

Lakewood High School  
Incoming  
Freshmen/Transfer  
Athletic Information

*It's a great day to be a Lakewood Tiger!  
ROAR!*



# Lakewood in Action

<https://youtu.be/NXn1t7Lz0CI?feature=shared>

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# Introductions and Announcements

Michael Hughes, Athletic Director/Assistant Principal

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- Michael.Hughes@jeffco.k12.co.us
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Tracy Archer, Athletics Administrative Assistant

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- Follow us! @roar.lhsathleticsandactivities on Instagram

## Lakewood Merchandise/Sideline Store

<https://sideline.bsnsports.com/schools/colorado/lakewood/lakewood-high-school/shop/womens/tops-t-shirts>

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# Student-Athlete & Parental Expectations

## What We Want

- The best... behavior, student representatives, class and priorities
- Parents & Students who cheer for our kids, not against our opponents
- Students & Parents who understand participation is a privilege, not a right.
- Ask the Kids - Raise your hands if...
- Coaching of our kids - allow that to be done by our coaches
- Officiating - allow that to be done by registered officials

[Police Intervention](#)

[Grocery Store](#)

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# Our Athletic Goals

- Have an incredible experience that produces athletes' competitive best, while preparing them for the next steps in life.
- Develop the most elite school in Colorado that focuses on individual and team success, and is revered as the pinnacle of athletic excellence.

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# CHSAA & Jeffco League

## Colorado High School Activities Association (CHSAA)

- Lakewood is a member school
- Approves CHSAA sports - Sets annual calendar; state tournaments
- RPI/MaxPreps - what that means in formula
- Determines classifications (6A, 5A, 4A, 3A, 2A, 1A)
- Sets rules and regulations - In cooperation with NFHS - safety and the rules of the contests
- Monitors athlete eligibility - academic & transfers

## Jeffco League

- All Jeffco high schools, plus Valor Christian & Littleton
- Determines league rules
- League team champions/MVPs by classification (6A, 5A, 4A, etc.)

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# Who Can Play Sports?

- Lakewood High School students
- Homeschooled students in the Jeffco attendance area
- Other Jefferson County high school students when their school doesn't offer a certain sport
  - Gymnastics, Wrestling, Boys Lacrosse, B&G Swimming
- Conversely true for LHS students
  - Ice Hockey, Girls Lacrosse, Ski Team, Field Hockey
- Transfer students who meet CHSAA guidelines

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# Our Sports Seasons and Levels

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### Fall

B&G Cross Country  
Boys Golf  
Boys Soccer  
Boys Tennis  
Football  
Gymnastics  
Softball  
Spirit/Comp. Cheer  
Volleyball  
Girls Flag Football  
Unified Bowling  
Girls Field Hockey  
(Dakota Ridge HS)

### Winter

Boys Basketball  
Girls Basketball  
Girls Swim & Dive  
Wrestling  
(Boys & Girls)  
Spirit  
Nordic & Alpine Skiing  
(Evergreen)  
Ice Hockey  
(Several schools)

### Spring

Baseball  
Boys Lacrosse  
Boys Swim & Dive  
Girls Golf  
Girls Soccer  
Girls Tennis  
B&G Track & Field  
Girls Lacrosse  
(Several schools)  
Boys Volleyball  
(Several Schools)

### Club Sports

(Not CHSAA Sanctioned)  
Mountain Biking  
Ultimate Frisbee  
Unified Basketball



# Cut vs Non-Cut Sports

## Tryout/Cut Sports

- Competitive
- Placement based on skill, attitude, grades
- Varsity open to freshmen
- Many don't make a team

*Baseball  
Basketball (Boys & Girls)  
Cheer/Spirit  
Golf (Boys)  
Soccer (Boys & Girls)  
Softball  
Volleyball*

## Non-Cut Sports

- Everyone is on a team
- Placement based on skill, attitude, grades
- Varsity open to freshmen

*Cross Country (Boys & Girls)  
Football  
Girls Golf  
Gymnastics  
Lacrosse  
Swim & Dive (Boys & Girls)  
Tennis (Boys & Girls)  
Track & Field (Boys & Girls)  
Wrestling (Boys & Girls)*

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# Registration & Athletic Eligibility

You are a Student-Athletes

- Register [online](#) and pay each time you play a sport
- Current sports physical; within past 12 months
- Register once on Rschool; CHSAA's Eligibility Program
- Take 6 classes (5 seniors)
- Maintain minimum grades
  - Weekly eligibility; 2 "F" grades means you don't play the next week
  - Final high school semester grades; 2 "F" grades; can't play until Regain Date or retake class with passing grade

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# Registration

## Key Aspects of Parent Permission Form

1. Registration is online.
2. Relieves Jeffco of all liability for accidents or injuries
3. Parents provide medical and accident insurance
4. Students drive with other students; buses not always used/available
5. Pay \$185 Jeffco Athletic fee and team fees
  - a. Pay after tryouts
  - b. Free & Reduced - covers Athletic fee; still pay team fees
  - c. \$65 Activity Pass - Good for all admission at all Jeffco Activities

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# Earning an Athletic Letter & Awards

- Only varsity players are eligible to letter
- Must meet Jeffco requirements
- Coach's discretion
- May also letter in academics and other activities

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# Let's Get Started - Key Dates



# Parent Commitment & Pledge

1. Make sure athletes attend practices (Mon-Fri, some Sat) and games.
2. Be active in monitoring their school work and grades.
3. Understand your coach is the ultimate authority; talk to them first.
4. Be an active team parent.
5. Be a positive fan at games.

