your best to **be completely honest** about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
3. **Be helpful but don't "coach"** on the way to the track, diamond or court...on the home...at breakfast...and so on.
4. Teach them to **enjoy the thrills of competition**, trying, working, improving their skills and attitudes...taking the physical bumps and coming back for more.
5. Try not to relive your athletic life through your child in a way that creates pressure. Remember, you fumbled too; you lost as well as won; you were frightened; you backed off at times; and you were not always heroic. **Don't pressure them because of your pride.**
6. **Don't compete with the coach.** The young athlete often comes home and chatters on about 'coach says this, coach says that.' This is often hard to take, especially for a father or mother who has had some sports experience.
7. **Don't compare** the skill, courage or attitudes of your child with that of other members of the squad or team, at least not in front of them.
8. You should get to know the coach, so that you can be assured that his or her philosophy, attitudes, ethics and knowledge are a **good influence** on your child.
9. Always remember that children tend to exaggerate both when praised and when criticized. **Temper your reactions** to their tales of woe or heroics they bring home.
10. Make a point of **understanding courage**, and the fact that it is relative. Explain to your youngster that courage does not mean an absence of fear but means doing something in spite of fear or discomfort.
11. Never approach a coach **on game day** to talk about your child, before, during or after a contest. Always encourage your child to speak to their coach- open communication is key.

THE PARENTS INVOLVEMENT WITH ACTIVITIES

1. Parents/legal guardians are encouraged to attend and support all school activities.
2. Parents/legal guardians and all community supporters are expected to be positive role models by demonstrating good sportsmanship and personal leadership.
3. Parents/legal guardians shall encourage their children to honor their commitments and not condone quitting a season before its completion.
4. When an audience is needed for a coach/supervisor, director or school administrator to address any concern regarding a student participant, each student will be represented on an individual basis. One complaint for an entire group or activity will not be addressed as a mass.
5. If patrons, parents, students and employees have concerns that need to be expressed, and in order to maintain continuity and best resolve issues of concern, the following district protocol is to be followed:
 - A. The first step is to take the concern to the assistant/head coach of the specific sport at the appropriate level. It is the goal of the district to resolve the issue at this level.
 - B. If there is still a concern, it will be taken to the building activity director.
 - C. If the concern persists, it will be taken to the building principal.
 - D. If the concern still has not been resolved to the satisfaction of all concerned, then it will be taken to the superintendent.
 - E. If the interested party still feels the concern has not been properly resolved, then he/she may appeal to the board of trustees by calling or writing the superintendent and asking to have the item placed on the agenda of the next regularly scheduled business meeting of the board of directors.

OTHER PARTICIPATION REQUIREMENTS

1. Notwithstanding any other district policy violation, any civil or criminal law infraction or conduct by a student participant that is determined by the team head coach and building athletic/activities director to be detrimental to the activity program, school or school district will result in counseling by the team head coach and the building athletic/activities director with possible

- suspension or expulsion from activities.
2. Where the violation and disciplinary action involves suspension from school, the participant shall not participate in practice or contests during the time of suspension. The participant may be subject to suspension or expulsion from the activities team for the remainder of the season.
 3. Theft or malicious destruction of any school or individual equipment or property is not to be tolerated. Participants found to be responsible for the theft or malicious destruction of school property will be suspended from the team. A decision regarding further competition will be made by the building activities director, and the designated building administrator.
 4. In activities where the season is not dictated by the IHSAA (I.E. speech, debate, music, and drama), the building principal, building activities director and team head coach will define the season.
 5. The rules and regulations in this code shall apply to any violation on or off the school premises during the season of participation.
 6. Additional team rules and regulations recommended by the team head coach must be approved in writing by the building principal and building activities director.
 7. Athletic Insurance: The District does not insure the individual athlete against injury. All athletes turning out for sports of any kind are recommended to carry some type of acceptable insurance protection or have a waiver on file signed by the parent/guardian.

DRUGS - ALCOHOLIC BEVERAGES - TOBACCO PRODUCTS

Use or possession of alcoholic beverages, tobacco (smoking or chewing type), and/or illicit drugs by activities program participants is prohibited. The consequences will apply as outlined in LSD policy 3400

SPORTSMANSHIP

All schools and athletic programs will comply with the Lakeland School District policies and with the Idaho High School Activities Association (I.H.S.A.A.) sportsmanship guidelines manual. Sportsmanship, as defined by the I.H.S.A.A., is those qualities of behavior which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual's influence on others' behavior as well.

