



# LOWELL INTERMEDIATE & MIDDLE SCHOOL

STUDENT-ATHLETE HANDBOOK



*Enhancing Education through Athletics*



2024-2025 School Year

Board Approved July 25, 2024

# Welcome to the Red Devil Family

*A message from Athletic Director, Kim Kilmer*

If you are reading this, you made the team– congratulations on becoming a Red Devil athlete! Being an athlete at Lowell Intermediate & Middle Schools is a privilege, which carries with it varying degrees of commitment, responsibility, sacrifice, and honor. As a member of a Red Devil team, you become a representative of the values attached to our athletic program. Our schools have a long history of athletic participation and along with that comes a strong sense of community pride. We challenge our students daily to embody that Red Devil Pride. Our program focuses on the values of Perseverance, Reliability, Integrity, Drive and Determination, and Empathy. Your coaches will use these pillars in their character education lessons during practices. Our program also places a strong emphasis on servant leadership. All teams are asked to do a community service project each season. This is the “Red Devil Way” of leading by example and giving back to a supportive community.

Participation in athletics is an extension of the classroom and affords a deeper human growth experience. Athletics may help a student to realize optimum physical and intellectual growth, and develop a true understanding of self, which in turn permits the development of respect and empathy for others. We believe that participation in athletics contributes to the development of ideas and habits of good health, fair play, emotional control, positive morals and values, and all aspects of self-discipline. Our program is committed to providing a fun, comprehensive, education-based athletic experience that will continually strive for excellence.

This handbook was created to provide you with general information, resources, procedures, and highlights of department guidelines.

The Athletic Department looks forward to watching students grow and learn through sports. Welcome to the Red Devil family. GO RED DEVILS!

## **ATHLETIC DEPARTMENT PHILOSOPHY**

*“Level Up” for Athletics, and Life*

Research shows that adolescents who participate in education-based athletics have, on average, higher GPAs, fewer disciplinary problems, and routinely become leaders in business, education, their professions, their community, and in government.

Less than 3% of high school athletes will go onto play college athletics and less than 1% of those will play professionally. We hope every athlete has the opportunity to compete at the next level. At the same time, we are here to prepare athletes for whatever might be in the next phase of sports or life.

As a Red Devil athlete, you are:

- Encouraged to participate in multiple sports.
- Held to higher academic and behavior standards than the general student population.
- Expected to compete and practice with intensity.
- Taught athletics is a part of the total educational program.

Both LIS and LMS will follow the rules and regulations of the IHSAA. Sports are education-based, emphasizing the teaching of life lessons beyond middle, intermediate, and high school and participation in athletics. Life lessons include respect for others, reward for hard work and commitment, time management skills, teamwork, sportsmanship, how to face adversity, and a value system based on honesty, integrity and mutual respect.

