

Welcome to
Lake Havasu High School
Athletic Participation Meeting
for 2023-2024

Created 4-4-11

Revised 7/19/23

ATHLETIC DEPARTMENT STAFF

Athletic Director - Mr. Dustin Zampogna

Administrative Assistant - Sydnee Johnson

Athletic Trainer - ???????



FALL SEASON COACHING STAFF

Head Football- Karl Thompson

Asst. Football- Chris Pattee, Doug Heldt,
Garry Creek, Sean Stephenson, Micah
Johnson, Jacob Allen

Head Volleyball- Marsha Becker

Asst. Volleyball– Kelly Austin, Alyssa Stires

Head Cross Country- Erika Washington

Head Golf- Nate Koch(Boys), Jeremy
Wojcicki (Girls)

Head Spiritline- Tara Winchester

Asst. Spiritline- Lauren Smith

Head Swimming- Giulia Dickinson

Asst. Swimming- Kaymee Kelly

WINTER SEASON COACHING STAFF

Head Boys Basketball- Tanner Kelly
Asst. Boys Basketball- Gerard Bolden, Trey Sturges

Head Girls Basketball- Philip Hansen
Asst. Girls Basketball- Cameron Hansen, Bailey Sladeck

Head Wrestling- Ryan Schumann
Asst. Wrestling- Brandon Horton

Head Boys Soccer- Christina Gibbs
Asst. Boys Soccer- Jimmy Molyneux

Head Girls Soccer- Kris Garry
Asst. Girls Soccer-

SPRING SEASON COACHING STAFF

Head Baseball- Cullen Stahl

Asst. Baseball- Justin Wilson, Nick Morgan

Head Softball- Cassidy Fitzgerald

Asst. Softball-

Head Track- Tanner Kelly

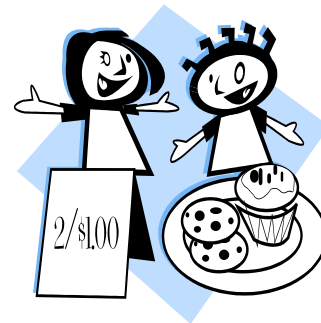
Asst. Track- Wade Novy, Trey Sturges,
Kaymee Kelly, James Buffoni

Head Boys Tennis- Andrew Maurer

Head Girls Tennis- Andrew Maurer

BOOSTER CLUB

- ❑ Please contact and join the Booster Club to help out at fundraising events such as snack bar and t-shirt sales.
- ❑ The money raised is distributed by the club to all the sports.
- ❑ President Judy Tassie
 - ❑ jtassie.lhhsathleticboosterclub@outlook.com



FLAG PROGRAM



LHHS ATHLETICS

Conference and Regions

Team Sports (excluding Football)	Football	Individual Sports
<p data-bbox="275 539 708 649">5A Conference – Desert West Region</p> <ul data-bbox="369 664 751 1049" style="list-style-type: none">Desert EdgeWestviewCanyon ViewLa Joya CommunityLake HavasuMillenniumVerrado	<p data-bbox="1031 539 1388 649">4A Conference – West valley</p> <ul data-bbox="1126 664 1414 1049" style="list-style-type: none">BuckeyeLake HavasuNorthwestChristianSt. Mary'sThunderbirdYuma Catholic	<p data-bbox="1651 539 2272 649">Based on enrollment – most are DII</p>

Tryout Schedule

- ▶ July 31st, 2023 is Football
- ▶ August 7th, 2023 is the start date for Volleyball, Cross Country, Golf, Swimming and Spiritline.
- ▶ October 30th, 2023 is the start date for Basketball, Wrestling and Soccer.
- ▶ February 5th, 2024 is the start date for Baseball, Softball, Tennis and Track.
- ▶ Tryouts will last at least 3 days.

*Subject to change based upon AIA schedule

PURSUIING VICTORY WITH HONOR

- ▶ “PURSUING VICTORY WITH HONOR” six pillars of character:
 - ▶ Trustworthiness
 - ▶ Respect
 - ▶ Responsibility
 - ▶ Fairness
 - ▶ Caring
 - ▶ Citizenship
- ▶ Emphasize the highest standards of sportsmanship, ethical conduct and fair play.
 - ▶ Opposing teams, officials, parents

ATHLETIC PAPERWORK AND PROCEDURES

ATHLETIC PAPERWORK

- ▶ High School Website- <https://lhhs.lhusd.org/>
- ▶ *Athletics link*
 - ▶ *Register My Athlete (RMA) - Online platform to register athletes*

- ▶ Inside RMA you will find the following:
 - ▶ AIA Position Statement
 - ▶ Athletic Handbook
 - ▶ AIA Concussion Form
 - ▶ AIA Consent to Treat Form
 - ▶ Bus Waiver Form
 - ▶ Athletic Fee Agreement
 - ▶ AIA Physical Exam Forms
 - ▶ Parent and Spectator Code of Conduct
 - ▶ Tax Credit Form
 - ▶ Field/Trip Athletic Form A

