

EXTRA-CURRICULAR INVOLVEMENT

Students who engage in school activities tend to have social/emotional and academic success

- Wide selection of clubs, sports, and activities - there's something for everyone.
- Students participating in any co-curricular activities (all clubs, drama, sports) need to have an ASB card. ASB cards can be purchased online in August before school starts or throughout the year.
- <http://lwhs.lwsd.org/activities/activities-clubs>



WHY SPORTS AND ACTIVITIES?

Studies show that students who participate in co-curricular activities, versus those who do not, are more likely to:

- Have higher grade point averages
- Have fewer absences from school
- Graduate on time
- Have fewer discipline problems
- Have a positive self-image
- Learn to handle adversity and overcome failures
- Learn the importance of discipline, hard work, dedication and commitment



LWHS ATHLETICS PHILOSOPHY



- ◉ Sports should be a fun and rewarding experience.
- ◉ Coaches are committed to providing a safe, nurturing, positive atmosphere for all athletes, regardless of ability level.
- ◉ Coaches are expected to conduct themselves as professionals at all times-demonstrating character and integrity.
- ◉ Coaches promote and expect excellence in the classroom.
- ◉ School administrators, the athletic director and our coaches expect LWHS student-athletes to be role models in the school, on the playing fields, and in our communities.
- ◉ Winning is the result of commitment, effort, and teamwork.



SPORT SEASONS (IN A NORMAL YEAR)

- ◉ Fall (mid August - mid November): cross-country, football, boys' golf, girls' soccer, girls' swim & dive, boys' tennis, slowpitch softball, and volleyball
- ◉ Winter (mid November - late February): basketball, gymnastics, boys' swim & dive, and wrestling
- ◉ Spring (late February - end of May): badminton, baseball, girls' golf, boys' soccer, fastpitch softball, girls' tennis, track & field
- ◉ Other activities: cheer squad, dance/drill

** tryout sports (aka "cut sports") shown in black; non-cut sports shown in purple



ELIGIBILITY & PARTICIPATION FEES

Students and parents need to understand the requirements of eligibility, including:

- ✓ Pass at least 6 of 7 classes
- ✓ Be aware that playing sports has inherent risks including concussions
- ✓ LWSD drug/alcohol/tobacco and behavior policy
- ✓ Proof of medical insurance
- ✓ Proof of current physical exam (good for 2 yrs)
- ✓ Participation fee/\$200 per sport (\$400/\$750 cap)
- ✓ ASB fee/one time \$50
- ✓ Registration is completed via an online process known as Final Forms; a link is on our website.



QUESTIONS?

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