



Lake Mills Area School District Athletic and Co-Curricular Code

2025—2026

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(Approved by the Board of Education 5/14/12)

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From Your Principal and Athletic Director

Thank you for making the decision to support your child (ren) in their choice to participate in the Lake Mills High School interscholastic co-curricular program. In order to help you through the process, we have devised this manual, which is intended to give you as much information as possible.

As you and your family enter the athletic/co-curricular arena, there are several points that we want to stress. It is important that all of the information needed in order for your son/daughter to be involved in interscholastic athletics is submitted to the athletic office **before** the start of the season. This will ensure that your son/daughter will have the full benefit of early season practices and an entire season of competition.

Second, if the aims, opportunities and benefits of the total educational curriculum are to be attained, close cooperation must exist between the student-athlete, his/her parents, the school, and the community.

Third, Lake Mills strives to achieve success in all endeavors, including co-curriculars. While we strive for victory in our programs, success is not always based on winning, but on being fair, loyal, dedicated, and hard-working. Our staff is committed to ensuring that all students achieve success during their participation in our programs.

We are pleased that you have chosen to become an integral part of our athletic/co-curricular family. We hope that your experience in our co-curricular program is a satisfying, fun-filled, exciting time that will leave your family with many pleasant memories for years to come.

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High School Principal

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List of High School Athletics and Co-Curriculars

Athletics:	Co-Curriculars		
Baseball	AFS/International Club	Junior Optimist	SLAAC (Student Athletic Group)
Basketball (Boys)	Brothers and Sisters in Christ	Lake Mills Loopers	Student Rotarian
Basketball (Girls)	Battle of the Books	Lake Mills United	Tri-M Music Honor Society
Cross Country	Capitol Conference Academic Team	The Lariat	Visual Arts Classic
Football	Chess Club	Link Crew	Yearbook
Golf	Drama Club	Math Team (Mathletes)	Young and Old Stick Together
Hockey Co-Op	Fall Musical	Model United Nations	
Soccer (Boys)	Forensics	Mountain Bike Club	
Soccer (Girls)	FFA	National Honor Society	
Softball	Gaming Club	Pop Strings	
Tennis	Gay-Straight Alliance	Powerlifting Club	
Track	Global Scholars	Show Choir	
Volleyball	Interact	Spanish Club	
Wrestling (Boys)	Investment Club	Spring Play	
Wrestling (Girls)	Jazz Band	Student Council	

*Non-Athletic Co-Curricular Program subject to change based on advisor availability and interest.

Lake Mills High School Athletic and Co-Curricular Program

*These statements and goals were developed by the Lake Mills Athletic Task Force Committee, which met several times in the spring of 2004, and included members of the staff, community, and students.

Vision Statement

It is the vision of Lake Mills Area School District Co-Curricular programs to create a positive environment for students, the school, and community while developing teams and participants reflecting a deep sense of commitment and a competitive spirit with a winning attitude exemplifying character.

Mission Statement

The Lake Mills Area School District Co-Curricular programs will offer students positive and rewarding experiences while building strong character with a healthy balance of commitment to quality facilities, coaching, and competitive teams creating an environment strong in school pride, family involvement, and community support.

Student Goals

Each student will:

- Grow in self-esteem through belonging and participation.
- Develop a sense of confidence, stretching personal accomplishments.
- Build positive, lifetime memories from co-curricular experiences.

- Develop a sense of pride in self, school, and community.
- Learn the value of sportsmanship, self-discipline, and team responsibility.
- Learn to engage competitively while growing physically, mentally, socially, and emotionally.
- Come to understand and practice a level of commitment necessary for a lifetime of success.

Coach/Advisor Goals

Each coach/advisor will:

- Train and educate all students.
- Communicate expectations and goals clearly and appropriately to students.
- Accept accountability for team performance and conduct.
- Implement well-organized plans aimed at the overall success of the students and the program.
- Serve as a role model by practicing good sportsmanship and self-discipline.
- Communicate regularly with students and parents.
- Encourage community and parent involvement.
- Make decisions that are in the best interest of the program.
- Provide opportunities that challenge each student to reach their full potential.

Parent Goals

Each parent/guardian of a student will:

- Serve as a positive role model in the practice of good sportsmanship at events, in the community, and home.
- Focus on and communicate positive aspects and accomplishments.
- Model productive behaviors supporting students and coaches.
- Demonstrate visible pride through regular attendance at events, encouraging involvement by family and friends, and engaging in groups and activities supporting programs.
- Maintain positive communication with coaches while respecting their need to effectively prepare their team.
- Provide guidance and encouragement for the student while maintaining realistic assessments and expectations.

Community Goals:

Community members will:

- Recognize and celebrate positive accomplishments of co-curricular programs.

- Demonstrate visible pride in athletic programs through attendance, participation at events, and financial support.
- Model good sportsmanship and maintain a positive attitude.
- Maintain realistic expectations for co-curricular programs.

Code for Athletic AND Non-Athletic Co-Curriculars

Students participating in Co-Curriculars are expected to:

- a. Conduct themselves in a manner which reflects positively on themselves, their family, the team, and the Lake Mills community. This includes reflecting appropriate dress and grooming which shows school pride. Coaches/advisors may determine appropriate dress required on the days of contests in which the athlete is participating.
- b. Comply with all school rules as established by the administration of Lake Mills High School, and all team and athletic rules as established by their coaches/advisors and the athletic director.
- c. Comply with all rules as established by the Capitol Conference, the WIAA, or other governing body.
- d. Respect the rights and property of others.
- e. Assume full financial responsibility for any school property which is lost, damaged or stolen through the student's own negligence or through the student's own reckless or intentional acts.
- f. Refrain from the use, possession, sale, purchase, or distribution of alcohol, tobacco (including chewing tobacco and vape devices), controlled substances, performance enhancing substances, drug paraphernalia or any other illegal or illicit substances of any kind at all times, and not attend or be present at gatherings in which these items are present (please see Special Conditions below)
- g. Refrain from any other conduct contrary to the rules of the school, conference, and the WIAA or other governing body, including, but not limited to, criminal behavior. Examples include inappropriate behavior could include but are not limited to, profanity, repeated refusal to follow school rules, insubordination to staff and coaches, fighting and skipping classes.
- h. Refrain from violations of Wisconsin and federal laws including but not limited to:
 1. Hazing (Wis. Stat. 948.51)
 2. Harassment (P.I. 9.02)
 3. Discrimination (Wis. Stat. 118.13)

Note: CO-CURRICULAR CODE *Middle School Guidelines Page 21

Athletic Co-Curricular Handbook

Introduction

All co-curricular participants must comply with all current rules as established by the following groups, as appropriate:

- Wisconsin Interscholastic Athletic Association (WIAA)
- The Capitol Conference
- Lake Mills High School and Middle School
- Coach/Advisor of the team

Some information regarding WIAA rules and Regulations is included in this manual. Parents/Students may access the entire WIAA Handbook on their website at .

Conference rules pertain mainly to schedules and regulations of co-curricula governed by the conference. Special areas such as sportsmanship may also have rules that are generated by a group of high school principals representing each school in the conference.

Specific rules for students participating in the interscholastic athletic program and other co-curriculars at Lake Mills High School are included in this Co-Curricular Handbook. **It should be noted that the Co-Curricular code is in effect for twelve months of the calendar year and governs the behavior of students whether school is in session or not, and at both in-school events and events not sponsored by the school.**

Coaches/advisors are responsible for establishing rules and procedures for teams under their jurisdiction. While rules and safety procedures may be reiterated orally on a regular basis, information that is needed by students on an ongoing basis will be distributed in writing to all students.

Athletic Academic Standards

(see also “Regaining Academic Eligibility” for information on fall eligibility)

In order to be academically eligible for athletics, a student must maintain a 1.5 grade point average (GPA) and not have 2 or more failing grades in the previous marking period.

Any student-athlete who falls below the 1.5 grade point average or has two or more failing grades in the previous quarter will immediately be declared ineligible for further participation in competitive interscholastic events for a period of fifteen (15) school days beginning on the days that have been designated by the school as eligibility/ineligibility dates, but remains eligible to continue practicing with the team.

At the semester, the **quarter grade** will be used to determine the eligibility of the student. *Due to the varied curriculum of a virtual course, the semester grade, not the quarter grade, will be used to determine the eligibility of the student.

Following the first fifteen (15) school days, an ineligible student can be reinstated if teacher reports indicate that the student is doing academic work at the passing level or above (applicable only after first and third quarters). Second and fourth quarter ineligible students may be immediately eligible after 15 days, if a new semester begins. Students who are ineligible due to fourth quarter grades, may restore eligibility by taking and successfully completing the same number of courses which caused ineligibility over summer school.

