

# Lyndon Institute Athletics

#GOVIKES

2023-2024



Head of School - Dr. Brian Bloomfield

Athletic Director- Eric Berry - [eric.berry@lyndoninstitute.org](mailto:eric.berry@lyndoninstitute.org)

Asst. Athletic Director - Rob Heath - [rob.heath@lyndoninstitute.org](mailto:rob.heath@lyndoninstitute.org)

ATC - Evita Sandoval - [evita.sandoval@lyndoninstitute.org](mailto:evita.sandoval@lyndoninstitute.org)

The philosophy of LI Athletics is to extend educational opportunities for students, promote personal development, foster teamwork, and teach important life skills. Athletic participation contributes to the physical, social, and emotional health of our students and promotes a sense of pride amongst our athletes, our school, and our community.

### #1 THING THAT KIDS WANT FROM THEIR PARENTS ...

#### *MODEL APPROPRIATE BEHAVIOR*

EVERY participant of a game can play ONE of four roles during a game ...

(1) PLAYER      (2) SPECTATOR

(3) COACH      (4) OFFICIAL

Whatever you do, do it well ... be GREAT in ONE area!

# Lyndon Institute Athletics



# Spring 2024 Coaches

Unified Basketball: Dick McCarthy  
Assistant: Miles Etter

Softball: Head Coach- Justin Smith  
Asst. Coaches- Craig Simpson, Justin Royer  
Junior Varsity Head Coach- Kelly Hudson

Track Head Coach - Jack Harris  
Assistants - Kevin Hickey, Katey Harris,  
Lorrie Mawhinney

Girls Lacrosse: Head Coach - Katelyn Gross  
Assistant - Jennifer Patridge

Boys Lacrosse: Head Coach- Bill Goodhue

Baseball: Head Coach - Jeremy Wheeler  
Asst. Coaches: Buddy Lamothe, Joe Lamothe  
JV Head Coach: Rory Whittemore, Jamie Fournier

# LI Athletics- Registration

## Online Registration

- a. Rank One- can be accessed through Athletics page
  - i. <https://www.lyndoninstitute.org/athletics/viking-athletics>
- b. Proof of Physical on file within the past TWO years.
- c. EB/ES is the contact for registrations at [eric.berry@lyndoninstitute.org](mailto:eric.berry@lyndoninstitute.org)  
[evita.sandoval@lyndoninstitute.org](mailto:evita.sandoval@lyndoninstitute.org)
- d. We will be staying after to help you set up your child in Rank One if you are having issues with the system.

All registrations requirements must be completed before an athlete can participate.

By far the #1 issue with registration is auto filling the form and inadvertently changing the name on the form.

# Communication

- LI Athletics will use SportsYou for team communications.
- Coaches will invite you to the group
- Team rosters/groups
- Cancellations
- Schedule Changes
- Important team information



# Athletic Digest

Contains the guidelines, policies, and procedures and is located on our web page.

Topics include but are not limited to...

- Attendance
- Concussions Information
- Behavior and Conduct
- Character and Sportsmanship
- Social media policy
- Coach requirements
- Athletic Eligibility
- Communication protocols
- Training Rules
- Travel/Transportation
- Hazing/Harassment/Bullying
- Inherent risk
- Other VPA policies

# Tryouts

1. Not all teams have tryouts- team placements
2. Cuts are made if we are unable to give an athlete a meaningful role on the team.
3. Coaches will communicate procedures and timelines with athletes tonight and on the first day of practice.
4. Tryouts are 3-5 days. The length of the tryout is determined by the coach.
5. Coaches will communicate decisions with players.
6. Coaches must document assessments.

# Game/Practice Schedules

1. All Schedules are subject to change
2. Game schedules are posted on the Athletics website/Activities Calendar/Rank One
3. JV teams- expect changes as some schools may not be able to field JV teams. We will attempt to replace as many lost JV games as possible.
4. Schedule changes will be communicated to coaches, who will communicate with players and parents.
5. Practice Schedules- will be communicated by your individual coach.

# Student Athlete Expectations

1. Participation in High School Athletics is a privilege.
2. All athletes are students first and that should be reflected in their priorities.
3. Treat all coaches, teammates, officials, opponents, etc with dignity and respect.
4. Students are expected to communicate schedule conflicts with coaches in advance.
5. Students are expected to communicate any injuries with coach and athletic trainer.

