

# LC Lady Hawks Basketball Commitment Contract 2026-27

## Communication

Our main form of communication is a team group text and ParentSquare (for parents). Other forms of communication may include email, our Twitter/Facebook page. Information regarding contacting members of the Lady Hawks Basketball coaching staff is as follows:

Danielle Brown  
(270)735-5949

Presley Waddle  
(270)735-7561

Logan Johnson  
(502)565-7202

## Attendance and Participation

Players are expected to be at **all practices, games, fundraisers and other team functions (unless the athlete is involved in another sport and that sport is “in-season”)**. If an athlete is unable to attend, you (**the player**) ***must*** notify the **head coach**, preferably 24 hours in advance. In the case of an emergency, please contact a member of the coaching staff at your earliest convenience.

## Practice

All players are expected to report to practice on time.

- **To be considered on time;** player must be ON THE COURT, dressed (taped if needed), warmed-up, and ready to practice at least 5 minutes prior to the given start time of practice. \*If boys are practicing before, *must be in locker room.*
- In the event of any **UNEXCUSED** tardies, the player will have the following consequences: For each minute tardy, the player will run a sprint (**ex., 10 minutes late=10 sprints**).

If a player is absent for the entire practice the following consequences will be as followed:

- Excused (doctor/dentist appointment, family emergency, school functions, unsafe conditions) - ***Please note this is at the coach's discretion***
  - **1st offense-** 5 stair laps
  - **2nd offense-** 10 stair laps
  - **3rd offense and after-** 10 stair laps and sit out the first quarter of the next game.
- Unexcused (hair/nail appts, parties, AAU/travel, etc.) -
  - **1st offense-** 10 stair laps and sit out the first quarter of the next game.
  - **2nd offense-** 15 stair laps and sit out the first half of the next game.
  - **3rd offense and after-** 15 stair laps and 1 game suspension

***To play, players have to complete the action above before the game.***

Practices will be **CLOSED**, unless otherwise noted.

Practice calendars that are given out are ***tentative***. We will do our best to not change once the schedule is sent out, however, we know there will be times we must. In the event of a change in practice time, the coaching staff will make the best effort to give at least 24-hour notice. In the event of inclement weather where school is canceled, practice times will be announced as soon as a decision is made regarding whether or not we will be allowed to practice that day.

## Games

**Home Games** - Players will be given set times that they are to report to the gym. When the game is over, and the team has finished the post-game meeting, the team members will be released to leave as they wish.

## Away Games -

- Players will be given a time that the bus will **pull out of the parking lot.**
- If a player is not there at that time, the player will NOT play in the game.  
(exceptions can be made at the coaches discretion in the event of a tardy).

## ALL AWAY GAMES:

- After away games, a sign-out sheet will be provided and a parent/guardian or someone who is on their Infinite Campus pick up list, must sign their student-athlete out prior to leaving the gymnasium. **There are no exceptions, if the person is not on your child's pick-up list, the athlete cannot ride home with them.**
- Dress code must be followed (see rules), if athlete is in violation of dress code there will be the following consequences:
  - **First offense-** 5 sprints in 30 seconds (2x)
  - **Second offense-** 10 sprints in 1 min (2x)
  - **Third offense-** 10 sprints in 1 min (3x) **\*anything after 3 will result in a full game suspension**

## Sportsmanship

Players are expected to treat any and all officials, game administrators, and opposing players, coaches, and fans with the utmost respect prior to, during, and after the game.

If a player receives a technical:

- **First offense-** team sprints (5 in 30, 2x) individual sprints (ladder to 10)
- **Second offense-** team sprints (5 in 30, 2x) individual sprints (ladder to 10), sit out 1st quarter of next game
- **Third offense-** suspension **\*anything after this will be a discussion with coaches, parents, AD, administrators**

If a player is thrown out of the game:

- **First offense-** Ladder to 10, one game suspension
- **Second offense-** dismissal from the team

**\*\*These consequences are in addition to the consequences that the LaRue County Schools Athletic Department deem necessary. THERE IS NO APPEALING THESE DECISIONS.**

## Academics

Grade checks will be performed each Friday during the athletic season. Any student-athlete who receives a failing grade in 3 or more classes (cumulatively) will be ineligible beginning on that Friday after the grade check until the following Thursday. If the student is passing at least 4 of the 6 classes (cumulatively), eligibility will be restored at that time.