# LOWELL MIDDLE & INTERMEDIATE SCHOOL ATHLETIC TEAMS

FALL SEASON - BOYS'	FALL SEASON - GIRLS'
<b>FOOTBALL</b> 7th and 8th Grade <i>Coach Eric Fleming</i> <a href="mailto:efleming@tricreek.k12.in.us">efleming@tricreek.k12.in.us</a>	<b>VOLLEYBALL</b> 7th and 8th Grade <i>Coach Christina Delgado, 7th</i> <a href="mailto:cdelgado@tricreek.k12.in.us">cdelgado@tricreek.k12.in.us</a>  <i>Coach Jennifer Boer, 8th</i> <a href="mailto:jboer@tricreek.k12.in.us">jboer@tricreek.k12.in.us</a>
<b>CROSS COUNTRY</b> 6th-8th Grade <i>Coach Josh Blink</i> <a href="mailto:jblink@tricreek.k12.in.us">jblink@tricreek.k12.in.us</a>	<b>CROSS COUNTRY</b> 6th-8th Grade <i>Coach Elizabeth Kusmisz</i> <a href="mailto:ekusmisz@tricreek.k12.in.us">ekusmisz@tricreek.k12.in.us</a>
	<b>CHEERLEADING</b> 6th-8th Grade <i>Coach Anna Batastini</i> <a href="mailto:abatastini@tricreek.k12.in.us">abatastini@tricreek.k12.in.us</a>
WINTER SEASON - BOYS'	WINTER SEASON - GIRLS'
<b>BASKETBALL</b> 7th and 8th Grade <i>Coach Jesse Hernandez, 7th</i> <a href="mailto:jhernandez@tricreek.k12.in.us">jhernandez@tricreek.k12.in.us</a>  <i>Coach Jeremy Shuler, 8th</i> <a href="mailto:jshuler@tricreek.k12.in.us">jshuler@tricreek.k12.in.us</a>	<b>BASKETBALL</b> 7th and 8th Grade <i>Coach Tori Langen, 7th</i> <a href="mailto:tlangen@tricreek.k12.in.us">tlangen@tricreek.k12.in.us</a>  <i>Coach Ginny Fleming, 8th</i> <a href="mailto:gffleming@tricreek.k12.in.us">gffleming@tricreek.k12.in.us</a>
<b>WRESTLING</b> 6th-8th Grade <i>Coach Kevin Hooley and Hunter Rohweder</i> <a href="mailto:khooley@tricreek.k12.in.us">khooley@tricreek.k12.in.us</a> <a href="mailto:hrohwerder@tricreek.k12.in.us">hrohwerder@tricreek.k12.in.us</a>	<b>WRESTLING</b> 6th-8th Grade <i>Coach Kevin Hooley and Hunter Rohweder</i> <a href="mailto:khooley@tricreek.k12.in.us">khooley@tricreek.k12.in.us</a> <a href="mailto:hrohwerder@tricreek.k12.in.us">hrohwerder@tricreek.k12.in.us</a>
	<b>CHEERLEADING</b> 6th-8th Grade <i>Coach Anna Batastini</i> <a href="mailto:abatastini@tricreek.k12.in.us">abatastini@tricreek.k12.in.us</a>
SPRING SEASON - BOYS'	SPRING SEASON - GIRLS'
<b>FOOTBALL</b> 6th and 7th Grade <i>Coach Eric Fleming</i> <a href="mailto:efleming@tricreek.k12.in.us">efleming@tricreek.k12.in.us</a>	<b>CHEERLEADING</b> 6th-8th Grade <i>Coach Anna Batastini</i> <a href="mailto:abatastini@tricreek.k12.in.us">abatastini@tricreek.k12.in.us</a>
<b>TRACK</b> 6th-8th Grade <i>Coach Jeremy Shuler</i> <a href="mailto:jshuler@tricreek.k12.in.us">jshuler@tricreek.k12.in.us</a>	<b>TRACK</b> 6th-8th Grade <i>Coach Jennifer Boer</i> <a href="mailto:jboer@tricreek.k12.in.us">jboer@tricreek.k12.in.us</a>
<b>TENNIS</b> 6th-8th Grade <i>Coach Christina Bisacchi</i> <a href="mailto:cbisacchi@tricreek.k12.in.us">cbisacchi@tricreek.k12.in.us</a>	<b>TENNIS</b> 6th-8th Grade <i>Coach Christina Bisacchi</i> <a href="mailto:cbisacchi@tricreek.k12.in.us">cbisacchi@tricreek.k12.in.us</a>

## BECOMING AN OFFICIAL ATHLETE OF LOWELL MIDDLE OR INTERMEDIATE SCHOOL

Here is a “quick-start” checklist for eligibility:

- Students must be enrolled at Intermediate or Middle School prior to participating in any summer activities
- The IHSAA Pre-Participation Physical Evaluation Form must be signed by a licensed Indiana health care professional (MD, DO, PA or NP) and must be dated after April 1, 2024 to be valid for participation in the 2024-2025 school year. The IHSAA physical form must be turned in directly to the Athletic Office and must be the original State of Indiana form. Once the form is on file in the Athletic Office, coaches will be notified via Final Forms of your initial eligibility to practice
- Final Forms: Student-athletes may not participate until ALL documents are signed and submitted by both the parent and the student-athlete (tricreek-in.finalforms.com)
- You must have received passing grades at the end of the last grading period in ALL classes. Athletes may not have an F on their report card for their quarterly grade.