The eligibility check will be completed by the Athletic Director or designee. Upon verifying with the student-athlete’s teachers that academic work is satisfactory, the Athletic Director will clear the student to return to participation on the **16th school day**.

For students with two or more F’s who compete in fall sports, the minimum ineligibility period shall be the lesser of (1) 21 consecutive calendar days beginning with the date of earliest allowed competition in a sport or (2) one-third of the maximum number of games/meets allowed in a sport (rounded up if one-third results in a fraction). See WIAA handbook for earliest allowable competitions and game/meet maximums.

If any student-athlete receives a **mid-quarter progress report**, at the designated report time, or after, **which indicates a D/F or failing grade**, s/he will be assigned to a study hall or work with that teacher, or be required to work on that class work for thirty (30) minutes (30 minute rule)

immediately after school on days when the study hall is offered until the below average grade improves to a C. It is recommended that students attend study hall on days where there is a home event. When there is an away event, the student is not required to attend the study hall. The player will report to the commons area, or some other designated area for monitoring of this requirement. The student-athlete may obtain a recent grade slip from the teacher showing C work or better, turn this in to the Athletic Director, and then will be excused from this requirement.

Student-athletes who receive incomplete grades for a course become immediately ineligible as established above and the 30-minute rule will take effect.

Athletic Consequences for Code Violations

(*Includes Middle School)

NOTE: The Co-Curricular code is in effect for twelve months of the calendar year and governs the behavior of students whether school is in session or not, and at both in-school events and events not sponsored by the school.

The Code of Conduct is subject to and superseded by the requirements and limitations imposed on the school by Department of Education regulations promulgated under Title IX relating to how schools must respond to allegations of sexual harassment.

Consequences for violations of the Co-Curricular code will apply to all sports in which the student is involved. Falsification of information given during an investigation, or falsification of any records under investigation, or used to obtain eligibility, **will subject the student-athlete to a double penalty (i.e., 25% up to 50% suspension).**

HOSTS OF PARTIES LOSE THE MOST: There shall be a greater consequence for any student, if it is determined they were involved in the organization, facilitation, promotion, or hosting of any gathering or social event where alcohol or drugs were available or use occurred. Such student athletes will be subjected to a double penalty (i.e., 25% up to 50% suspension). These modifiers are cumulative. Therefore, a student that hosts such a party and falsifies information about it, may be subjected to a quadruple penalty (i.e., 25% up to 100%).

Parent(s)/guardians(s) will be contacted immediately by the Athletic Director or Principal upon verification that a violation has taken place.

Major Athletic Code Violations

1. Conduct contrary to the rules of the school, conference, and the WIAA, including criminal behavior. See g and h on the chart on page 5. Consequences will be determined by the Athletic Director and/or the Principal, and could include a warning being issued up to event suspension.
2. Use, possession, sale, purchase, or distribution of alcohol, tobacco (including chewing tobacco and vape devices), controlled substances, performance enhancing substances, drug paraphernalia or any other illegal or illicit substances; or not leaving a gathering (within 15 minutes) where the aforementioned are present in a timely manner. For these violations, the below sequence of consequences will be used.
3. Any violation of the law, with the exception of minor traffic violations. A student charged and/or convicted of a felony shall, upon the filing of felony charges, become ineligible for all further participation until the student has paid his/her debt to society and the courts consider the sentence served (including probation, community service, etc.).

First Offense (Violation 2 & 3)

Suspension for twenty-five percent (25%) of the current season's contests (**the WIAA maximum number of games of the level of the athlete will be used**) to be completed within the current season, or to be extended into the successive season if the entire suspension is not served within the season during which the offense occurs.

If the offense occurs when the athlete is not currently competing in season, the consequence will be extended to the next season in which the athlete participates.

A written notification will be sent to the parents and student detailing the offense, the consequences, any special conditions, and the effective dates of suspension from athletics. Referral to an AODA Coordinator for an initial evaluation if the infraction involves alcohol, tobacco, drugs or any other controlled substances. Failure to undergo the evaluation and carry out the resulting recommendations satisfactorily could result in additional penalties.

***Middle School – The student will miss two games.**

Second Offense (Violation 2 & 3)

Suspension for fifty percent (50%) of the current season's contests (**the WIAA maximum number of games of the level of the athlete will be used**) to be completed within the current season, or to be extended into the successive season if the entire suspension is not served within the season during which the offense occurs.

If the offense occurs when the athlete is not currently competing in season, the consequence will be extended to the next season in which the athlete participates.

A written notification will be sent to the parents and student detailing the offense, the consequences, any special conditions, and the effective dates of suspension from athletics.

Third Offense (Violation 2 & 3)

The offending student-athlete will be suspended from all participation in athletics for a period of twelve months from the date of the offense.

Fourth Offense (Violation 2 & 3)

The offending student-athlete's participation in the Lake Mills High School interscholastic athletic program will be forfeited for the remainder of his/her enrollment at Lake Mills High School.

Suspension and Appeal Process

Decisions regarding the issuance of a suspension and the procedures for appeal are described below.

The person reporting a code violation will contact the Athletic Director to request that the athletic director notify the student-athlete and the parent/guardian regarding the violation. The Athletic Director will generally notify the parent/guardian within twenty-four hours regarding the alleged violation, the reason for the suspension, the length of the suspension, and the effective date of the suspension. Written documentation will be kept regarding all attempted contacts and contacts made to inform both the student-athlete and the parent/guardian regarding the suspension. The student-athlete and the parent/guardian shall also receive written notice by mail. The student shall have the right to be heard prior to any penalty being enforced.

Suspension of athletic eligibility may be appealed in writing to the Principal of Lake Mills High School within seventy-two hours after receiving written notice of the suspension from the Athletic Director. **The student-athlete will remain ineligible to participate until the appeal process has been completed.** Upon receipt of the written appeal, the Principal will contact the parent/guardian by telephone to arrange an appeal conference with the **Athletic Council (the Athletic Council shall consist of the Athletic Director and at least two head coaches)**. The appeal conference with the Athletic Council will generally be conducted no later than five calendar days after the Principal has received the Appeal Request in writing.

The student-athlete, his/her parent(s)/guardians(s), the coach involved, the Principal, and members of the High School Athletic Council can be present at the Appeal Hearing. Student-athletes may appeal a suspension decision, the length of the suspension, or present

mitigating circumstances or facts to disprove the alleged violation. The student-athlete shall also have the opportunity to present written affidavits in place of oral testimony if s/he wishes to do so. The student-athlete may be represented by legal counsel or another person of his/her choice at the hearing. Witnesses may be called to present testimony and be subject to cross-examination by the opposing party.

The Principal will generally notify the parents/guardians of the Council's decision by telephone within twenty-four hours of the meeting. A written decision will follow.

The decision of the Athletic Council is final.

Violations on School Grounds or During School Grounds or During School Activities

LMHS seeks to promote a quality community environment for all. A student who violates the alcohol and other drug provisions of the code while at school or while engaged in a school-related activity will have his/her violation dealt with as follows: If a first violation, it will be treated as a second violation; if a second violation, it will be treated as a third violation. If it is a third violation, it will be treated as a fourth violation.

Multiple Suspensions

Multiple suspensions and/or academic ineligibility must be served consecutively and may not be served concurrently (i.e.: an athlete must be academically eligible first in order to then serve any code violation suspension).

Self Referrals/Honesty

Students are encouraged to self-refer in all situations. The intent of this is to encourage student responsibility. Students should self-refer as soon as possible after the violation, and report this to the principal or athletic director. Once the school administration becomes aware of a violation through another source, there is no longer an option to self-refer. If a student self-refers, or is referred by a parent for a **first** code violation, the consequences will be as follows:

1. Students involved in athletics will be suspended from ten (10%) percent of the contests based on the regular season of that sport, minimum of one contest. In the case of an AODA violation, an assessment and compliance with the recommendations of the assessment are also required to receive this reduced consequence.
2. For non-athletes, there will be a reduction of penalty consequence to be determined by the high school principal, based on the nature of the activity.

3. Students will not receive a reduction in consequence if there is legal action being taken as a result of their behavior (for example, if a student receives a drinking ticket there will be no opportunity for a reduction of the suspension).

Athletic Requirements and General Information

Advisors'/Coaches' Provisions

In addition to the provision of this code, all co-curricular participants are expected to follow rules and regulations as established by their coach, director or advisor. These rules will be distributed to every participant by their coach, director, advisor prior to the start of an activity or season.

Attendance Requirements

Students must be in school on the day of a contest or practice, and not be truant during any part of a class or study hall in order to participate in that day's practice or event. A student must be in school by 8:30 a.m. and attend school the remainder of that day.

Students must be in attendance in the morning on the day following a contest, unless an absence is excused by the administration, per usual school rules. A first offense will lead to a warning for the athlete; a second offense will cause the athlete to miss the next practice.