On Wednesday's unofficial grades are sent to the coaching staff, players will be notified if they have any D's and F's. They have until Friday to get those grades up. If

on Friday, student still has a D or F, the following consequences will be handed down, for EVERY D or F:

- D =5 Stair Laps
- F =10 Stair Laps and sit the next game or games until the next grade check.

## ISS

- ISS(In School Suspension) FOR ANYTHING OTHER THAN VAPING
  - **First offense**-10 Stair Laps, 1 quarter suspension
  - **Second offense**- 10 Stair laps, 2 quarter suspension
  - **Third offense**- 10 stair laps, full game suspension
  - **4<sup>th</sup> offense** will result in meeting with coaches, parents and AD about the future of athletes with the program.

To play, players have to complete the action above before the game.

### ❖ ISS FOR VAPING (tobacco)

#### ➤ 1ST Offense-

- full game suspension (must sit in row behind bench, in travel gear, no phone/headphones.)
- Running-*to be done at 6am*
  - 10 stair laps for **every day of ISS**
  - timed ladder to 10 for **every day of ISS**

#### ➤ 2ND Offense

- 3 full games suspension (must sit in row behind bench, in travel gear, no phone/headphones.)
- Running-*to be done at 6am*
  - 20 stair laps for every day of ISS
  - 2 timed ladder to 10 for every day of ISS

#### ➤ 3rd Offense

- Dismissal from the team

### ❖ Vaping (THC)

- Automatic dismissal from the team.

## Dress Code

Athletes should remember that when on campus, for games and any other activities (including school) they are representing the LaRue County Lady Hawks. With that we ask that they dress appropriately;

**Practices:** we will provide practice uniforms, anytime they aren't being worn athletes should wear basketball shorts (no running shorts), appropriate shirts (no crop tops, if cut-off sleeves it should cover all essentials)

**Games:** Before games, athletes will have been told what to wear, and will match their teammates. LEGGINGS ARE PERMISSIBLE IF TOP COVERS THEIR BOTTOM. After games, athletes can wear what they want as long as it is appropriate.

**Team Functions:** something LaRue County, unless otherwise designated. **NO LEGGINGS, CROP TOPS, BOOTY SHORTS.** If the function requires you to dress up, it should be something appropriate for the event.

## **Social Media**

Student-athletes should be aware that third parties - - including the media, faculty, future employers and KHSAA/NCAA officials - - could easily access your profile. This includes all pictures, videos, comments and posts. Inappropriate material affects the perception of the student-athlete, the athletic department and LaRue County Schools. This can also be detrimental to a student-athletes' future opportunities, whether in college or in other industries.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs, and tobacco (e.g., no holding cups, cans, shot glasses, vapes etc.)
- Photos, videos, and comments that are of a sexual nature. (This includes links to websites of a pornographic nature and other inappropriate material.)
- Pictures, videos, comments or posters that condone drug-related activity. (This includes but is not limited to images that portray the personal use of marijuana, vapes and other drug paraphernalia.)
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, vaping or illegal drug use).
- Content online that would constitute a violation of LCHS or KHSAA/NCAA rules.
- Information that is sensitive or personal in nature or is proprietary to the LCHS Athletic Department, which is not public information.

If a student-athlete's profile and its contents are found to be inappropriate in accordance with the above behaviors, she will be subject to the following penalties:

1. **Written warning**
2. **A meeting with Director of Athletics and Head Coach**
3. **Penalties as determined by the athletic department and local law enforcement, including but not limited to possible suspension/dismissal from the Lady Hawk Basketball family.**

### The 24 Hour Rule

*Parents are not permitted to discuss athletic concerns with the coach for at least 24 hours prior to a game or after an issue arise at a game, practice, or other instance. Parents will schedule an appointment with the head coach, via email, text or ParentSqaure, if an issue arises. In this meeting playing time and coaching strategies will not be discussed.*

### Lady Hawk Commitment Contract

I, \_\_\_\_\_, have read and understand the LCHS Lady Hawk Commitment contract, including the social media policy. By signing below, I affirm that I understand the expectations and consequences set forth by the LC Lady Hawks Coaching Staff. Furthermore, I accept and will adhere to the terms and conditions presented in the handbook.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Player Signature Date

### Parental Positive Support Pledge

I/We, \_\_\_\_\_, have read and understand the 24 hour Rule. Furthermore, I accept and will adhere to the terms and conditions presented in the handbook.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Parent Signature Date

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Parent Signature Date

Acknowledged by:

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Danielle Brown Date  
LCHS Lady Hawks Basketball Head Coach