Coaches, administration, athletes, and spectators will exhibit sportsmanship.

Athletes Goals for Sportsmanship

- Develop a sense of dignity under all circumstances.
- Respect the rules of the game and the officials who administer the rules, and their decisions.
- Respect opponents as fellow students; and acknowledge them for striving to do their best while you seek your best at the same time.
- Refrain from engaging in all types of disrespectful behavior, specifically taunting, trash talk and other forms of intimidation.
- Look at athletic participation as a potentially beneficial learning experience, whether you win or lose.
- Educate other students and fans to understand the rules of the game, and the value of good sportsmanship.

Parents Goals for Sportsmanship

- Realize that athletics are a part of the educational experience, and the benefits of involvement go beyond the final score of a game.
- Encourage all students to perform their best, just as we would urge them on with their classwork, knowing that others will always turn in better or lesser performances.
- Participate in positive cheers that encourage our youngsters, and discourage any cheers that would redirect that focus including those taunt and intimidate opponents, their fans and officials.
- Learn, understand and respect the rules of the game, the officials who administer them and their decisions.
- Respect the task of coaches as teachers, support them as they strive to educate our youth through organized activities.
- Respect our opponents as student athletes, and acknowledge them for striving to do their best.

I.H.S.A.A. OUTSIDE COMPETITION RULES

- 8-11-1** Outside competition is defined as a student who competes in organized, non-school contests or events, including practice, after the starting date of the high school season in that sport, except as provided in Rule 12.
- 8-11-2** Violation of this rule will result in the following:
- a. The student will be ineligible for the next regularly scheduled contest plus an additional regularly scheduled contest per infraction. Regularly scheduled contests include: season contest, district and state.
 - b. Infractions will be reported to the District Board of Control, who may levy additional fines or penalties.

- 8-11-3** A second violation during the four years of eligibility by that student of the outside competition rule will result in the following:
- a. The student will be ineligible for the school team for the remainder of that sports season.
 - b. Additional assessments may be possible.

CONCUSSION: RETURN TO PLAY GUIDELINES

The following guidelines are to be followed for any student athlete who has sustained a concussion:

1. Complete symptom checklist, repeat cognitive screen and compare to baseline
2. Education for student/parents regarding precautions and need for rest (physical and mental)
3. Education regarding need for continued medical care if symptoms worsen or neurological status declines rapidly
4. Must be symptom free for 24 hours prior to performing physical activity
5. Stages of return to play are as follows:
 - a. Rest, no activity until symptom free for 24 hours
 - b. Stationary bicycle
 - c. Running/light aerobic activity
 - d. Non-contact drills during practice
 - e. Full contact practice

f. Game play

****Students must be symptom free for 24 hours before advancing to the next stage of return to play. If a student has symptoms with any of the above stages, they return to the rest stage until symptom free and then begin the stages again.

Athletic Department use of Social Media

The Timberlake Athletics/Activities Department utilizes several forms of social media to promote and recognize our students for their achievements in extracurricular activities. Information and schedules can be found on the following:

1. www.timberlakeathletics.com
 - a. The official Athletic Department web page
2. <https://www.facebook.com/officialtimberlakehighschool>
 - a. The official home page of Timberlake High School is on Facebook. Some Teams/Activities have specific accounts with Facebook and Twitter. Please ask your Coach/Advisor for details.



2022 - 2023 ACTIVITIES ADMISSION

All proceeds sponsor THS Athletics

General Admission	\$5.00
Student (without activity card)	\$3.00
Elementary Students	\$3.00
Student (with activity card)	Free
Seniors and military	Free

SPORTSMANSHIP

Gain an understanding and appreciation for the rules

The spirit of good sportsmanship depends on conformance to a rule's intent as well as to the letter of the rule.

Exercise representative behavior

The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. Your behavior influences others.

Recognize and appreciate skilled performances, regardless of affiliation

This not only represents good sportsmanship but reflects a true awareness of the game by recognizing and acknowledging quality.

Display respect for officials

The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. The rule of good sportsmanship is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

Display respect for your opponent

Opponents are guests and should be treated cordially, provided with the best accommodations and accorded respect at all times. Be a positive representative of your school, team or family.

Display pride in your actions

Never allow your ego to interfere with good judgment or your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach, or official, this value is paramount since it suggests that you care about yourself and how you are perceived by others

**SPORTSMANSHIP
RESPECT – INTEGRITY – ETHICS**