## ATHLETIC DEPARTMENT OVERVIEW

### Lowell Athletic Booster Club & Ways to Help (*parents and community members*)

The mission of the Lowell Athletic Booster Club is to provide financial support to the athletic programs of Lowell Intermediate, Middle, and High Schools.

- Join at <https://reddevilsbooster.com/>
- Say YES when called upon.
- Support all LHS athletes.
- Participate and Attend
  - Bingo Nights in December and February
  - Dollars for Devils in April / May
  - Physical Night
- Be sure to volunteer to work. Volunteering is KEY!
- Inform the Athletic Department of corporate sponsors that might be willing to get involved.
- Notify the Athletic Department to fill in when we have emergency cancellations.

### Athletic Fees

There is an athletic fee due for **each season** of participation. The amount due is \$30.00.

- If there is a financial hardship, please contact the athletic office.
- Practice Pack fees may range from \$30 - \$90 and are separate from the athletic fee.
- Fees are due prior to the first competition.

### Athletic Training

- Review sport-specific cautionary statements warning on the Athletic website; Athletics carries with it an inherent risk of injury.
- Goals: 1) to minimize the risk of injury through preseason conditioning;  
2) proper coaching techniques
- To evaluate and treat any injury that occurs as efficiently and effectively as possible.
- To return the injured athlete to scheduled participation as soon, and as safely, as possible.

**Communication** - The Athletic Department of Intermediate & Middle Schools strives to keep open lines of communication between athletes, parents, coaches and the general public. Much of the information needed to keep current with the events and policies of Lowell Intermediate & Middle Schools can be accessed on the schools' websites. Communication between parents and coaches should follow standard operating procedure and should follow the athletics chain of command. The chain of command communication is as follows:

- 1) Meeting held with both the coach and athlete.
- 2) Meeting held with the coach, athlete, and parent.

3) Meeting held with the coach, athlete, parent, and Athletic Director.

Face-to-face conversation between coaches and athletes is strongly encouraged as a first step. Playing time is not considered a conflict and should be addressed directly between a player and coach.

**Conduct and Character** - Athletes' conduct, both in and out of school, should reflect positively on the school and refrain from creating a disruption on the discipline, good order, morale of the educational environment. Athletes who violate this rule are subject to being excluded from representing Lowell Intermediate Schools in interscholastic competition.

**Conflict Policy** - Policy for athletes in multiple extracurricular activities (performing arts, academic teams, etc.)

- Athletes are responsible for comparing practice & contest schedules of each program.
- Communicate any and all conflicts with the coaches/ sponsors of each program.
- Meet with coaches/ sponsors to resolve conflicts before the season begins.
- Adhere to the collaborated resolution.

**Dropping a Sport** - If an athlete quits their current sport to start another sport before their season ends:

- Athlete is not permitted to participate in another sport until the sport he/she dropped is completed (unless coaches in each program mutually consent)

**Enrollment** - In order to participate in any athletic competition, a student must be enrolled at Lowell Intermediate or Middle School.

**Equipment** - All athletes are responsible for the care and return of equipment owned by the school. Lost equipment must be replaced at a fair market value. All equipment owned by the school will be worn in a manner determined by the coaching staff of each of the respective sports.

**Inherent Risk** - Any student who participates in athletic competition must understand that a risk of injury always exists. The Athletic Department and Lowell Middle or Intermediate School coaching staff will do everything possible to minimize risks for student-athletes, both in practice and competition.

**Insurance** - Lowell Intermediate and Middle Schools have great concern for medical care and insurance protection for all those participating in interscholastic competition. As a result, students participating in athletics are required to have insurance coverage. The student's family pays for all insurance costs.