Exceptions must be approved by the Athletic Director, or the Principal after a parental request. Immediate family emergencies, funerals, and emergency visits to the doctor may be determined to be exceptions. Routine verifiable doctor/dental appointments, driver's tests, court ordered appearances and college placement testing may be determined to be exceptions.

Students may not compete, perform, or practice on the same day that he/she has to serve an in-school or out-of-school suspension.

An excused absence from school is also considered to be an excused absence from practice.

Awards

In order to receive an award, a student must finish his/her season in good standing. If a violation of the Co-Curricular Code occurs during the season, and the suspension for the violation extends to or beyond the end of that particular season, preventing the student from finishing the season in good standing, the award **may** be given upon the re-establishment of "good standing" by the student, and the recommendation of the coach/advisor to the Athletic Director and/or Principal.

Coaches/advisors will establish the specific criteria for awards for students participating in a particular co-curricular, and will distribute the criteria in writing to all students at the beginning of the season.

The awards available for student-athletes are listed on the “Lake Mills Athletic Awards” format included in the appendix of this booklet.

In addition to individual awards distributed by the school, there will also be opportunities for ribbons, medals and trophies to be awarded at Conference events or WIAA tournaments. Criteria for those awards are established by the issuing entities

Concussions

A concussion is a type of traumatic brain injury. Concussions occur when there is a forceful blow to the head or body that results in rapid movement of the head and causes any change in behavior, thinking, or physical functioning. Concussions are not limited to situations involving loss of consciousness. Some symptoms of a concussion include headache, nausea, confusion, memory difficulties, dizziness, blurred vision, anxiety, difficulty concentrating, and difficulty sleeping.

No student will be permitted to participate in any athletic activity unless that student, or if the student is under age nineteen (19) his/her parent, has returned a signed concussion and head injury information sheet. A student is only required to return one (1) signed sheet per school year in order to participate in athletics.

A teacher or coach shall remove a student from the class, practice, activity, or game if the teacher or coach determines the student is exhibiting signs, symptoms, or behavior consistent with a concussion or head injury. The student will not be permitted to return to full participation until the student is evaluated by a healthcare professional experienced in concussion management and receives written clearance for full participation from the healthcare professional. Limited physical activity in the physical education context may eventually be permitted, depending on the recommendation of the healthcare professional.

Parents who inform coaches or other school officials that their child is being treated by a healthcare professional for a concussion must provide written clearance from that healthcare professional for full or limited participation in class, practice, activity, or competition. Prior to receiving written clearance from a healthcare professional, students who have sustained a concussion may not participate in any school-related physical activities.

Teachers or coaches who suspect a student has been concussed shall record on the applicable form, as soon as possible, all pertinent facts concerning the incident and submit it to the school office.

Cyber Image Policy

Any identifiable image, photo or video, which implicates a co-curricular participant to have been in possession or presence of alcohol and/or drugs or portrays actual use, is evidence of violation of the code.

Equipment and Uniforms

Students are responsible for the safe-keeping and maintenance of all school-issued uniforms and equipment, and must return all uniforms and equipment, with only signs of reasonable wear, to the school at the conclusion of the season. Since many students are issued a specific uniform and/or piece of equipment, there is no substitution of equipment allowed; neither may student-athletes exchange uniforms.

Failure to return school-issued uniforms and equipment at the end of the season will render the student immediately ineligible until the missing items are returned, or the school is reimbursed the actual replacement cost of the item(s).

Failure to return or reimburse the school for missing items by the end of a student's senior year will render that student ineligible for Commencement Exercises at Lake Mills High School. The diploma will be mailed to the home address of the student upon satisfaction of all monetary responsibilities.

While the securing of personal valuables is the responsibility of the student, nevertheless, theft of athletic uniforms, equipment, or of personal items from student lockers will be treated as a serious breach of the Co-curricular Code and will result in disciplinary action as delineated under "Violations of the Co-curricular Code."

Informed Consent

Prior to participating in interscholastic athletics, it is important for the student and the parents/guardians to understand that injuries can occur. These could include minor injuries, such as bruises or abrasions. Occasionally, students incur injuries such as muscle strains, sprains, or broken limbs. Although the occurrence of catastrophic injuries is minimal, it is possible that a catastrophic injury can occur rendering the participant paralyzed in varying degrees. Death as a result of a catastrophic injury is also a possibility.

Injuries

Following any injury, coaches must file an Athletic Injury Report with the Athletic Director. That report is also shared with the Athletic Trainer. In the case of minor injuries not requiring the services of a physician, the Athletic Trainer and the coach will determine when the athlete is ready to return to practice and games.

If an athlete is injured during the season and is under a physician's care, the athlete must obtain a written release from the treating physician prior to resuming active participation in practices and games.

If an athlete develops a medical condition or is injured outside the season, whether a valid physical exam form is on file at the school or not, and there is any chance that participation in athletics could heighten the seriousness of the condition or render the athlete more prone to injury, the Athletic Director reserves the right to request a written clearance from the treating physician prior to declaring the student eligible to participate in athletics.

Insurance

It is suggested that all student-athletes be covered by health insurance in cases of accident or injury. **No cost of such medical conveyance or treatment will be borne by Lake Mills High School or any of its employees or representatives.**

Medical Information – Authorization for Release

In view of the standards established by the Federal Government under the Health Insurance Portability and Accountability Act of 1996 (HIPAA) all parents/guardians of student-athletes will be required to sign the "Authorization for Release of Medical Information" that can be used in cases of injury or illness to an athlete. This form is printed in the appendix and must be submitted to the Athletic Director prior to participation in any practices or events.

Out-of-Town Travel Policies

All athletes are required to travel to and from out-of-town contests with the squad unless arrangements as explained in the "Transportation" section have been requested by the parent/guardian **IN ADVANCE** and have been approved by the Athletic Director.

In the event that a coach has scheduled an out-of-town tournament, or a team qualifies for the State Tournament, parents/guardians will receive written communication from the coach detailing, at the very least, the following information:

Destination; name, address, and contact information for the hotel at which the students are staying, or, if students are staying at individual residences, a list of addresses and phone numbers will be provided to parents/guardians prior to leaving the city; telephone numbers where the coach and the student-athletes can be reached.

Physical Exam

The WIAA requires that all students who participate in interscholastic athletics must have written evidence of current physical fitness to participate in sports as determined by a licensed physician or an Advanced Practice Nurse Prescriber (APNP) on file in the Athletic Office no less than every other school year. No student will be permitted to participate in PRACTICES OR GAMES in the interscholastic athletic program until this requirement is fulfilled. This includes tryouts held after the official sports program start date.

Physical exams taken April 1st and thereafter are valid for the following two school years. Physical exams taken before April 1st are valid only for the remainder of the school year and the next school year.

Physical exam forms are available ONLINE at www.lakemills.k12.wi.us.

Player Evaluation of Coach (see samples in appendix)

Lake Mills High School is committed to offering the best possible experience to all of our student-athletes. Close to the completion of the season, all student-athletes will be asked to complete a “Player Evaluation of Coach” regarding their experience during the season. It is very important that athletes answer the questions honestly. The evaluation form is anonymous and will be conducted for every level. A copy of the evaluation form is included in the appendix.

Sportsmanship Code – Capitol Conference

The Capitol Conference believes that sportsmanship is important for participants and spectators alike. The following principles have been adopted by the Conference and the Lake Mills Board of Education with the understanding that all athletes are required to follow them to reflect this strong belief:

1. Spectators and participants are all guests during this educational experience and have a responsibility to uphold the ideals of good manners and sportsmanship.
2. Interscholastic competition exists for its educational value. Although winning is important, the prime objective is to appreciate the educational and athletic development of our young people.
3. Every competitor is worthy of our respect and should be treated with courtesy.

4. We recognize that game officials do their best to make quick, fair, and unbiased decisions, and should be treated with respect and authority.
5. A true competitor is humble in victory and steadfast in defeat.

Sudden Cardiac Arrest

Sudden cardiac arrest is a medical event that involves a sudden increase in the heart's ventricular beat that prevents the heart from distributing blood to the brain, lungs, and other organs. It occurs without warning and in youth athletics participants who appear healthy and have passed pre-participation physical examinations. Severe damage and death can occur very quickly without immediate treatment.

In an effort to educate parents, students, and coaches regarding this condition, information regarding sudden cardiac arrest shall be included along with distribution of the required information concerning concussions and shall be distributed to all participants age twelve (12) and older and to coaches prior to participation on youth athletic activity.

