

**WELCOME TO LAKE HIGH SCHOOL!**

This pamphlet has been prepared to provide students and parents with information regarding our interscholastic sports programs. This information should answer most of your questions regarding our co-curricular athletic program. Please feel free to contact us for any further information you may need.

Some key phone numbers are:

Bruce Brown, <i>Athletic Director</i>	877-4288
Cathy Cayton, <i>Athletic Secretary</i>	877-4288
Rob Putnam, <i>Athletic Trainer</i>	877-0104
Kevin Tobin, <i>LHS Principal</i>	877-4282
LHS Guidance Department	877-4285
Jeff Durbin, <i>LMS Principal</i>	877-4290
LMS Guidance Department	877-4290

**Federal League**

Lake High School is a member of the Federal League Athletic Association. The league is composed of some of the largest schools in Stark and Mahoning Counties. Current members include: Austintown Fitch, Boardman, Canton McKinley, GlenOak, Jackson, Perry, and North Canton Hoover.

**Interscholastic Athletics**

Interscholastic athletics are offered for the more serious-minded and dedicated athletes. These teams compete against other schools. Athletes are expected to attend all daily practices, games and meets. The middle column shows a list of interscholastic sports and clubs in which we compete, their respective seasons, official starting dates and the sports where "cuts" (team selection) occur.

**Intramural Sports/Club Sports**

Lake High School is currently in the process of upgrading its co-curricular offerings. There is a lunch-time intramural program for those students seeking a more flexible, low-key level of participation. Intramurals are open to all students with the exception of "in-season" athletes who may not participate in their same sport; e.g., a member of an interscholastic basketball team may not be on an intramural basketball team. In addition to Lake High School's intramural offerings, the athletic department sponsors one club sport: Men's Volleyball (spring).

Club Lacrosse is currently offered as a community club sport in Lake Township.

**Fall Sports**

<u>Sport:</u>	OHSAA	<u>Cut(?)</u>
	<u>2008 Start Date:</u>	
Men's Cross-Country	8/4/08	No
Women's Cross-Country	8/4/08	No
Football	7/31/08	No
Men's Golf	8/4/08	Yes
Women's Golf	8/4/08	Limited
Men's Soccer	8/4/08	Limited
Women's Soccer	8/4/08	Limited
Women's Volleyball	8/4/08	Yes
Women's Tennis	8/4/08	Limited
Dance Team	May, 08	Yes
Cheerleading	May, 08	Yes

**Winter Sports**

<u>Sport:</u>	OHSAA	<u>Cut(?)</u>
	<u>2008-2009 Start Date:</u>	
Men's Basketball	11/10/08	Yes
Women's Basketball	11/3/08	Yes
Men's & Women's Swimming	11/7/08	No
Wrestling	11/14/08	No
Men's & Women's Bowling	11/14/08	Yes
Dance Team	n/a	Yes
Cheerleading	n/a	Yes

**Spring Sports**

<u>Sport:</u>	OHSAA	<u>Cut(?)</u>
	<u>2009 Start Date:</u>	
Baseball	3/9/09	Yes
Softball	3/9/09	Yes
Men's Track	3/9/09	No
Women's Track	3/9/09	No
Men's Tennis	3/9/09	Limited
Men's Volleyball (Club)	TBA	Yes

**Lake Community YMCA**

The Lake Community YMCA works in collaboration with the Lake Local Schools to provide additional recreational programming for members of our community. Students and adults have the opportunity to engage in the many and varied programs that the

Lake YMCA offers twelve months a year.

**Lake Athletic Booster Club**

The Lake Athletic Booster Club ("LABC") supports and encourages the athletic activities of Lake High School student-athletes. It also provides fan and financial support to encourage participation in intramural and athletic activities for the benefit of all students. The Booster Club has been responsible for facilitating the purchase of a vast array of valuable athletic equipment and assists with larger projects on many occasions.

Numerous opportunities exist for participation in Booster Club activities. The Club meets on the fourth Monday of every school month. For additional information, please contact the Lake athletic department.

**Summer Programs**

Lake High School hosts a variety of athletic programs during the summer. Contact the Lake athletic office in May to receive a list of summer camps and summer sport activities.

**Additional Key Points**

Students who choose to try out for and compete on interscholastic teams must have current physical forms on file in the athletic office. Please note: these forms are different from any other physical exam or information forms required elsewhere in the school. These physical exam forms are always available in the athletic office. Physical exams are good for twelve months from the date of the exam.

We strongly encourage all individuals who plan to participate in interscholastic athletics to get their physical exam in June, July or August. Exams are valid one (1) year from the date of the exam. Having your exam during one of these three months avoids in-season expiration of physical exam eligibility.