**Non-School Teams** - Participation in non-school competition while on a school team that is in-season should be discussed with the in-season coach for the purpose of identifying any concerns.

### **Parent Pre-Season Meetings**

All athletes and parents are to attend a pre-season breakout session meeting with the coaching staff of that sport. A large meeting with the athletic director will occur, either before or after the breakout sessions, for new athletes. Parents and athletes only need to attend the large group meeting once per school year but the breakout sessions for each new season sport should be attended. These meetings traditionally are held before the first contest. Parents will be informed of rules for their sport as well as the rules of Lowell Intermediate & Middle School and the school's athletic conference.

**Physical Examinations** - Students wishing to participate in athletics in any IHSA sanctioned sport must undergo a physical examination by a doctor (or approved medical personnel) holding a license to practice medicine. The physical examination form must be completed on the IHSA form and be signed by the physician, parent and student-athlete. The IHSA physical examination form is effective from April 1 of each year and will be in effect for all activities until the end of the school year. If a team competes beyond the last day of school, the physical is valid until school competition ends. Please note, the original form must be turned in as copies cannot be accepted.

**Practices** - The school day at Lowell begins at 8:30 a.m. and concludes at 3:15 p.m. Practices may begin at 3:30 p.m. daily. Students must report to school within 30 minutes in order to be eligible for the day, unless they submit a doctor's note. Exceptions to this rule will require the approval of the Principal and the Athletic Director. Please know that non-traditional days (weather delay, half days, etc.) still require students to arrive within 30 minutes of the designated start time. In the event of an emergency, the Athletic Director should be contacted immediately.

In cases of inclement weather that results in school being dismissed early, all practices for that day will be canceled.

The head coach is responsible for informing the team of practice dates and times well in advance. Athletes are expected to be at practice on time. Athletes will not be allowed to practice if they do not attend school unless a planned excused absence occurs. Exceptions to this rule must be cleared through the Principal or Athletic Director.

Illnesses and injuries should be reported to a coach as soon as possible. The head coach may determine if a missed practice is considered excused or unexcused. Athletes should inform coaches in advance of known absences from practices/competitions. In the event that a physician restricts an athlete from participation, a physician must also clear the athlete to return to practice and play. The physician's note needs to be in writing and submitted to the athletic director prior to return to participation.

School practices, games, injury treatments, scouting, scrimmages, film sessions or meetings will not be held on Sundays.

Athletes must attend and participate in 8 (eight) practices prior to their first competition in order to compete. The last two practices (practice #7 and #8) must be consecutive. These practices must be under the direct supervision of a member of the coaching staff. Only 1 (one) practice can be counted per day.

**Safety Certifications of Coaches** - All coaches are certified in CPR, Concussion, Heat Illness, Cardiac Arrest, Protecting Students from Abuse, and Student Mental Health & Suicide Prevention.

**Team Guidelines** - Coaches will communicate their own team guidelines. Some of these may include practice attendance policies, dress codes, transportation and team rules, etc.

**Travel** - Lowell Intermediate & Middle School athletes are required to travel to and from athletic events in school buses and under adult supervision provided by one of the schools. Extreme circumstances must be cleared by the Principal or Athletic Director.

Students may be released to their parents (if the head coach is in agreement) and if the travel release form is completed and signed at least 48 hours in advance of the contest. Students will not be released to ride home from a contest with other students. Athletes may pick travel release permission slips up in the athletic office in advance, and must acquire the coaches signature before submitting to the athletic director.

Athletes represent Lowell Intermediate & Middle Schools on all road trips. Appropriate dress will be determined by the coaching staff. Athletes are expected to act in an acceptable manner while on all school trips. Equipment, facilities, fans, opponents, officials, and staff members at opposing school sites are to be treated with respect at all times. Any damage or improper behavior on the part of Lowell athletes and/or support staff will result in appropriate disciplinary action and appropriate restitution if damages occur.