Transfer Students (see appendix—HS Eligibility Information Bulletin)

During a transfer student's first semester at Lake Mills High School, s/he will initially be granted eligibility based on whether the student attained a 1.5 grade point average at the former school, and whether the student meets all WIAA requirements regarding transfer students. However, if a student comes to Lake Mills with the status of ineligibility for athletics due to disciplinary actions that were taken at the prior school, the resultant penalty must be served prior to a student being declared eligible at Lake Mills. **Students who Open Enroll into the Lake Mills School District will be subject to any WIAA policy regarding Open Enrollment.**

Transportation Policy

All athletes must ride the school-supplied transportation with the team. Unusual circumstances invariably arise. If a parent must take their child from an event, they must see the coach to let them know of their intention to take their child. **In these cases, parents may only take their own child, unless written permission has been granted by the parents and a school administrator in advance.**

Where parents/guardians provide transportation for their son/daughter to or from a scheduled event, the parents/guardians shall assume all resulting liability, and the school shall assume no liability.

Where parents/guardians transport students other than their own to or from a scheduled event, the parents/guardians of that student shall assume all resulting liability, and the school shall assume no liability.

Where a student transports himself/herself to or from a scheduled event, the parents/guardians of that student shall assume all resulting liability, and the school shall assume no liability.

Wisconsin Interscholastic Athletic Association (WIAA)

Lake Mills High School is a member school of the WIAA. As such, we are bound to follow all rules as established by the WIAA and its member schools. Selected rules are included in the appendix. Individuals wanting to read the rules in their entirety may access them on the WIAA website at www.wiaawi.org.

WIAA Name, Image and Likeness (NIL) Policy

***** New for 2025-2026 School Year**

Article IV – Amateur Status

Section 1 – Loss of Eligibility

A. A student shall be an amateur in all recognized sports of the Association to compete in any sport. Violation of any amateur status provision may result in the loss of eligibility for all interscholastic sports. Penalties may be reduced upon documented extenuating circumstances and full restitution (if applicable).

B. A student is in violation of amateur status if they:

- Accept or receive payment, gifts, or services in exchange for athletic performance or representation.
- Sign a contract or agreement for athletic services.
 - a. Students may be employed (not self-employed) in roles such as playground instructor, game official, or lifeguard.
 - b. Students may sign agreements for:
 - Participation with a specific team (e.g. club or amateur travel team)
 - College athletic scholarships
 - Name, Image and Likeness (NIL) opportunities as outlined in Section 1-C
- Receive compensation for the use of name, picture, or personal appearance as an athlete based on ability or performance.
- Receive discounted or free rates for apparel, equipment, camps, clinics, or competition not offered equally to all students.
- Are promoted or endorse a product/event/service as an athlete in a commercial or for-profit setting.

Note: If a student is unknowingly used or promoted, eligibility penalties may be reduced once the situation is corrected.

- Participate in any contest under a name other than their own.

C. A student forfeits amateur status if they capitalize on athletic fame by receiving money or endorsements connected to their school team, school, Conference, or the WIAA. (This does not apply to college scholarships.)

However, students may participate in NIL activities under the following conditions:

- The NIL activity is entirely independent of the school team, school, Conference, and WIAA.

NIL activities must not:

- Use the school's uniforms, marks, logos, or reference to the team, school, Conference, or WIAA.
- Promote or endorse:
 - Gambling or gaming
 - Alcohol, tobacco, cannabis, or any related product
 - Banned substances
 - Adult entertainment
 - Firearms or weapons
- Offer compensation based on performance or achievement (e.g., points scored, wins).
- Be offered by anyone associated with the school (i.e., coaches, boosters, parents of athletes, alumni, donors) for recruitment or retention purposes.

Note: "Persons associated with the school" include current/former coaches, athletes, parents of other athletes, boosters, alumni, applicants for coaching roles, and vendors/donors of the athletic program.

- Interfere with academic responsibilities.
- Cause missed practice, travel, games, or other team obligations.
- Involve an agent or professional representation. High schools or school staff may not assist in deal facilitation.

Note: If a violation occurs without student knowledge or consent, eligibility penalties may be reduced once the violation is rectified.

High School Athletics Summary of Requirements to be Submitted Prior to being Eligible to Participate:

Prior to being declared eligible for athletics, students must submit the participation fee and the following online forms, accurately completed, to the athletics office:

Athletic Information Card

Physical Exam Card or Alternate Year Physical Card

Co-Curricular Code Form

Concussion and Testing Form

Sudden Cardiac Arrest Form

Athletic Fee Notes:

- See Athletic Office for Family Cap if multiple athletes per family (\$250 per year).
- Athletic Fee refunds only available one week from start of season
- **In addition, money for additional team items are the responsibility of the student-athlete and their parents, and will not be paid for by the school (WIAA Regulations).**

In addition, all student-athletes must be in compliance with academic and behavioral rules and regulations of the WIAA, the Conference, and the school.

The Athletic Director will check grades, records from prior schools, and any other pertinent information, prior to declaring a student eligible for athletics. Without “Clearance” from the Athletic Director, students will not be allowed to practice or participate in any athletic programs.

Lake Mills Middle School Athletics Requirements

Prior to the start of the athletic season, the coach will submit a list of potential team members to the Middle School Principal/Athletic Director. The Middle School Principal/Athletic Director or his/her designee will complete an eligibility check sheet on each student-athlete and return to the coach prior to the first practice. Students will not be allowed to practice until all requirements of the eligibility check sheet have been met.

In order to be academically eligible for athletics, a student must maintain a 1.5 grade point average (GPA) and have no failing grade(s) in the previous marking period.

Any student-athlete who falls below the 1.5 grade point average or has one failing grade in the previous quarter will immediately be declared ineligible for further participation in competitive interscholastic events for a minimum of one contest, but remains eligible to continue practicing with the team.

Following the one missed contest, an ineligible student can be reinstated if teacher reports indicate that the student is doing academic work at the 1.5 GPA level or above and currently has no failing grade. The eligibility check will be completed by the Middle School Principal/Athletic Director or his/her designee. Upon verifying with the student-athlete's teachers that academic work is satisfactory, the Middle School Principal/Athletic Director will clear the student to return to participation.

If a student-athlete whose course progress has been monitored for a previous quarter receives a passing grade for the quarter, that course shall no longer be subject to monitoring.

A student-athlete who fails a class will be monitored weekly for the entire next quarter, regardless of whether s/he records a passing grade in the course at some time during the quarter. **Monitoring sheets will be provided by the athletic office. The student should have the teacher(s) (of the class(es) s/he failed) sign this sheet, each week on Thursday or Friday, and return to the middle school office. This will determine eligibility for the next week.**

Student-athletes who receive incomplete grades for a course remain eligible until the incomplete time limit expires. If, when the grade is determined, the student-athlete receives an F, s/he will immediately become ineligible for a minimum of one contest.

Non-Athletic Co-Curricular Handbook

Academic Requirements

- All co-curricular participants must meet Department of Public Instruction and Lake Mills High School District requirements for a full-time student in order to achieve eligibility. Parents or students who have any questions on the status of their child as a full-time student should meet with a high school administrator to clarify full-time status.
- Grading periods used for academic eligibility checks will be:
 - First Quarter/Second Quarter
 - Third quarter/Fourth Quarter

Freshmen

- Failing more than one class will result in the student being ineligible. Grades from the middle school are not used in determining freshmen eligibility.

Sophomores, Juniors, and Seniors

- Failing more than one class will result in the student being ineligible.
- Failing one class will result in the student being ineligible unless he/she has a cumulative GPA of 2.3 or higher.

Period of Academic Ineligibility

- Any student who does not meet academic requirements will be required to develop an academic remediation plan with his/her advisor and high school administration.
- Any student who is academically ineligible will not be allowed to practice or compete until they are passing all classes.
- In order for a student to become eligible he/she must have a form signed by each of his/her teachers showing the student is passing all of his/her current classes.

Non-Athletic Consequences for Code Violations

Affected Activities: This section pertains to all non-athletic co-curricular activities in which students appear, perform, or compete as representatives of LMHS.