# Behavior and Conduct Expectations

A student-athlete will be expected to

- be a positive role model and encourage sportsmanship by showing respect and courtesy and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice, or other sporting event
- not engage in any kind of unsportsmanlike conduct (taunting, refusing to shake hands, using profane language or gestures) with any official, coach, player, or parent
- respect the officials and their authority during games
- understand that doing one's best is important regardless of the outcome agree that if he/she fails to abide by rules/guidelines of the Lyndon Institute athletic program, he/she will be subject to disciplinary action

# Attendance Expectations

1. Students are expected to arrive to school **on time** and attend **ALL** classes.
2. Students are expected to attend all games and practices.
3. Missing Practice
  - a. Excused Absences- Exceptions are limited to approved appointments, family emergencies, religious holidays, death of a family member or friend, college visitations, or school-sponsored field trips. Further exceptions may be made in advance by an administrator.

# Missing practice

Unexcused Absences - will result in a loss of playing time.

Student-athletes with unexcused absences from practices/games during the season may be removed from the team. An unexcused absence from practice the day before a game will prevent the student athlete from playing in that game. Unexcused absences will be determined by the coach, the Athletic Director, and/or an administrator.

# Academic Eligibility

1. Academic Eligibility is check is by semester.
2. In order to be considered eligible to participate in co-curricular activities, students are required to achieve a passing grade, in all courses, for academic eligibility.
3. Students on academic probation will have to attend after school study for at least 30 minutes. Failure to do this will result in loss of eligibility.
4. Students will be excused from attending after school study only for school-sponsored activities or an absence approved by the school.
5. 20% / Rest of Season suspension for unexcused absences.

# Hazing, Harassment, Bullying

The policies and procedures associated are outlined in the Athletic Digest and will be communicated to all teams by coaches.

- We have a zero tolerance policy for any of these behaviors.
- All students involved in these situations are entitled to due process.

# Training Rules

If a student athlete is proven to have violated the following training rules

1. Harassment
2. Stealing
3. Substance possession and use of tobacco, vaping, alcohol, drugs, etc

1st offense= suspension for 20% of season

2nd offense= suspended for 1 calendar year

# Inherent Risk of Injuries

Involvement in athletics is voluntary and optional and carries with it certain risks that must be accepted by student-athletes and their families. Injuries can, and probably will, occur during practices, games, and interacting with fellow student-athletes.



# Concussion Education



If a student-athlete sustains an injury, or blow to the head, then he/she will NOT be allowed to continue to participate until it is determined that they can do so safely. Any student-athlete complaining of symptoms of a head injury will be immediately removed from activity and further evaluated by the ATC. No student-athlete will return to activity the day of injury.

**when in doubt**  
**SIT OUT!**

If I don't get hit in the head, it  
cannot be a concussion  
right?

**Wrong.** Any blow to the body that causes the brain to move around in the skull can result in a concussion and will be taken just as serious as someone who is directly hit in the head.

# Common signs / symptoms

Headache, nausea, dizziness, increased tired level, trouble sleeping..

More symptoms can be found on the athletics website on the bottom right hand side.

Athletes will be sent home with paperwork listing these signs / symptoms and suggestions on how to limit their symptoms and Return to Play protocol

Athletes are encouraged to check-in daily with athletic trainer until they have fully returned to sport.

LI follows the State of Vermont Concussion Guidelines, including the Return to Play Protocols. LI Student Athletes and their parents are required to review the Student and Parent Concussion Materials, which are posted below. Printed copies of this material are available in the Athletic Office and in the Health Center on the campus of Lyndon Institute.

[EDU-Act 58 - Guidelines](#)

[Parents Fact Sheet - Concussions](#)

[Athletes Fact Sheet - Concussions](#)

[Patient Return to Learn & Play Protocols](#)

[Parents Guide to Concussion in Sports](#)

# Return to Play Protocol:

-Monitor symptoms daily using Graded Symptom Checklist. Once 24hrs asymptomatic, may be cleared to begin RTP protocol by ATC only.

-5 Step gradual protocol. Monitored by ATC and coaching staff.

~will receive a card each day which outlines what they can/can't do which requires a coach's signature after practice

**If baseline testing was done, the athletes scores must be equal to or greater than their baseline test.**

Athletes are encouraged to take part in normal activities like hanging out with friends/teammates, going for walks and light exercises (as advised by ATC) while still having symptoms.