ATHLETIC PAPERWORK (cont'd)

- ▶ **Brainbook Concussion and Opioid Education Class (2 Separate Classes)** - are due prior to tryouts. Go to the aiaonline.org website and click on the AIA Academy tab. Scroll down to the Concussion Education Brainbook Test box and log in. Both need to be done if you are a Freshmen or a new student/new athlete. All athletes need to complete the Opioid Education class (new this year). Once it is done it is good for your entire time here. Please print off a copy of your certificate and bring to Mrs. Johnson as proof of completion.
- ▶ Completed paperwork is due on the assigned date before your sport tryout date. This includes copies of the physicals and other paperwork due.
- ▶ Due Dates can be found on the LHHS Athletics Page
 - ▶ **Fall Sports: Football- 7/24/23**
Cross Country, Golf, Spiritline, Swim and Volleyball- 7/31/23
 - ▶ **Winter Sports: October 23rd, 2023**
 - ▶ **Spring Sports: January 29th, 2024**
- ▶ **If completed paperwork is not received by this cut off date your athlete may have to wait to begin tryouts until the paperwork is processed.**

ATHLETIC PHYSICALS

▶ Physicals are required before any athlete can participate in athletics.

- ▶ All AIA athletes are required to have a Pre-Participation Sports Physical for the 2023-2024 season dated on or after March 1st, 2023.

▶ Nextcare Urgent Care, as well as your family doctor, provides physicals to our athletes.

*All paperwork can be found on the LHHS Athletics Website & RMA

Athletic Paperwork - After You Make the Team

- ▶ Physical Concussion Test - Baseline testing
 - ▶ Provided by Pro Therapy
- ▶ The Sports Athletic Fee will need to be paid in full or the payment plan contract signed and in place. - Contact the Athletic Dept. for more information
- ▶ Until both are completed you will not be able to participate in games, only practices.

Athletic FEE

This year's Athletic Fee is \$400.00 per athlete to play any number of sports during the 23-24 school year. There is no family cap.



TAX CREDIT PROGRAM

- ▶ The Tax Credit Program allows for the \$400 sports participation fee to be paid by either couples contributing up to \$400.00 or a single person up to \$200.00.
- ▶ This keeps your money in Lake Havasu by supporting a Lake Havasu High School Athlete or the overall program.
- ▶ *Any Questions contact -Theresa Parker at 928-505-6941 or at Theresa.Parker@lhusd.org*

ATHLETIC ELIGIBILITY



- ▶ Students MUST pass all classes every week in order to be eligible to compete in interscholastic activities. Failure to do so will result in not being able to pay to participate in games
- ▶ Eligibility will be determined as of 3:00 p.m. Friday each week. Those students will be ineligible to compete the following week from Monday through Saturday.

ATHLETIC ELIGIBILITY (cont'd)

- ▶ There will be fresh start between first and second semester.
- ▶ Students may withdraw from a class through the eighth week without penalty. After the eighth week of a semester, students withdrawing from a class will be given a W/F (withdrawal/fail) resulting in loss of eligibility for the remainder of the sport.

Detentions

- ▶ Students who have been assigned 4 or more hours of detentions are not allowed to travel, practice or participate in athletics until they have served enough hours to adhere to regulation.
- ▶ Students who have out of school suspension or in school suspension are not allowed to travel, practice, attend games or participate in athletics until the disciplinary obligation is completed. Students are not allowed to participate on the same day ISS/OSS is completed.

DISCIPLINE

The following guidelines will be applied to ALL participants in our athletic program:

- ▶ The student conduct code as outlined in the student handbook will apply to ALL athletes.
- ▶ The use, possession and/or distribution of tobacco, alcohol, drugs and/or paraphernalia at any time will result in suspension from the team for the season. The season is defined as the first day of practice as authorized by the Arizona Interscholastic Association through the regional championship. For those teams that qualify for state championship competition, the season will end after the final game of state championship competition. Violation of this rule for a second time will result in suspension from the athletic program for the remainder of the school year.

DISCIPLINE (cont'd)

- ▶ Severe disciplinary infractions may result in suspension from the team and/or athletic program. EXAMPLES: theft, pilferage, unsportsmanlike conduct, assault, insubordination, etc.
 - ▶ Suspensions will be handled by the Athletic Director.
- ▶ Each head coach will establish specific rules and regulations for their programs.
- ▶ Any arrest of an athlete, police citation issued to an athlete, or actions which bring disrepute to the Lake Havasu High School athletic program, may result in suspension from the team for the season and/or school year.