1. **First Violation:** If a student violates the co-curricular code, he/she will be required to perform up to 20 hours of school/community service and/or be suspended from participation in non-athletic activities as determined by the high school principal. If this was a violation of the use/possession of a prohibited substance the student is required to participate in an AODA assessment and complete the assessment's recommendations. It is the student's responsibility to coordinate the assessment with the school psychologist. Failure or refusal to complete the AODA assessment and recommendations will result in second violation penalties being imposed (suspension and/or 40 hours of community service).
2. **Second Violation:** If a student violates the co-curricular code a second time, she/he will be required to perform up to 40 hours of school/community service and/or be suspended from participation in non-athletic activities as determined by the high school principal. If this was a violation of the use/possession of a prohibited substance the student is expected to participate in an AODA assessment and complete the assessment's recommendations. It is the student's responsibility to coordinate the assessment with the school psychologist. Failure or refusal to complete the AODA assessment and recommendations will result in a one calendar year suspension from all co-curricular activities. The student will return to the co-curricular program only after the suspension time has been served and the assessment has been scheduled.
3. **Third Violation:** If a student violates the co-curricular code a third time, she/he will be suspended indefinitely from participation in all co-curricular activities at LMHS for a calendar year.
4. **Fourth Violation:** The offending student's participation in the Lake Mills High School CO-CURRICULAR program will be forfeited for the remainder of his/her enrollment at Lake Mills High School.
5. **Community Service:** Community service can be assigned in lieu of, or in combination with, a suspension from an activity, in the district's sole discretion. Community service activities are activities which are performed to help support our school or our community. For an activity to count as community service under this section it has to be:
 - pre-approved by the principal,
 - done voluntarily, without pay or compensation, and
 - documented by a faculty member or an adult in the community.
6. **NATIONAL HONOR SOCIETY/STUDENT COUNCIL/FFA/TRI-M/CLASS OFFICE HOLDERS:**
 - a. Students who commit **major** violations of the co-curricular code, as determined in the sole discretion of the district, and are serving on the student council or as a class officer will be removed from these positions for the remainder of the school year.

- b. Students who are members of the National Honor Society and commit a major violation of this code may have their membership in the society revoked consistent with the requirements of the National Honor Society.

Multiple Suspensions

Multiple suspensions and/or academic ineligibility must be served consecutively and may not be served concurrently (i.e.: an athlete must be academically eligible first in order to then serve any code violation suspension).

Out-of-Town Travel Policies

All students are required to travel to and from out-of-town contests with their group unless arrangements have been requested by the parent/guardian **IN ADVANCE** and have been approved by the program advisor.

Self Referrals/Honesty

Students are encouraged to self-refer in all situations. The intent of this is to encourage student responsibility. Students should self-refer as soon as possible after the violation, and report this to the principal or athletic director. Once the school administration becomes aware of a violation through another source, there is no longer an option to self-refer. If a student self-refers, or is referred by a parent for a **first** code violation, the consequences will be as follows:

1. For non-athletes, there will be a reduction of penalty consequence to be determined by the high school principal, based on the nature of the activity.
2. Students will not receive a reduction in consequence if there is legal action being taken as a result of their behavior (for example, if a student receives a drinking ticket there will be no opportunity for a reduction of the suspension).

Special Conditions

Co-Curricular activities are a privilege, and not a right; therefore, participants are often held to a higher standard than other students by virtue of the fact that they are highly visible representatives of Lake Mills whose negative behavior could adversely impact the image of our school.

Presence at gatherings where alcohol or drugs are present - If a student attends a gathering (**exception would be family gatherings or graduations**) where any substances or items prohibited by the Co-Curricular Code are present, he/she must depart immediately or, if necessary, make arrangements to **depart entirely from the premises** no later than 15 minutes of his/her arrival at the gathering, and must refrain from violating the Co-Curricular Code while

still at the gathering. Failure to comply with these provisions will be considered a violation of the Co-Curricular Code.

Violations on School Grounds or During School Activities

LMHS seeks to promote a quality community environment for all. A student who violates the alcohol and other drug provisions of the code while at school or while engaged in a school-related activity will have his/her violation dealt with as follows: If a first violation, it will be treated as a second violation; if a second violation, it will be treated as a third violation. If it is a third violation, it will be treated as a fourth violation.

Athletic Requirements and General Information

Advisors'/Coaches' Provisions

In addition to the provision of this code, all co-curricular participants are expected to follow rules and regulations as established by their coach, director or advisor. These rules will be distributed to every participant by their coach, director, advisor prior to the start of an activity or season.

Attendance Requirements

Students must be in school on the day of an event or practice, and not be truant during any part of a class or study hall in order to participate in that day's practice or event. A student must be in school by 8:30 a.m. and attend school the remainder of that day.

Students must be in attendance in the morning on the day following an event, unless an absence is excused by the administration, per usual school rules. A first offense will lead to a warning; a second offense will cause the student to miss the next practice/rehearsal.

Exceptions must be approved by the Athletic Director, or the Principal after a parental request. Immediate family emergencies, funerals, and emergency visits to the doctor may be determined to be exceptions. Routine verifiable doctor/dental appointments, driver's tests, court ordered appearances and college placement testing may be determined to be exceptions.

Students may not compete, perform, or practice on the same day that he/she has to serve an in-school or out-of-school suspension.

An excused absence from school is also considered to be an excused absence from practices.

Awards

In order to receive an award, a student must finish his/her season in good standing. If a violation of the Co-Curricular Code occurs during the season, and the suspension for the violation extends to or beyond the end of that particular season, preventing the student from finishing the season in good standing, the award **may** be given upon the re-establishment of “good standing” by the student, and the recommendation of the coach/advisor to the Athletic Director and/or Principal.

Coaches/advisors will establish the specific criteria for awards for students participating in a particular co-curricular, and will distribute the criteria in writing to all students at the beginning of the season.

In addition to individual awards distributed by the school, there will also be opportunities for ribbons, medals and trophies to be awarded at Non-Athletic Co-Curricular Competitions or Events, Conference events, or WIAA tournaments. Criteria for those awards are established by the issuing entities.

Cyber Image Policy

Any identifiable image, photo or video which implicates a co-curricular participant to have been in possession or presence of alcohol and/or drugs or portrays actual use, is evidence of violation of the code.

Equipment and Uniforms

Students are responsible for the safekeeping and maintenance of all school-issued uniforms and equipment, and must return all uniforms and equipment, with only signs of reasonable wear, to the school at the conclusion of the season. Since many students are issued a specific uniform and/or piece of equipment, there is no substitution of equipment allowed; neither may students exchange uniforms or equipment.

Failure to return school-issued uniforms and equipment at the end of the season will render the student immediately ineligible until the missing items are returned, or the school is reimbursed the actual replacement cost of the item(s).

Failure to return or reimburse the school for missing items by the end of a student’s senior year will render that student ineligible for Commencement Exercises at Lake Mills High School. The

diploma will be mailed to the home address of the student upon satisfaction of all monetary responsibilities.

While the securing of personal valuables is the responsibility of the student, nevertheless, theft of uniforms, equipment, or of personal items from student lockers will be treated as a serious breach of the Co-curricular Code and will result in disciplinary action.

APPENDIX

Athletic Philosophy

Athletic Awards

Parent-Coach Communication

Player Evaluation of Coach

Co-Curricular Code Acknowledgment

WIAA Athletic Eligibility Information Bulletin

Athletic Philosophy

School District of Lake Mills

The athletic program is an integral part of our school district's educational program that provides our students with enriching and healthful experiences in which physical, mental, and social growth shall be stimulated. Participation in athletics provides opportunities and experiences that are difficult to duplicate in other school activities. These experiences are developmental in nature and consider the age-related characteristics and needs of our students as they move through the grades. The School District of Lake Mills believes the following to be true:

1. Athletics are a privilege made available to students who abide by the rules and regulations. Students involved in athletics have an obligation to present a positive image to fellow students and the general public. This includes abstaining from drugs and alcohol use and from inappropriate behaviors.
2. Athletics are secondary to academics and are made available only if the student meets the academic eligibility requirements.
3. Athletics provide an opportunity for athletes to learn the value of sportsmanship, discipline, responsibility and team work.
4. Athletics provide for physical development and a sense of accomplishment and pride in one's team and school.
5. Athletics provide an opportunity to sharpen the intellect, and to improve concentration, decision-making, leadership, perseverance and dedication.
6. The developmental needs of students necessitate different philosophies and practices at each level of athletic participation.

Participation in athletics is a **progression** from the middle school level to the high school varsity level. The emphasis at the middle school is on skill development, teamwork, strategy, sportsmanship and participation. While skill development, teamwork, strategy and sportsmanship continue to be important and are further developed at the high school level, athletics become more competitive with more of an emphasis on winning. The skill level and the developmental level of the athlete are also more important in determining how much an athlete plays and at what level (freshman, junior varsity, or varsity). While we would like to see all students that try out for a team be able to participate, the number of spots and opportunities to play may limit the number of athletes that make a team and sometimes necessitate that our coaches make cuts on the JV and Varsity levels.

Athletes in freshman programs (open only to freshman students) will all be given the opportunity to participate. This does not mean that all athletes will play an equal amount of time. Furthermore, not all members of a team may get to play in every game or contest. Playing time is still the decision of the coach.

At the junior varsity (JV) level, the progression toward varsity athletics continues with an increased emphasis on winning. Not all members of a team may get to play in every game or contest. Playing time is still the decision of the coach.

At the varsity level (athletes in grades 9-12 with the best skills in a specific program), being competitive and winning are emphasized more strongly than at any other level. It is the decision of the coach regarding who will play in each game or contest in order to give the team the best opportunity to be successful. This means that during the season some athletes at the varsity level will see considerably less playing time than others on the team. While it is a reality that some varsity athletes may not play in a game or participate in a contest, we believe that being a member of the team is still a valuable experience.

