LM Freshman Basketball Handbook

**Equity:**

The Linn-Mar Community School District shall provide equal educational and employment opportunities and will not illegally discriminate on the basis of race, creed, color, religion, gender, age, national origin, marital status, sexual orientation, gender identity, disability or genetic information in its educational programs and activities or in its employment and personnel policies and practices.

This district shall provide educational programs and activities which include curricular and instructional resources which reflect the racial and cultural diversity present in the United States and the variety of careers, roles, and life styles open to both men and women in our society. These programs and activities shall foster respect and appreciation for the cultural diversity found in our country, an awareness of the rights, duties, and responsibilities of each individual as a member of a pluralistic society, and reduce stereotyping and bias on the basis of race, creed, color, religion, gender, age, national origin, marital status, sexual orientation, gender identity, disability and genetic information.

The district shall take affirmative action in recruitment, appointment, assignment, and advancement of women and men, minorities, and disabled.

**A fair and supportive environment will be provided for all students and employees regardless of their race, creed, color, religion, gender, age, national origin, marital status, sexual orientation, gender identity, disability or genetic information.**

**Policy Title EDUCATIONAL PHILOSOPHY OF THE SCHOOL DISTRICT Code 101**

**As a school corporation of Iowa, the Linn-Mar Community School District, acting through its Board, is dedicated to promoting an equal opportunity for a quality public education to its students within the limitations of the school district’s ability and willingness to furnish financial support to provide for students. In cooperation with parents/guardians, the school district will strive to provide a nurturing learning environment that gives guidance and encourages critical thinking in students for a lifetime.**

**If a student/athlete needs financial assistance to participate in an activity, please talk to a coach in private. This will always be held in confidence.**

**HAZING:**

Hazing - As per Linn-Mar Board Policy there will be no hazing allowed. This includes those “initiation” practices that have happened in the past in various co-curricular activities. We are supporting this policy and students involved in these practices need to understand that this is in violation of the co - curricular policy. If it is found out that students participate in hazing, they will be suspended for part of their season. Please also remember that hazing is against the law and that charges may be filed.

Policy Title ANTI-BULLYING/HARASSMENT POLICY Code 104

Harassment and bullying of students and employees are against federal, state and local policy, and are not tolerated by the Board. The Board is committed to providing all student and employees with a safe and civil school environment in which all members of the school community are treated with dignity and respect. To that end, the Board has in place policies, procedures, and practices that are designed to reduce and eliminate bullying and harassment as well as processes and procedures to deal with incidents of bullying and harassment. Bullying and harassment of students by students, school employees, and volunteers will not be tolerated in the school or school district.

The Board prohibits harassment, bullying, **hazing**, or any other victimization of students, based on any of the following actual or perceived traits or characteristics, including but not limited to age, color, creed, national origin, race, religion, marital status, sex, sexual orientation, gender identity, physical attributes, physical or mental ability or disability, ancestry, political party preference, political belief, socioeconomic status, or familial status. This policy is in effect while students or employees are on property within the jurisdiction of the Board; while on school-owned or school-operated vehicles; while attending or **engaged in school-sponsored activities; and while away from school grounds if the misconduct directly affects the good order, efficient management and welfare of the school or school district.**

If, after an investigation, a student is found to be in violation of this policy, the student shall be **disciplined by appropriate measures up to, and including, suspension and expulsion**.

When looking at the totality of the circumstances, harassment and bullying mean any electronic, written, verbal, or physical act or conduct toward a student or employee which is based on any actual or perceived trait or characteristic of the student or employee and which creates an objectively hostile school/work environment that meets one or more of the following conditions:

Individuals who feel that they have been harassed should:

• Communicate to the harasser that the individual expects the behavior to stop, if the individual is comfortable doing so. If the individual wants assistance communicating with the harasser, the individual should ask a teacher, counselor or principal to help.

