This handbook defines the rules, policies and procedures for students participating in Hawks Athletics.
It is an exciting prospect to think about wearing your school's sports uniform and competing for your school. This opportunity begins at Los Alamos Mid School. Prior to participating in sports, there are important actions that need to be taken. Students must comply with all the New Mexico Activities Association and Los Alamos Public School policies. These include:

- Sports Related Physical Examination (dated after April 1st of current year)
- InfoSnap online Athletic Paperwork which includes Permission to Participate, Authorization for Medical Services, Acknowledgement of Injury Risks, Permission to Publish.
- NFHSLearn Online Concussion for Students Course
- Academic Eligibility – 2.0 GPA, failing NO classes. Grades are checked at the semester (7th grade students in fall sports begin with a clean slate)

**Students may not participate in tryouts, practices or contests without completion of the above.

Teams will play an interscholastic schedule with frequent travel during the season. Be aware that students must be able to keep up in classes even during heavy practices and tightly scheduled games.

**Mandatory Parent/Athlete meeting for all sports**

All students who are involved in athletics at LAMS are **required to attend a mandatory team meeting along with a parent.** The meeting will cover all aspects of that particular sport. This will include NMAA rules and regulations to participate, team rules and expectations, the Los Alamos Public Schools Extracurricular Activities Code, and eligibility requirements. This will be the time to meet the coaches and ask your specific questions.

**Meeting Dates:**
- Football, Volleyball, XC, Tennis & Cheer – August 20th
- Girls Basketball & Wrestling – October 23rd
- Boys Basketball – December 18th
- Track & Field – February 10th

*Dates are subject to change*
Eligibility:
• LAMS Athletes must follow all NMAA requirements
• Scholastic – Grades checked at semester. 2.0 GPA, failing no classes – NO EXCEPTIONS!
• LAMS is on a 9-week grading period. If ineligible, the athlete cannot travel or compete, but may practice.

Dual Participation:
• NMAA Handbook Jr. High Section 9.5
• Participation on a non-school team in the same sport during the school season is discouraged. If a student is allowed by the school to participate in this manner, the student is expected to give the interscholastic schedule precedence. In the event of a conflict with the school schedule, the decision will be left up to the local school administration.
• Participation in different sports-school/club: students required to disclose conflicts with school sports.
• Participation in other outside activities while participating in a school sport: students are required to disclose conflicts with school sports.

Attendance:
• Students must attend class the day of an event and the Friday before a Saturday event. If a student is absent, they will not participate in that event.
• Students are expected to be at every practice. Exceptions can be made for help sessions, Doctor or Dentist appointment, etc.
• Please communicate with your coach – Any absence may affect participation.

Athletic Training:
• If an injury occurs, please notify your coaches. Athletes are encouraged to utilize our Athletic Trainer at the HS, Mick Matuszak. If an athlete is seen by a Dr., he/she cannot participate until released by a Dr.
**A current Physical, InfoSnap online paperwork, and a concussion course are required to be completed prior to any participation (practice or competitions) in LAMS Athletics.**
**Travel:**
- All student/athletes are expected to ride the bus to and from an athletic event. If requesting special permission to transport your child to/from an event, please ask 36 hours in advance through the LAPS Athletic Office.
- Parents can sign their child out from an away contest and transport them home.
- Appropriate Pick-up/Drop-off Locations:
  - Mid School - Phillips 66 in Pojoaque
  - High School - Lowes Hardware in Espanola
  - White Rock Shell Station
- After Practice Transportation: Students/Parents are encouraged to carpool as much as possible. The Atomic City Transit is available for students to ride following practices/games.

**Home School Student-Athletes:**
- Additional paperwork is needed to meet NMAA requirements.
- Please make an appointment with Ann Stewart, LAPS Athletic Director to complete these requirements.

**Concussion Law in New Mexico: (Senate Bill 1)**
- Return to Play Guidelines:
  - Immediately remove athlete from activity
  - 10 day minimum out of activity **from the date of last symptom before returning to activity**
  - A written release from a medical professional is required to return to activity
  - Coach monitors athlete after returning to physical activity

**Locker Rooms:**
- Students are responsible for locking their belongings in their athletic locker. Lost or stolen equipment is the responsibility of the athlete.

**8th Grade Participation at the High School Level:**
- 8th grade athletes have the opportunity to try-out for HS teams in the following sports: Soccer, Golf, Tennis, Swimming, Diving, Softball and Baseball.
- At the conclusion of their 8th grade sports season, some athletes may have the opportunity to try-out for HS teams in the following sports: Cross Country, Volleyball, Wrestling, Girls Basketball, and Track & Field.
- NMAA rules do not allow 8th grade out-of-district students to participate on HS teams.
Parent/Coach Relationship:
• We want athletes to have a positive experience at LAMS.
• Communication is essential to help keep issues from forming into conflicts.
• You have every right to know what expectations are placed on your student.
• Things may not go the way you or your student wishes; discussion may clear up the issue and avoid misunderstanding - please talk to the coach.

Communication You Should Expect From Your Child’s Coach:
• Philosophy
• Expectations
• Location/times of practices/games
• Team requirements
• Procedures following an injury
• Code of conduct/discipline
• Lost/damaged/outstanding equipment
• Spirit Packs, Fundraising efforts, etc.