Rev. 12/14/07

Lake Mills Athletic Awards

The following awards are available to athletes within the Lake Mills High School interscholastic athletic program. Criteria for the awards distributed in each sport are determined by the coaching staff of the sport. The criteria are distributed to the athletes in writing at the beginning of the season. Not all awards are available on all levels. Any questions regarding the awarding of athletic awards should be directed first to the coach of the team and then to the Athletic Director.

Varsity Letter and Certificate

Four Year Varsity Certificate (for students who lettered in a single sport all four years)

Varsity Pin (1st year)

Bar (1 for each subsequent year after the first)

Manager Certificate

Manager Pin (first year only)

Four Year Varsity Certificate (for students who lettered in a single sport all four years)

JV Certificate

Numerals (given to students the first time they participate in a high school sport)

Captain's Star

Most Valuable Player Award

Most Improved Player Award

Other Specialized Awards as Defined by Individual Sports Programs

Middle School Certificate

Parent/Coach Communication

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children.

As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication You Should Expect from the Coach

Philosophy of the coach.

Expectations the coach has for your child, as well as all of the players on the squad.

Locations and times of all practices and contests.

Team requirements, i.e., fees, special equipment, etc.

Criteria for awards that will be presented at the end of the season.

Discipline that result in the denial of your child's participation.

Communication Coaches Expect from Parents

Concerns expressed directly to the coach.

Notification of any schedule conflicts well in advance.

Specific concerns regarding a coach's philosophy or expectations.

As your children become involved in the programs at Lake Mills High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wish. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches

The treatment of your child, mentally and physically.

Ways to help your child improve.

Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you had hoped s/he would play. Coaches are professionals. They make judgment decisions based on what they believe to be the best for the team and for all of the individuals involved. As you have seen from the list above,

certain things can and should be discussed with your child's coach. Other things, such as the following items, must be left to the discretion of the coach.

Issues NOT Appropriate to Discuss with Coaches

Playing time.

Team strategy.

Play calling.

Other student-athletes.

Decisions about who plays on which team.

There are situations that may require a conference between the coach and the parent. These interactions are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

If You Have a Concern to Discuss with a Coach, Please Follow This Procedure:

Call to set up an appointment with the coach.

If the coach cannot be reached, please call the Lake Mills Athletic Director so that s/he may attempt to set up a time that is mutually acceptable to meet.

Please **DO NOT** attempt to confront a coach before or after a contest or practice. These can be emotional times for both parent and coach. These types of confrontations do not promote a positive resolution to any concern.

What to Do if a Parent/Coach Meeting Does Not Resolve the Issue

Call and arrange an appointment with the Athletic Director to resolve the situation.

At the appointment it will be determined if further action is necessary.

Research indicates that a student involved in interscholastic athletics has a better chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope that the information we have provided will promote positive communication between parents and coaches and make your experience with interscholastic athletics less stressful and more enjoyable.

PLAYER EVALUATION OF COACH

Coach _____ Sport _____ Date _____

To be collected by the Athletic Director or his/her supervisor.

Please circle the number that corresponds to your opinion in assessment of the coach of your team in regards to that statement. Please circle only one number per statement.

1 – Strongly agree 2 – somewhat agree 3 – somewhat disagree 4 – strongly disagree

Character

- 1 2 3 4 Coach doesn't tell athletes one thing and then do another.
1 2 3 4 Coach doesn't promise things s/he can't deliver.
1 2 3 4 Coach follows rules as they are written and doesn't look for ways around those rules to have a better chance to win.

Consistency

- 1 2 3 4 Coach is consistent in the way s/he administers consequences. Doesn't show favoritism towards specific athletes.
1 2 3 4 Coach is consistent in his/her mood and the way s/he approaches athletes on an everyday basis. Doesn't take frustrations of personal life out on athletes.
1 2 3 4 Coach creates an environment where athletes know what to expect from him/her.

Communication

- 1 2 3 4 Coach makes sure positive and constructive comments outweigh the negative comments.
1 2 3 4 Coach truly has an open-door policy. Athletes feel like they can come and talk with him/her.
1 2 3 4 Coach clearly communicates with athletes regarding expectations, roles, and standards.

Caring

- 1 2 3 4 Coach makes athletes feel that s/he would do anything for them, regardless of their talent.
1 2 3 4 Coach relates to athletes as people, and not just as players on a team.
1 2 3 4 Coach goes out of his/her way to help players if aware of a problem or concern.
1 2 3 4 Coach acknowledges and talks with athletes outside of the playing arena.

Competency

- 1 2 3 4 Coach knows the sport inside and out. Coach is confident in teaching skills and developing strategy.
1 2 3 4 Coach has athletes who improve from the time they enter the season to when they finish, no matter how good they are when they begin.
1 2 3 4 Coach runs practices that are organized with high energy.

Commitment

- 1 2 3 4 Coach is passionate and invested. S/he is committed to putting in the time necessary. S/he

- comes in early and stays late.
1 2 3 4 Coach is a highly competitive individual. Coach tries to get athletes to perform at their best.

Confidence Building

- 1 2 3 4 Coach is inspiring. S/he creates and maintains hope and optimism.
1 2 3 4 Coach realizes his/her athletes want to feel appreciated, valued, competent, and important.
1 2 3 4 Coach realizes that confidence is fragile and doesn't embarrass athletes with over amount of negative feedback.
1 2 3 4 Coach has the mindset that athletes are the ones who really win games, not the coach.

Please comment on or answer the following:

What did you like most about the recent season?

What did you like the least?

If you could tell your coach one or two things to make this a better experience, what would you tell him/her?

General Comments

Coaches Evaluation Tool

To be completed by the Athletic Director or his/her supervisor and the Head Coach. Assistant Coaches will be evaluated using this tool by their respective head coaches.

- Can be used as an alternative survey for the players at the discretion of the Athletic Director

(Alternative player/coach evaluation)

Questions to Assess Goals for Head Coaches

Rating Scale: 1 = critical problem, 2 = needs improvement
3 = developing, 4 = no improvement needed

To be completed by the athletic director and head coach

Trains and Educates Athletes:

- | | |
|---------|---|
| 1 2 3 4 | 1. Has prepared for daily practices with staff to maximize instruction presented. |
| 1 2 3 4 | 2. Has provided for individual as well as group instruction. |
| 1 2 3 4 | 3. Has been prompt when meeting the team for practices and games. |
| 1 2 3 4 | 4. Helps other coaches on staff to become better coaches. |
| 1 2 3 4 | 5. Scouts/ films other teams to develop appropriate practice/ game strategies. |

Communicates:

- | | |
|---------|--|
| 1 2 3 4 | 1. Has demonstrated rapport with athletic coaching staff. |
| 1 2 3 4 | 2. Has clearly communicated the goals of the team/ individual players. |
| 1 2 3 4 | 3. Has consistently communicated with parents regarding team goals, team rules, parent nights, meeting, banquets (etc.) |
| 1 2 3 4 | 4. Has demonstrated positive public relations with parents, media, booster clubs, and interested spectators. |
| 1 2 3 4 | 5. Establishes a common vision for the program and communicates goals of the program to high school, middle school, and youth coaches. |

Accountability for Team Performance and Conduct:

- 1 2 3 4 1. Has supervised practice areas, locker rooms, training rooms, and buses.
- 1 2 3 4 2. Has demonstrated individual/team discipline and control.

Role Model:

- 1 2 3 4 1. Has demonstrated the attitude and leadership that produces winning efforts in participants.
- 1 2 3 4 2. Has cooperated with and understood rules and regulations set forth by the governing agency.
- 1 2 3 4 3. Has demonstrated appropriate sideline conduct at games towards officials and other workers.
- 1 2 3 4 4. Has dressed appropriately at practices and games.

Decisions:

- 1 2 3 4 1. Has demonstrated innovation in using new coaching techniques, in addition to already proven methods.
- 1 2 3 4 2. Has made decisions about player retention with the needs of the total team as a guideline.

Challenged Athletes:

- 1 2 3 4 1. Has provided instruction to improve the talents, techniques, and capabilities of players.