• If the harassment does not stop, or the individual does not feel comfortable confronting the harasser, the individual should: Tell a teacher, counselor or principal;

**MRSA**

Together, the Linn Mar Medical Staff and administration along with the St. Luke’s Sports Medicine team would like to take the opportunity to share with you the proper procedures and preventative measures we will suggest and take if we do unfortunately have a MRSA break out in our school district. Please remember that these preventative measures are things that each student and family can do to help reduce the risk of a MRSA breakout.

 MRSA is known as Methicillin-Resistant Staphylococcus Aureus. MRSA are strains of Staph bacteria that have developed a resistance to the most common antibiotics to treatment (the methicillin family). MRSA is a rapidly progressing bacteria that attacks the soft tissue area of the skin and can become systemic by entering the blood stream which endangers joints and vital organs.

How do you Contract MRSA?

* MRSA can be transferred from the nose to other surfaces and individuals via the hands.
* MRSA is spread via contact with the skin that has the infection or surfaces that have come in contact with infected skin.
* MRSA can live on for months on fabrics and surfaces.

What Does MRSA Look Like?

* The most common misdiagnosis of MRSA are spider bites, impetigo, and cellulites.
* Only a medical doctor can diagnose MRSA.

How to Prevent MRSA:

* Maintain good general hygiene with regular bathing and clothes washing.
* Wash hands regularly with an antimicrobial soap with residual killing action, or use frequently an alcohol based hand sanitizer.
* Do not share items that may become contaminated with wound drainage, such as towels, clothing, bedding, bar soap, razors, and any equipment that touches the skin at all times.
* Have students wash hands and arms up to mid biceps before and after any known contact activities with antimicrobial soap.
* Clean all skin wounds and skin showing inflammation with antimicrobial cleaner.
* Cover all wounds.

For more information on Staph and MRSA infection please visit:

[www.cdc.gov/ncidod/dhqp/ar\_mrsa.html](http://www.cdc.gov/ncidod/dhqp/ar_mrsa.html)

[www.idph.state.ia.us/adper/common/pdf/epifacts/MRSA.pdf](http://www.idph.state.ia.us/adper/common/pdf/epifacts/MRSA.pdf)

<http://www.cdc.gov/ncidod/dhqp/ar_MRSA_AthletesFAQ.html>

<http://www.iahsaa.org/resource_center/Wellness%20Updates/MRSA_Prevention_Guidelines.pdf>

Things You Must Have At First Practice

* Padlock - A high quality such as Masterlock, combination style

 - We will use the PE locker-room

* Winter Clothes - You are expected to wear outdoors at all times during the season when below 50

Degrees

* Water Bottle - You must bring your own water bottle to practice with your name on it, you will

not be allowed to share

* Practice Jersey - You need to wear your practice jersey for every practice, if you do not have one,

 bring a white shirt and black shirt or reversible white and black jersey

Things You Must Have Turned In Before First Practice - Or You Cannot Practice

 Med-Card  Good Conduct Form

 Physical  Concussion Form

Additional Information

Practice -practice begins at scheduled time, team stretching will start 5 minutes before practice starts and is required – be early, not late.

Showers If players choose to take a shower at the school (which is recommended), they must bring their own towel, shampoo, and body wash.

Games - approximately 8-10 players on each team will receive playing time for the

main game

- must attend school to participate in games

Missing Practice - oversleeping, parents not waking you up, are among the things considered an unexcused absence

- Unsafe travel conditions, school sponsored activity, are among the things considered an excused absence

- **must notify coaches in advance** when absent from practice

- If player has two unexcused absences, they will be removed from the team.

Game Day Dress Clothes - must wear dress shirt, tie, and slacks

Staying For Both Games - for all games, home and away, you must stay for entire game and 5th qtr. for both teams

 - First game players must stay until final buzzer of second game 5th qtr.

 - Second game players must be there by the tip off of the first game

 - You may ride home with parents from away games with written consent and you stay for both games

Grades - you must be academically eligible to play in games

 - must have passing grades from the past quarter and the current quarter

Playing Time Concerns - **you** talk to coaches about concerns before parents talk to us

Coach - Brad Kester Coach – Cedric Edwards-Thomas

Freshman Basketball Website

<https://bradskester.wixsite.com/freshmanbasketball/information>

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