Appropriate Concerns to Discuss With Coaches
• Mental/physical treatment of your child
• Ways to help your child improve
• Concerns about your child’s behavior

Inappropriate Issues To Discuss With Coaches
• PLAYING TIME- THIS IS A COACH’S DECISION
• Team strategy and what position your child plays
• Play Calling
• Matters concerning other student-athletes - against FERPA laws

To Discuss An Issue
• Please discuss your concern with your student. The parent view may be different from the student view. We want everyone to be on the same page.
• Request a meeting with the coach. Please DO NOT make the request immediately preceding or following a practice or game.
• Please go to the coach before you contact the Administration.
• The student-athlete will be present in the meeting with parents and coaches.
• If you feel the need, please contact the Athletic office to set up a meeting with the AD to find an appropriate next step.
MS ATHLETIC POLICIES:

1. Students who are assigned to ISS will not be eligible to participate in the next upcoming athletic contest. If the athletic contest is a home event, the student may not join the team after 3:00 pm. If away, the student will not travel with the team.

2. Out of School Suspension can result in up to 21 calendar days suspension—including 7 day no practice period, pending Administrative Investigation.

3. A student must finish one sports season “IN GOOD STANDING” before joining another sports program in another season (this includes the next sport season at the high school).

In Good Standing = has finished the season academically eligible, has participated in all practices and contests, has returned all school issued equipment/paid for any lost or damaged equipment, and is eligible to receive a MS sports certificate.

4. Attendance policy for all MS sports: (exception XC & Track)

   - Athletes are required to attend all practices and contests. Unexcused absence – not notifying the coach prior to the absence, absence due to disciplinary action taken by the school (ISS) or the parent, absence for participation in another sport, etc.
   - Consequences for unexcused absence:
     * 1 absence = no participation in next contest
     * 2 absences = no participation in next two contests
     * 3 absences = dismissal from team

   - Excused absence – Prior notification, school absence, illness, etc.
   - *Any absence from practice or a contest will affect playing time.
     * We are developmental, yet competitive programs. We do not offer equal playing time for all athletes, however:
       * All athletes on a cut-sport team will participate in all contests. An athlete must be IN GOOD STANDING to participate. All athletes in a non-cut sport will have an opportunity to participate in contests that allow 5th quarter opportunities, scrimmages, exhibitions, etc.
       * Playing time/participation IS used as a consequence for discipline issues, tardy's, breaking team rules, etc.

5. A MS student athlete will NOT participate in two interscholastic sports during the same season.

6. A MS student athlete will NOT be allowed to participate in an away contest if they miss the bus or choose not to ride the bus.

7. Students who do not notify classroom teachers of an absence due to athletics and complete class work in a timely manner may be subject to not participating in an out of town event.
**FOOTBALL** *(August 12 – October 18)*
Football is a non-cut sport, but it is not an intramural program, and all students do not play equal time. Coaches will determine playing time as they see each student’s performance best fitting the team.

**CROSS COUNTRY** *(August 12 – October 25)*
Cross Country is a non-cut sport, but students are ranked by their times in the 1.5 and 2 mile run. Some athletes may have an opportunity to move up to the high school level for competitions when the mid school season ends.

**VOLLEYBALL** *(August 12 – October 12)*
Volleyball is a cut sport for both the 7th and 8th grade girls. Coaches will select between 12 and 15 girls for each grade level. Making the team will be based on volleyball skills, attitude, cooperation and teamwork.

**TENNIS** *(August 19 – October 25)*
The Hawks tennis team practices at Mesa Courts and Urban Park. The teams play tournaments in Albuquerque and are usually able to host one match during the fall season. Tennis is not a cut-sport, but students must understand that coaches will place students into matches based on skills and how they see each student helping the team.

**GIRLS BASKETBALL** *(October 14 – December 14)*
Girls basketball will start right after the volleyball season ends near the end of October. Only 12-15 girls will be selected for each grade level. At the end of the season, 8th graders may have an opportunity to try out for the HS C-Team.

**WRESTLING** *(October 14 – December 14)*
Wrestling is open to both girls and boys. Wrestling is a non-cut sport, and there is only one team for both the 7th and 8th grade levels. At the end of the season, 8th graders may have the opportunity to continue to work out with the HS team.

**BOYS BASKETBALL** *(November 18 – February 28)*
Boys basketball begins in November with tryouts spread out over a couple of weeks. Teams will begin practice in December, with games in January and February. Only 12-15 students will be selected to each grade level team.

**TRACK AND FIELD** *(February 3 – May 8)*
The track and field season will begin at the end of February. Due to the weather, sometimes practices are limited for the first few weeks into March. Track is a non-cut sport. If numbers allow, track may have a Varsity and JV.

**CHEER** *(August 12 – February 28)*
Cheer is non-cut and lasts through 3 sport seasons. An athlete may tryout for other sports while being a part of the cheer squad. (Exceptions apply)

**Dates are approximate.**
LAMS Athletic Department

Contact Information

LAMS Athletic Coordinator – Daren Jones
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LAPS Athletic Director – Ann Stewart
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LAPS Athletic Assistant – Stephanie Fabry
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LAPS Athletic Trainer – Mick Matuszak
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LAMS Principal – Brian Easton
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LAMS Asst. Principal – Pamela Miller
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