Overall Rating:

Satisfactory

Developing

Unsatisfactory

Athletic Director

Head Coach

Assistant Coach

Questions to Assess Student Athlete Goals

Rating Scale: 1 = *disagree*, 2 = *somewhat disagree*
3 = *somewhat agree*, 4 = *strongly agree*

To be completed by student athlete

- | | |
|---------|--|
| 1 2 3 4 | 1. My talent, techniques and capabilities have noticeably improved. |
| 1 2 3 4 | 2. I have grown in self- esteem through being a member of this team. |
| 1 2 3 4 | 3. I will leave this athletic season with positive, lifelong memories. |
| 1 2 3 4 | 4. I feel a strong sense of pride in myself. |
| 1 2 3 4 | 5. I feel a strong sense of pride in Lake Mills High School. |
| 1 2 3 4 | 6. My confidence level has improved due to participating in the practices/games for this sport. |
| 1 2 3 4 | 7. I have been able to maintain a high level of commitment to this sport/team throughout the season. |
| 1 2 3 4 | 8. I have been able to remain self-disciplined throughout this season. |
| 1 2 3 4 | 9. My understanding of sportsmanship has grown throughout this season. |
| 1 2 3 4 | 10. My understanding of my responsibility to the team has grown throughout this season. |
| 1 2 3 4 | 11. I think the coaching staff was fair, firm and consistent in this program, throughout the season. |

Lake Mills Area School District
Co-Curricular Handbook Acknowledgment for 2025-26 School Year

The partnership between home and school is essential to your child’s success in co-curricular activities. This handbook is intended to be a guide for students and their families.

This Handbook has been prepared for students for informational purposes only. None of the statements, policies and procedures, rules, or regulations contained herein constitute a contract, express or implied, or create any right or benefit. The District has the discretion to change its policies or practices at any time with or without notice, including as to any specific issue that may arise within the scope of this Handbook.

I, as a student, parent, or guardian, have read (on-line or requested a copy) and understand the policies in the Co-curricular Handbook and understand the potential consequences for non-compliance.

(Student Name – Print) (Grade Level)

(Student Signature)

(Date)

(Parent/Guardian Signature)

(Date)

***Completed digitally when submitting Online Athletic Sign-Up Paperwork**

2025-2026 High School Athletic Eligibility Information Bulletin

WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION

To: Student-Athletes and Their Parents

From: Wisconsin Interscholastic Athletic Association and _____.
(School)

Your high school is a member of the Wisconsin Interscholastic Athletic Association. The following rules and regulations are developed by the member schools of the WIAA and govern the participation by boys and girls in school athletics and in some instances, impact upon sports activities outside the school.

This information bulletin is a summary of the WIAA OFFICIAL HANDBOOK as it pertains to those rules and regulations. Both student-athletes and their parents should have an understanding of these requirements. Equally important is that student-athletes and/or parents talk to their principal or athletic director if they have any question about these regulations. For additional information on Rules of Eligibility see the WIAA Handbook, or visit the WIAA website at www.wiaawi.org.

This bulletin does not discuss specific penalties for all violations. The reason is that penalties vary depending upon the nature of the violation. In addition, schools often have established penalties or periods of ineligibility, which are greater than the minimum prescribed by WIAA rules.

There also are exceptions and other permissive provisions in some rules. Student-athletes and their parents should discuss all athletic eligibility related situations with the school principal or athletic director who, if necessary, will get a decision, interpretation, or opinion from the WIAA office.

Student-athletes, as well as parents are asked to read this bulletin, and then sign it and have their signature statement (attached) on file at their school prior to practicing and competing. Reading and signing this form is a condition of participating in interscholastic athletics at WIAA member schools. It does not guarantee a student-athlete's athletic eligibility nor does it give rise to any contractual rights, direct or indirect, to student-athletes or their parents.

These are WIAA eligibility rules, which are current for the 2025-2026 school year:

AGE

A student shall be ineligible for interscholastic competition if they reach their 19th birthday before August 1 of any given school year.

ACADEMICS

A student-athlete must meet school and DPI requirements defining a full-time student and have received no more than one failing grade (including incompletes) in the most recent school issued grade reporting period. Note: Some member schools adopt code and academic policies and other participation requirements which are more stringent than WIAA minimum requirements. In those instances, the school's requirements prevail and must be applied as written.

ATTENDANCE

A student-athlete is eligible for interscholastic competition at a member school if they are carried on the attendance rolls as a duly enrolled fulltime Grade 9, 10, 11 or 12 student in that member school. (Subject to satisfying all other eligibility requirements.)

Note: A full-time student is further defined as one where the member school is responsible for programming 100% of the student's school day. The student is eligible for like or similar awards, privileges and services as all the other students and meets all obligations and responsibilities as other students, without exception.

- A. A student must complete eligibility in the four consecutive years starting with Grade 9, unless there are documented extenuating circumstances and a waiver has been provided.
- B. A student is ineligible if they have graduated from a school offering studies through Grade 12 or its equivalent.
- C. A student who graduated in May or June retains eligibility for any portion of a spring athletic schedule not completed by the end of the academic year. Mid-year graduation ends athletic eligibility on the last day of attendance.
- D. A student is ineligible if they have not been enrolled in some school by the 17th day of a semester or trimester, except upon request of a school in special cases involving sickness, accident, military service, social services assignment, e.g.
- E. A student-athlete may not participate in school sports in more than four different years, and a student-athlete may not participate in the same sport more than one season each school year.

DETERMINING RESIDENCE FOR PUBLIC SCHOOL STUDENTS

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only at the school within whose attendance boundaries their parents reside, within a given school district, with these additional provisions:

- A. Board of Education approved full-time student(s), paying their own tuition and residing full time with parents in their primary residence shall be afforded eligibility. Transfer students are subject to provisions outlined in the transfers section of this document and in the Senior High Handbook.
- B. The residence of a student's guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility, except in situations involving transfer after the fourth consecutive semester following entry into grade 9. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year. Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the transfer and/or waiver provisions as described in the WIAA HS Handbook.
- D. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state and is enrolled in a district approved program may be eligible at either school (first priority to school of residence) but (a) may not participate at both schools in the same year and (b) academic ineligibility accompanies student upon transfer. Transfer restrictions may also apply.

- E. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state or who is participating full time in a legislated open enrollment option must meet all statutory timeline requirements. This provision extends the opportunity to decline attendance at the new school and continue at their school of residence. If the student begins the school year at the new school and then transfers back to school of residence after attending one or more days of school or one or more athletic practices, they shall be subject to transfer provisions as outlined in the transfer Section of this document.
- F. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's attendance boundaries, provided enrollment is continuous (unbroken in that school).
- G. After a student-athlete has not participated and/or has had their eligibility restricted for one calendar year due to reasons relating to residence and/or transfer, they become eligible.
- H. A student-athlete will not be eligible if their attendance at a particular school resulted from undue influence (special consideration because of athletic ability) on the part of any person.
- I. A student -athlete who has been declared ineligible at a school for disciplinary reasons, academic reasons or due to another State Association's provision retains that ineligibility status if they transfer to another school.
- J. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student whose residence in a given district and attendance at a member school does not conform with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers. Transfer students are subject to transfer provisions as outlined in the transfer section of this document and in the Senior High Handbook.

DETERMINING RESIDENCE FOR NONPUBLIC SCHOOL STUDENTS

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only if the student is residing full time with parents in their primary residence with these additional provisions:

- A. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility except in situations involving transfer after a student's fourth consecutive semester. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year'. Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the waiver provisions as described in the WIAA HS Handbook under Waivers. Transfer restrictions also apply.
- B. Residing full time with guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's traditional attendance area, provided enrollment is continuous (unbroken in that school).
- D. A student who has been in attendance in a nonpublic, self-contained school (i.e. grades K-1 2 or 7-12) for at least one complete school year prior to reaching Grade 9 and has not broken enrollment during that time is eligible in that nonpublic school upon entering Grade 9.

E. Except in situations involving mid-year transfer and/or transfer after the fourth consecutive semester students attending member residential schools shall be eligible at the member school provided they reside at the school or reside full time with parents in their primary residence.

F. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student attending a nonpublic school but not residing in accordance with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers.

TRANSFERS

A full-time student may be afforded up to eight consecutive semesters of interscholastic eligibility upon entry into Grade 9. Transferring schools at any time may result in restrictions being imposed on eligibility, or in some cases a denial of eligibility. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' These additional provisions relate to transfer cases:

A. A student who transfers from any school into a member school will be subject to the transfer rules for one calendar year, unless the transfer is made necessary by a total and complete change in residence by parent(s). [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]

Unrestricted eligibility may be afforded at a new school at the time of a complete family move. Any student who delays enrollment after a

family move is subject to the transfer rule.

B. Students entering 9th and/or 10th grade at the beginning of the school year and who are within the first four consecutive semesters of high school will be afforded unrestricted eligibility provided all other rules governing student eligibility are met.

C. Students entering 11th and 12th grade are restricted to nonvarsity opportunities for one calendar year. [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]

D. 9th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for the remainder of the school year. Restrictions are removed upon entering 10th grade.

E. 10th 11th or 12th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for one calendar year (365 days beginning with first day of attendance at the new school).

F. In the event of divorce or legal separation, whether pending or final, residence at the beginning of the school year shall determine eligibility for students entering 9th and/or 10th grade.