# Return to Learn Protocol:

- Email/letter goes to all student-athlete's teachers and guidance counselor to inform them of sustained concussion.
- Student-athlete is expected to reach out to the teacher IF additional help, time, extensions, and/or resources are needed.
- Accommodations can be made to help the athlete through classes and prevent them from falling too far behind

# Clearance After injury

- Athletes should check-in with athletic trainer regularly after an injury occurs. We will give the final ok for full return to activity.
- If your athlete is evaluated off campus, such as Express Care or their pediatrician, for an injury, a note must be provided to athletic training and athletes should check-in as well.

# Where is the game?

Game venues/schedules are listed on the following sites:

1. Rank One
2. Arbiter Sports
3. Activities Calendar/LI Website Team Pages

# Playing Time

Decisions regarding playing time are made by the coach in the best interests of the team/program. Regardless of the team placement, all student-athletes must meet the following requirements:

- Be in good mental & physical health, so that playing will not place the student-athlete, or his/her team, at any unreasonable risk of injury.
- Abide by all school, athletic department, and team rules.
- Strive to EARN playing time by consistently demonstrating good sportsmanship; respectful behavior toward teammates, coaches and officials; a positive attitude; and a strong work ethic.

# Playing time continued

## Varsity Teams

- Winning at the varsity level DOES matter.
- Sportsmanship is #1 and modeling this for the community is vitally important.
- NO guarantee of playing time. Playing time is earned in practice and coaches are evaluating players on a daily basis.

## Sub Varsity Teams

- Player Development is #1 priority.
- Winning is secondary.
- Sportsmanship is #1 and modeling this for the community is vitally important.
- Playing time is not equal and will be based on work ethic and skill.
- Every player should get into every game, unless there are other factors that prevent a player from playing.

# Communication Protocols

**Step #1** Students (athletes and participants in co-curricular programs) will address and share concerns with coach/es (or advisor/s) and attempt to resolve them.

Note: Parent(s)/guardian(s) and supporters are expected to permit the student to communicate his/her concerns with the coach/es (or advisor/s) first before becoming involved.

**Step #2** If step #1 results in an unsatisfactory outcome, the student and parent(s)/guardian(s) should address and share concerns with the coach/es and attempt to resolve them.

**Step #3** If step #2 results in an unsatisfactory outcome, the student [and optionally, parent(s)/guardian(s)] or the coach/advisor should address and share concerns with the athletic director and attempt to resolve them.

**Step #4** Finally, if step #3 results in an unsatisfactory outcome, the student [and optionally, parent(s)/guardian(s)] or the coach/advisor should share concerns with the principal and attempt to resolve them.

Lyndon Institute recognizes that the parent(s)/guardian(s) of a student-athlete may find it necessary to raise a concern with a coach/advisor. Certain topics can, and should, be discussed with your child's coach. However, some topics must be left to the discretion of the coach/advisor. The following examples are offered as a guide:

**Appropriate topics for parent(s)/guardian(s) to discuss with a coach:**

- treatment of your child (the student athlete)
- advance notification of any schedule conflicts
- your child's (the student-athlete's) behavior

**Inappropriate topics for parent(s)/guardian(s) to discuss with a coach:**

- playing time
- play calling

PLEASE DO NOT ATTEMPT TO CONFRONT A COACH/ADVISOR BEFORE, DURING, OR AFTER A PRACTICE OR CONTEST. THESE CAN BE EMOTIONAL TIMES FOR BOTH PARTIES. MEETINGS OF THIS NATURE DO NOT PROMOTE RESOLUTION.

# Parental Expectations

1. Parents are expected to display good sportsmanship at all games and treat players, coaches, opponents, and officials with respect and dignity.
2. All comments from parents and their guests should be encouraging or positive in nature. No sideline coaching.
3. If parents have player/team concerns they should contact the coach directly. This contact should not occur before or after games.
4. Parents need to understand that coaches will not engage in a any discussions about playing time or any comparisons to other players.

# Lyndon Institute Athletics

Social Media/Booster Club

Instagram- lyndonathleticsad

Facebook- Lyndon Institute Athletics

Twitter - @GOVIKESLIAD

Booster Club - Peg Hale

# Thank you for coming!!!

We will now break into our sport specific groups.

LI Staff will be available to help with Rank One