*NOTE: The Lake athletic department, with the cooperation of the Mercy Medical Foundation, will make available a cost-effective opportunity for all student-athletes to receive an appropriate and thorough physical exam. The date of this exam will be announced in the spring and conducted near the end of the school year.*

Students can earn individual letters, sport emblems and awards based upon criteria established by the

athletic department in each sport. These awards are available for all athletes who complete the season. Attendance at the sport's season-ending banquet is required to receive individual awards.

Lake student-athletes are expected to not only maintain minimum eligibility requirements, but to also develop an appreciation for learning that will continue long after athletic competition ends. There are a variety of scholar-athlete awards and recognition for Lake student-athletes who also excel in the classroom.

Any legally registered student, who meets the academic, attendance and medical requirements established by the Lake Local Board of Education and the Ohio High School Athletic Association may try out for a team. Selection to a team may include other factors such as character, dependability, responsibility and/or maintaining a coachable attitude. Sometimes this competition is very keen. Not being selected for a team does not mean the student wasn't worthy. It simply opens other doors of opportunity not previously explored.

Students selected for athletic teams must maintain good relationships with other students and staff members. They must be positive role models at school, in the community, and to younger students who may desire to also become a "Blue Streak" one day!

#### **THE TEN MOST OFTEN ASKED QUESTIONS ABOUT LAKE HIGH SCHOOL ATHLETICS:**

Q: If my son or daughter doesn't make a team, can he/she go out for another sport during the same season?

A: Yes, provided that final cuts for the alternative sport have not already been made.

Q: How do we find out about tryouts (practice) dates?

A: Official start dates are shown on the other side of this pamphlet. There will also be signs and announcements made at Lake High School and Lake Middle School prior to the first practice. Your son/daughter may also contact the coach, the athletic department or check the school website: [www.lakelocal.org](http://www.lakelocal.org)

Q: How big of a commitment is participating in interscholastic athletics?

A: BIG! Teams will practice or compete almost every weekday and many Saturdays during their season. You can count on a six-day-a-week commitment.

Q: Can our family go on vacation during the sports season? If our son/daughter does go on vacation, are they penalized?

A: Our programs do practice and/or compete in contests throughout the sport's season. Those going on vacation may miss competitions after they return because others have earned and deserve the opportunity to play in their absence. You should make every attempt to schedule vacations around your particular athletic season.

Q: Do all of Lake teams practice on campus?

A: We utilize several sites. Our golf teams practice and play at nearby golf courses. Our baseball team uses the new Lake Baseball Complex on Rt. 43 in Hartville. Our football, soccer, track, softball and wrestling teams practice or play at the Lake Athletic Complex across the street from Lake High School. Our swim team practices in the new YMCA pool on campus. All other teams practice at the Lake High School campus.

Q: Are Cheerleading and Dance Team considered part of the athletic program and can you be in those sports plus another sport at the same time?

A: Both are part of the Lake athletic program. Cheerleading and Dance require similar time commitments for practice as most of its sport counterparts. Although we don't want to see any student-athlete overextended, we will work whenever possible to accommodate those students who wish to explore all of their athletic possibilities.

Q: If my son/daughter is ill and at home during the day, can he/she come to school just for practice or competition?

A: No. If a student is too ill to come to school, then it is not appropriate to participate in practice or competition that day. It should also be noted that the

student must be in school the ENTIRE school day to be eligible for that day's activity.

Q: If my son/daughter is injured and can't participate, are they still expected to be at practice or contests?

A: Yes. They are part of a team. There is always something to be learned from attending these activities and, though injured, the student-athlete has a role and responsibility to the team.

Q: Can my son/daughter play more than one (1) sport per sport season?

A: We do not encourage student-athletes to play in more than one sport in the same sport season. The demands of the classroom and the playing field, along with maintaining a balanced personal life takes a lot of effort. We want our student-athletes to enjoy the high school athletic experience, not simply survive it!

Q: Whom do I contact if I have any additional questions?

A: General questions with regard to the athletic department should be directed to Bruce Brown, Athletic Director. He can be reached at the Lake athletic office (330-877-4288) or via e-mail at [brownbruce@lake.stark.k12.oh.us](mailto:brownbruce@lake.stark.k12.oh.us). Please contact the respective head coach for specific sport concerns.

**FOR UPDATED SCHEDULES, TRAVEL DIRECTIONS AND OTHER ATHLETIC-RELATED QUESTIONS, PLEASE VISIT OUR WEBSITE:**

**[www.lake.stark.k12.oh.us](http://www.lake.stark.k12.oh.us)**  
(Click on "ATHLETICS")

or, call the Athletic Office:  
(330) 877-4288