Early release time from class for athletic activities will only be granted with the prior approval of both the Principal and Athletic Director.

**Weight Room & Gymnasiums** - The following guidelines must be observed when students are using the weight rooms, gymnasiums, and any other athletic facilities at Lowell Intermediate & Middle Schools.



1. Students may use the weight room, gymnasiums and other athletic facilities only while under the direct supervision of a school staff member.
2. Students working out in the weight room, gymnasiums and other athletic facilities must be dressed in proper attire. Full length shirts and shoes are always a requirement.
3. No food or drink is allowed in the weight room at any time or for any reason.
4. Weights and other equipment should be returned to the proper racks or storage areas before students and coaches leave the area.
5. All facility usage shall be scheduled in advance and placed on the school calendar by the head coach in cooperation with the Athletic Director.
6. No usage of any athletic facilities by IHSAA sponsored teams will ever be allowed on Sundays.

## **ELIGIBILITY RULES**

In order to participate in any interscholastic competition, all students must meet eligibility requirements set forth by the Tri Creek School Corporation, Lowell Intermediate & Middle Schools, and the Indiana High School Athletic Association. All questions concerning eligibility or IHSAA rules should be directed to the Athletic Director.

**Attendance** - Students must attend school on the day of an event in order to participate in any extra-curricular event that occurs after the school day. Students participating in approved field trips or school activities are considered present. The school Principal or Athletic Director must approve all exceptions to the attendance rule. Athletes who have missed five or more days due to illness or injury must submit a physician's note to return to play. All students must be in school within 30 minutes of the designated start time. Additionally, students with medical appointments are to attend school until the time of their appointment and return immediately following their appointment in order to be eligible for practice and competition. Absences for funerals and college visits should be arranged through the attendance office. Approved school-sponsored field trips do not restrict participation in practice or contests.

**Changing Sports** - Any athlete cut from a team may join another sport immediately, however the athlete must meet the minimum required practice threshold of 8, and must have 5 additional consecutive practices in the sport they join. Any athlete who quits a team cannot join another team until the first team has completed competition for that season. Athletes may transfer from one sport to another during the same season only if the head coaches of the two sports involved are in mutual agreement about such a move. Out-of-season conditioning is open to all sixth through 8th grade students at Lowell Intermediate & Middle Schools who are not involved in an in-season sport. Three days of tryouts are given to athletes trying out for a sport.

**8 Separate Days of Practice Prior to First Contest** - Athletes must complete 8 full length practices prior to competing in their first contest in all sports; however, only 5 days of practice are required between seasons if the amount of time lapsed is less than a week, Additionally, only 5 practices are required to compete in scrimmages. Coaches must verify these numbers with the Athletic Director before contest eligibility can occur.

**Practice Attendance Required to Participate in a Contest (Rule 9-14 b. (2).** Attend and actively participate in 8 school- supervised practice sessions of normal length, which shall occur on 8 separate days prior to the day of the Contest, if the student fails to attend and actively participate in more than seven (7) but less than fifteen (15) consecutive days of regularly scheduled practice sessions and contests.

Days Missed	No. of Practices Required
5 to 10	2
More than 14 consecutive	3

**Multi-Sport Athletes During Same Season** - Must have permission from the Athletic Director and coaches of both teams during the same season and be in good academic standing. A multi-sport athlete must pay an athletic fee for both sports.

### Summer Guidelines

- Summer participation is open participation – exception is MORATORIUM WEEK 6/30/2025 - 7/6/2025 ABSOLUTELY NO CONTACT BETWEEN COACH AND ATHLETE DURING THE ENTIRE WEEK OF MORATORIUM. A second Moratorium Week is now required to be added in the summer of 2025.