G. District policies with respect to intra-district transfer do not supersede WIAA transfer rules.

H. Unless transfer, including an accompanying total and complete change of parents' residence, is effective at the outset of a semester, a student cannot establish eligibility at their new school until the fifth calendar day of such transfer.

I. A student who transfers more than once in any given school year shall be ineligible for all interscholastic competition for the remainder of that current school year and will be eligible for nonvarsity opportunities only for the balance of the calendar year. [The calendar year (365 days) will be determined from a student's first day of attendance at the new school.]

J. A student may not have eligibility in more than one member school at the same time. A parent or parents who move from a primary residence within one school's attendance boundaries, to a secondary residence within another school's attendance boundaries, may be required by the Board of Control to provide evidence of a total and complete move.

K. A student who transfers from any school, whether or not a member school, with a status of ineligibility for disciplinary reasons, academic reasons and/or as a result of another State Association's regulation or sanction, retains such status at their new school for the same period as decreed by the former school. A student who transfers due to expulsion or removal for disciplinary reason from the previous school is ineligible for the length of the expulsion as determined by the previous school's Board of Education. Note: A student who does not serve a penalty for violation by leaving the state and competing in another state, will be ineligible for the balance of the suspension upon return to the state.

L. No eligibility will be granted for a student whose residence within a school's attendance boundaries, with or without parents, or whose attendance at a school has been the result of undue influence (special consideration due to athletic ability or potential) on the part of any person, whether or not connected with the school.

PHYSICAL EXAMINATION and PARENTS PERMISSION

A student-athlete whether an adult or not, must have written permission of parents to participate in school athletics, an emergency information form, and they must have a physical examination (signed by a licensed physician, physician's assistant or advanced practice nurse prescriber) every other school year.

A physical examination taken April 1 and thereafter is valid for the following two school years. Physical examination taken before April 1 is valid only for remainder of that school year and the following school year.

TRAINING and CONDUCT

A student-athlete must follow their school's code of conduct (training rules) on a year-round basis.

A. A student-athlete who violates their school's code of conduct during the season of a sport (start of practice to final game) must be suspended from competition for a period of time specified in the code (minimum of one meet) if the violation involves (a) possession and/or use of alcohol, (b) possession and/or use of tobacco, including chewing tobacco and (c) use, possession, buying or selling of controlled substances, street drugs and performance enhancing substances (PES).

B. The member school will determine minimum penalties for violation of any other provisions of its code of conduct, including out of season offenses and for any other unacceptable conduct contrary to the ideals, principals and standards of the school and this Association including but not limited to criminal behavior.

C. Any student charged and/or convicted of a felony shall, upon the filing of felony charges, become ineligible for all further participation until the student has paid their debt to society and the courts consider the sentence served (including probation, community service, etc.).

D. A student-athlete who violates their school's code of conduct at times other than during the actual season of a sport must be disciplined by the school, the nature of such discipline to be determined by the school as indicated in its code of conduct.

E. A student-athlete who violates any part of the school or WIAA's code of conduct resulting in suspension for any portion of WIAA-sponsored tournament competition must be immediately declared ineligible for the remainder of tournament series in that sport. During the WIAA Tournament, an ineligible athlete may not suit up.

F. A student-athlete, disqualified from a contest for flagrant or unsportsmanlike conduct, is also suspended from the next competitive event at the same level of competition as the disqualification.

G. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.

H. A school must provide an opportunity for the student to be heard prior to a penalty being enforced (except for felony charges). If a student appeals a suspension, according to the school's appeal procedure, the student is ineligible during the appeal process.

I. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

AMATEUR STATUS

A student-athlete must be an amateur in all recognized sports of this association in order to compete in any WIAA sport.

- A. A student-athlete may not accept, receive or direct to another, reimbursement in any form of salary, cash (including gift cards) or share of game or season proceeds for athletic accomplishments, such as being on a winning team, being selected for the school varsity team, or being a place winner in an individual tournament, e.g.
- B. A student-athlete may receive: a medal, cup, trophy or plaque from the sponsoring organization regardless of cost; school mementos valued not more than \$200; an award valued not more than \$100 retail for participation in an athletic contest in a WIAA recognized sport; and may retain non-school competition apparel worn by the student as part of the team uniform.
- C. A student-athlete may not capitalize on athletic fame by receiving money, compensation, endorsements or gifts of monetary value in affiliation or connection with activities involving the student's school team, school, Conference or WIAA (scholarships to institutions of higher learning are specifically exempted).
- D. A student-athlete is not restricted from participating in a Name, Image and Likeness (NIL) commercial endorsement provided there is no school team, school, Conference or WIAA affiliation. Prohibited NIL activities are identified as follows:
 - (1) The student shall not appear in the uniform of the student's school and does not utilize the marks, logos, etc. of the school team, school, Conference or WIAA as part of any endorsement.
 - (2) The student shall not promote activities nor products associated with the following: gaming/gambling; alcoholic beverages, tobacco, cannabis, or related products; banned or illegal substances; adult entertainment products or services; weapons (i.e. firearms).
 - (3) The compensation is not contingent on specific athletic performance or achievement (i.e. financial incentives based on points scored).
 - (4) The compensation is not provided by the school or persons associated with school as an inducement to attend a particular school ("recruiting") or to remain enrolled at a particular school.
 - (5) The NIL activities do not interfere with a student-athlete's academic obligations, and the student does not miss athletic practice, competition, travel, or other team obligations in order to participate in NIL opportunities.

- (6) A student cannot utilize representation or contract an agent. High schools or its employees are not allowed to help facilitate deals for student-athletes.
- E. A student-athlete may not participate in school athletics or in sports activities outside the school under a name other than their own name.

SPORTS ACTIVITIES OUTSIDE OF SCHOOL

Athletes may compete in not more than two non-school competitions with prior school approval during each regular sport season. The contest(s) will not count against the individual maximum for the athlete in that sport. Nonschool competition will not be allowed during the respective WIAA tournament series in a sport. Violation of this rule results in loss of eligibility for the remainder of the season (including the WIAA tournament series) and forfeiture of the two non-school opportunities.

A. WIAA rules do not prevent athletes from practicing with nonschool teams or from receiving private skills instruction during the school season. However, they may not participate officially or unofficially (including "banditing") in more than two nonschool competitions or races, including scrimmages against other teams (with school approval).

- (1) This restriction applies to normal nonschool games as well as "gimmicks," such as reduced numbers competition (3-on-3 basketball, 6 player soccer, e.g.), specific skill contests (punt, pass, and kick, shooting contests, free throws, 3 point, e.g.), fun runs, etc.
- (2) During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3-point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests. There can be no school coach involvement. All other eligibility rules including amateur status apply.
- (3) A student who was a member of a school team during the previous year may not delay reporting for the school team beyond the school's official opening day of practice in order to continue nonschool training and/or competition.

B. During the school year before and/or after the school season of a sport and in the summertime, members of a school's team may voluntarily assemble with their teammates (without school and/or school coach involvement) at their own discretion.

C. A student-athlete or their parents must pay 100% of the fee for specialized training or instruction such as camps, clinics, and similar programs.

D. A student-athlete may not be instructed except during the school season of a sport and approved summer contact days by the person who will be their coach in that sport in the following school season. All sports except football are exempt from this rule, BUT only (a) during the summer months and (b) if the program involved is not limited to individuals who are likely to be candidates for the school team in that sport in the following season.

E. A student-athlete must not participate in an all-star game or similar contest except for summertime activities (a) within the same league or program (e.g., softball game between divisions of same league) or (b) in which a team is selected to represent a league in post-season play (e.g., Babe Ruth league team). Some post-season all-star opportunities may be permitted for 12th graders who have completed high school eligibility in a particular sport. Check with your Athletic Director to be certain.

F. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

USE OF STUDENT IMAGE

The participation of student-athletes in school and WIAA tournaments may result in the use of student-athlete images in promotion of school and WIAA events.

In order to facilitate good communication, all questions regarding athletic participation at your school should be addressed to your athletic administrator.

4/2025

PARENT-ATHLETE RULES OF ELIGIBILITY SIGN-OFF FORM - 2025-2026

I certify that I have read, understand, and agree to abide by all of the information contained in this bulletin. I further certify that if I have not understood any information contained in this document, I have sought and received an explanation of the information prior to signing this statement. In signing below, I further acknowledge and understand that no contractual relationship, direct or indirect, is created between the student-athlete or their parents and the Wisconsin Interscholastic Athletic Association.

School Name

Parent/Guardian's Signature

Please Print Name

Date

Student-Athlete's Signature

Please Print Name

Date

This form must be completed and submitted to the Athletic Director prior to a student being declared eligible to practice and compete.

***Agreement is acknowledged digitally when filling out the yearly Online Athletic Sign-Up Form.**