

Lake Central Middle Schools Student  
Athletic Handbook  
*Clark Middle School, Grimmer Middle School, and Kahler Middle School*

*Revised 1/21/2026*

### **Eligibility**

All Lake Central Middle School students will follow the eligibility rules for middle schools established by the IHSA, the Lake Middle School Athletic Conference, as well as local guidelines established by Lake Central School Board Policy.

### **Grades**

To maintain academic focus, all student-athletes are expected to achieve mastery (B or better). Coaches are to monitor and to assist their athletes in meeting those expectations. To be eligible for participation a student must pass 6 subjects with no more than one (1) "F" during a grading period. During the school year, the most recent 9-week grade card is used to determine the student's eligibility. The student-athlete may not participate in any sanctioned contests during this time period of ineligibility; however, the student-athlete may practice during this time period at the coach's discretion. To reestablish eligibility, the student-athlete must be passing 6 subjects by interim.

### **Resident Requirements**

A team is composed of students who attend the Lake Central Middle Schools.

### **Age**

A sixth grade student who is eligible to participate on a middle school team must not reach his/her 14<sup>th</sup> birthday before the end of the IHSA state tournament of that sport. A seventh grade team shall be composed of students who have not reached their 15<sup>th</sup> birthday before the end of the IHSA tournament of that sport. An eighth grade team shall be composed of students who have not reached their 16<sup>th</sup> birthday before the end of the IHSA state tournament of that sport.

### **Drug Testing Consent**

Student-athletes in grades 7 and 8, according to Lake Central School Board Policy, are subject to random drug testing throughout the school year. Student-athletes and parents must sign the Lake Central School Corporation Extracurricular/Driving Consent form before participation in that sport. A list of banned substances is included in the Lake Central School Corporation Extracurricular/Driving Consent packet. One (1) form is valid for the entire school year. Student-athletes who test negative (test shows no drug use) for banned substances will continue participation in their current sport without disruption. Student-athletes who test positive for the first time (1<sup>st</sup> test shows drug use) will be placed on a six (6) week non-participation (practices and contests) period for the current sport they are in. The student-athlete will become eligible to participate after the six (6) week period by receiving a negative result in another drug test and must show proof of counseling which is approved by an administrator or Athletic Director. Student-athletes who test positive for a second time (2<sup>nd</sup> test shows drug use) will be suspended from Lake Central Middle School Athletics for 1 full calendar year. The Middle School Administration and the Athletic Director will encourage the student to seek outside counseling throughout the year. A record of these tests will be sent to the High School Administration and the High School Athletic Director. These forms are signed via FinalForms at their time or registration.

### **Non-School Sponsored Sports**

Athletes may not participate simultaneously in an interscholastic sport at a middle school and in the same sport with a non-school sponsored organization.

### **Parents/Physician's Consent Form and FinalForms Registration**

All potential student-athletes and their parent(s)/guardian(s) must complete registration via FinalForms prior to trying out or practicing with an athletic team at LCMS. The completed doctors portion of the physical must either be uploaded to FinalForms or brought to the Middle School Athletic Coordinators. FinalForms must be completed each school year and a physical must be completed each school year (Completed after April 1st).

### **Practice Rules/Participation**

A student must participate in eight (8) days of practice prior to participating in an interscholastic event. If a student joins a team directly from another sport, he/she must have had five (5) practices in the new sport in order to be eligible to compete. Student-athletes who have practice prior to the start of the school day must attend school for the entire day or they will be ineligible to participate in the practice and/or contest the following day. Any athlete who quits a sport may not go out for another sport until the end of the regular season for that sport which he/she quits, unless he/she receives permission from the coach.

### **Absence due to Illness/Injury**

A member of any squad who is unable to practice for five (5) consecutive days due to illness or injury must present a statement to the coach from his/her physician indicating that he/she is able to return to practice. Should a coach observe a physical problem that causes an athlete to require constant medication or repeated doctor visits, that coach may request clearance from the doctor before permitting further participation in practice or competition. An athlete must be in school on the day of the athletic contest or practice for a minimum of six (6) classes. Exceptions include funerals, religious holidays, or other personal emergencies approved at the discretion of the administration or athletic coordinator.

### **Rules of Conduct**

As stated in the middle school handbook, "all student conduct rules apply to all students while in attendance at the middle school or at activities involving the school, or on Lake Central School Corporation property, and while wearing a school uniform off school property during the school season." All the Student Rules of Conduct while serving on an athletic team govern middle school students who participate in the athletic program. Violation of any of the Student Rules of Conduct can result in disciplinary action in school, as stated in the handbook, as well as elimination or suspension from a sport in which the student is participating. Included in these rules is the requirement that in order to participate, a student may not receive two (2) or more unacceptable conduct grades (U or D) in more than one subject. The student will be placed on a two (2) week non-playing probation and then reviewed weekly throughout the season. If the student receives an unacceptable grade (U or D) during the probation period, he/she will be subject to suspension or dismissal from the team at the discretion of the coach, athletic director, or administration.

### **Due Process**

If the administration or athletic coordinator declare the student-athlete ineligible for interscholastic competition, the student-athlete may request a hearing by an athletic council which will consist of the student-athletes coach, administration, the athletic coordinator and members of the academic review board for the school. The decision of the council will be final.

**School Suspension**

A student-athlete who is serving a suspension, in or out of school, will not participate in a Lake Central Middle School athletic event or practice that is scheduled the day of the suspension.

**Injuries**

All injuries incurred during practice or a game must be reported immediately to the coach. The athletic department or the Lake Central School Corporation will not assume responsibility for payment for medical treatment for any injury which was incurred during a practice or game. The school does not carry injury insurance on players. This is the responsibility of the parents. If an athlete must seek professional advice or treatment, the physician consulted must make a final decision as to when the athlete may continue to participate in athletics. Parents may not waive liability. If injuries occur that are not severe enough to warrant a doctor's visit, the coach will decide the status of the athlete with regard to further athletic participation. The coach's decision is final in such cases.

**Transportation**

When an athletic team takes a bus to an athletic event, all athletes must ride the bus to and from the athletic event. If a parent decides to take his/her student-athlete home, the parent must complete the Transportation Release Form. Valid reasons for approval must be extenuating circumstances. A player choosing not to ride the bus for any reason should be excluded, but not limited to; other sports practices, family outings, homework or any unnecessary functions. These forms must be submitted at least 24 hours in advance. Student-athletes will only be released to their parent/guardian.

**Special IHSA Rules**

No game, meet, or tournament will be played by schools without the sanction of the principal. In all contests, the decision of the officials shall be considered final and binding. Students may represent only one team in any sport during a tournament series. All boys and girls teams should not participate against each other in athletic events. There should be no inter-school athletic contest played or practices or clinics held on Sunday. This includes viewing game films, etc.