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# Participation Contract

- No use or possession of drugs, alcohol or tobacco products
  - Consequences will affect playing time
- “Zero Tolerance” for assault upon, hazing, disorderly conduct toward, harassment of, intimidation of, discrimination against, or any criminal offense against another student or damage of property of another student.

**These rules apply all year, even when you are not in season!**

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# Athletic Conditioning, Training & Health Care Procedures

1. Strength & Conditioning is part of an athlete's regiment; Strength and Conditioning classes
2. Athletic trainer works with athletes - Sydney Roberto
3. In cases of injury, athlete will be treated and/or transported
4. Concussion protocol followed
5. Must be released by Athletic Trainer after injury, before returning to play
6. Mental Health of our Student-Athletes - steps we take

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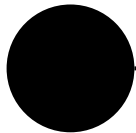
# NCAA - Playing Sports in College: 1 versus 100

## Step 1

**Freshmen Year:** Talk to your Counselor

Take NCAA approved classes all four years

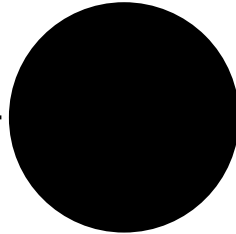
Get good grades!



## Step 2

Keep stats on your athlete; get video footage.

**End of 10th grade;**  
sign-up on NCAA website  
Get even better grades!

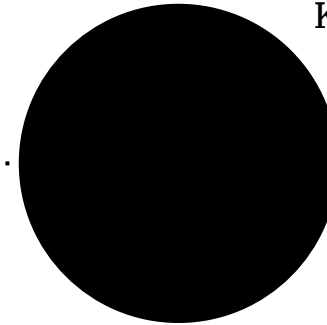


## Step 3

**11th Grade:** Contact coaches; go for visits. Families do this; not your HS coach.

**12th Grade:** Apply to colleges; not just to college coaches

Keep up your excellent grades!



Don't ignore NCAA-D2 & D3; NAIA; and JUCO colleges. Many are great opportunities to play your sport while in college, and offer academic scholarships.

## Current Topics

Potential changes to how we may play sports ....

- Weather affecting games
- Bus driver shortage affecting games
- Referee shortage affecting games
- School budget will affect athletics
- NLI - What this looks like in Colorado
- Your patience please - we really work hard for your kids

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## Our Coaches

- We're proud of our coaches and thankful for their expertise!
- With assistant coaches, we have nearly 100 coaches in our program.
- Many are teachers and coach more than one sport
- Others have jobs outside of education and leave work early to be here for you and your student athlete
- Several played college sports
- For those who are paid, on a dollar/hour basis, they make very little per hour. Others just volunteer.

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# Team Meetings

## Head Coaches

- **Baseball** - Derrick Peterson
- **Boys Basketball** - Ed Corridori
- **Boys Golf** - TBA
- **Boys Lacrosse** - Darin Denton
- **Boys Swim & Dive** - Ethan Schick
- **Boys Tennis** - Rusty Watson
- **Cross Country (Boys & Girls)** - John Mikesell & Bryn Smetana
- **Football** - Joshua Carvalho
- **Girls Basketball** - Chris Poisson
- **Girls Golf** - TBA
- **Girls Swim & Dive** - Sarah Manos
- **Girls Tennis** - Greg Landmark
- **Gymnastics** - Crystalina Wedlaw
- **Soccer (Boys & Girls)** - Tom Noor/Destinee Reynolds
- **Softball** - Danielle Gunn
- **Spirit/Cheer** - Kellie Coates
- **Track & Field (Boys & Girls)** - Jeff Braun & Bryn Smetana
- **Wrestling (Boys & Girls)**- Santiago Sisneros
- **Volleyball** -TBA
- **Clubs - Mtn. Biking** - Eric Graham
- **Ultimate Frisbee** - Christine Kamin

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# Top 10 Ways Parents Can Support Your Student-Athlete

To Review  
TOP 10

- 1) Be Present
- 2) Prioritize Academics
- 3) Encourage Healthy Choices
- 4) Be a great listener - not a great talker
- 5) Show great sportsmanship
- 6) Help with Time Management
- 7) Keep Sports in Perspective
- 8) Show Genuine Interest - Learn something new and show learners mindset
- 9) Do your part to see the bigger picture
- 10) Enjoy the moments

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## Final Thoughts

- Go and meet with your coaches
- They will direct you of where they are meeting.
- Set your physical date. The earlier the better.
- We welcome you to LHS

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