## CODE OF CONDUCT

Membership in extracurricular activities is a privilege, not a right, and comes with a higher standard of expectations. When a student violation of the Code of Conduct occurs, a thorough review will be conducted and consequences assigned according to the guidelines of the ECA Discipline & Support Matrix. The Extracurricular Discipline & Support Matrix Guidelines and student discipline record are in effect for the entire duration of each student's middle or intermediate school career. Offenses are cumulative and roll over to the next school year. The record of tracking of infractions from middle school do not carry over to high school and students will start with a "clean slate" upon entering high school. However, any penalties not completed during middle school must be completed in high school before high school participation may begin.

EXTRACURRICULAR DISCIPLINE & SUPPORT MATRIX - LIMS			
INFRACTION	1ST OFFENSE	2ND OFFENSE	3RD OFFENSE
Behavior Resulting in an Out-of-School Suspension	Coach or ECA Sponsor, Parent, Athlete, Athletic Director & Principal will meet. No penalty will be assessed. The team will determine implementation of one or more of the following: <ul style="list-style-type: none"> <li>• Community Service</li> <li>• Mentoring</li> <li>• Restorative Education / Justice</li> <li>• Special Projects</li> <li>• Counseling Services</li> </ul>	Coach or ECA Sponsor, Parent, Athlete, Athletic Director & Principal will determine implementation of one or more of the following: <ul style="list-style-type: none"> <li>• Community Service</li> <li>• Mentoring</li> <li>• Restorative Education / Justice</li> <li>• Special Projects</li> <li>• Counseling Services</li> <li>• Up to 20% suspension from contests</li> </ul>	Student and Parent/Guardian will meet with the ECA Council to develop a personal behavior and improvement plan to support, address, and correct unacceptable behavior of the student that also includes disciplinary consequences.
Behavior that violates local, state, or federal laws occurring in or out of school	Student and Parent / Guardian will meet with the ECA Council to develop a personal behavior and improvement plan to support and correct unacceptable behavior of the student.	Coach & Athletic Director or ECA Sponsor & Principal will assign a suspension from contests of up to 30% (no less than percentage of penalty of 1st offense, in addition to one or more of the following: <ul style="list-style-type: none"> <li>• Community Service</li> <li>• Mentoring</li> <li>• Restorative Education / Justice</li> <li>• Special Projects</li> <li>• Counseling Services</li> </ul>	Coach & Athletic Director or ECA Sponsor & Principal will assign a suspension from contests of 50% to 365 days.



## **Procedures for Code of Conduct Violations Involving Out-of-School Suspensions & Illegal Activity**

- Step 1:** The student must notify the coach/sponsor of behavior resulting in an out-of-school suspension as well as behavior that violates local, state, or federal laws occurring in or out of school. This notification shall be made as soon as possible. Students may not attend practice or contests until this meeting occurs. It is recommended that students meet with their coach/sponsor the day they return to school after their suspension or offense.
- Step 2:** The coach/sponsor and/or athletic director/principal will establish communication with a parent/guardian regarding the Discipline and Support Matrix.
- Step 3:** If a hearing is required, the ECA Council will meet as soon as possible. Outcome determination of hearings are communicated to the student and parent(s) within 24 hours of the hearing unless extenuating circumstances arise.

### **Impact of Consequences on Practices and Competitions**

Students suspended from school are not permitted to attend practices, meetings, or contests. The responsibility to serve school detentions or in-school suspensions will take precedence over athletic activities. Long-term detentions will not be rescheduled.

## **CONTACT INFORMATION**

### **Athletic Director**

Kim Kilmer, RAA, RMSAA - [kkilmer2@tricreek.k12.in.us](mailto:kkilmer2@tricreek.k12.in.us)

### **Lowell Middle School Principal**

Teri Crussen - [tcrussen@tricreek.k12.in.us](mailto:tcrussen@tricreek.k12.in.us)

### **Lowell Intermediate School Principal**

Gina Mielcarek - [gmielcarek@tricreek.k12.in.us](mailto:gmielcarek@tricreek.k12.in.us)

### **Dean of Students**

Mallory Seip - [mseip@tricreek.k12.in.us](mailto:mseip@tricreek.k12.in.us)