Absences

- ▶ If a student has an unexcused absence from school for any part of the day, he/she will not be allowed to practice and or participate in an athletic activity that afternoon or evening on the day of the absence.
- ▶ If a student has an excused absence (such as doctor's appointment) on a Friday, the day of a game or the day after an away game the athletic administration must be notified 24 hours prior to the absence and the Athletic Director, Athletic Administrative Assistant or administration will make the determination of the student's eligibility to practice or play.
- ▶ If an emergency situation arises overnight a message must be left with the Athletic Department prior to the start of the school.
- ▶ Please provide the Athletic Department with a doctor's note upon your return to school.

Bus waiver forms

- ▶ Students are required to travel TO and FROM athletic events by school transportation.
 - ▶ **EXCEPTION:** Students may be allowed to return with their parents/legal guardians if a permission form is submitted to the Athletic Director for approval a minimum of 24 hours prior to the trip, specific forms are available for requests in the athletic office.
- ▶ **Coaches will not be allowed to accept late permission forms at the event**
- ▶ Athletes not adhering to the transportation policy will be disciplined. The Athletic Director can make exceptions to the transportation rule when a unique situation comes up; however, the parents or players must get the okay 24 hours prior to the day of the event.

GRIEVANCE procedure

- ▶ 24 hour rule
- ▶ Please talk to your athlete first
- ▶ Please try to resolve any athletic issue by contacting the coach first. They are available by email, phone or for a prearranged meeting.
 - ▶ Athlete speaks with Coach
 - ▶ Athlete/Parent Speaks with Coach
 - ▶ Athlete/Parent speaks with AD
- ▶ If the issue needs further attention contact the Athletic Department at 928-854-5317 to set up an appointment with Mr. Dustin Zampogna, Athletic Director.

INFORMED CONSENT INFORMATION

PARENT INFORMED CONSENT

- ▶ It is important for athletes and parents to know the risks in sports.
- ▶ On rare occasions athletes may incur injuries that result in partial or complete paralysis, brain damage or even death.
- ▶ Two main things can be done to reduce the possibility of injury. First, know and abide by all the rules. Second, don't do any new techniques until you are completely comfortable with performing them in practice.

PARENT INFORMED CONSENT (cont'd)

- ▶ Parents will need to read and sign the Informed Consent form.
 - ▶ Found on athletic website/Student Handbook/RMA
- ▶ Athletes will be provided protective equipment. They are required to wear it during practice and games. Manufacturers set the quality standards for equipment.
- ▶ Athletes are encouraged to recognize hazards, monitor the playing area and bring concerns to the attention of the coach.

PARENT INFORMED CONSENT (cont'd)

- ▶ It is important to recognize that accidents do happen.
- ▶ During an accident there is an emergency plan in place. Designated personnel must be allowed into the area to help.
- ▶ In order to help prevent accidents athletes should maintain a healthy diet, be physically fit and have a physical completed by a doctor.
- ▶ **Drugs and alcohol are not part of a physically fit athletes regiment.**

PARENT INFORMED CONSENT (cont'd)

- ▶ Due to blood borne pathogens anyone with a bleeding wound must cease activity immediately and until the bleeding has stopped.
- ▶ If an athlete is injured, parents have the right to hold the athlete out of competition until they feel they are fit to return.

PARENT INFORMED CONSENT (cont'd)

- ▶ Proper conduct by athletes, coaches, parents and fans during a game is expected.
 - ▶ Parent/Spectator Code of Conduct available on website
- ▶ Good sportsmanship promotes healthy and safe competition.

HEAT ACCLIMATIZATION & EXERTIONAL HEAT ILLNESS MANAGEMENT

- ▶ HEAT ACCLIMATIZATION & EXERTIONAL HEAT ILLNESS MANAGEMENT POLICY 41.4.1 It is the position of the AIA that prevention is the best way to avoid exertional heat stroke. Prevention includes educating athletes and coaches about:
 - Recognition and management of exertional heat illness;
 - The risks associated with exercising in hot, humid environmental conditions;
 - The need for gradual acclimatization over a 14 day period;
 - Guidelines for proper hydrations;
 - Implementing practice / competition modifications according to local temperature and relative humidity readings.

- ▶ 41.4.2 Definitions Exertional heat illness includes the following conditions, ordered from the least to the most dangerous:
 - ▶ a) Exercise associated muscle cramps: an acute, painful, involuntary muscle contraction usually occurring during or after intense exercise, often in the heat, lasting approximately 1-3 minutes.
 - ▶ b) Heat syncope: also known as orthostatic dizziness, it refers to a fainting episode that can occur in high environmental temperatures, usually during the initial days of heat exposure.
 - ▶ c) Exercise (heat) exhaustion: the inability to continue exercise due to cardiovascular insufficiency and energy depletion that may or may not be associated with physical collapse.
 - ▶ d) Exertional heat stroke: a severe condition characterized by core body temperature $>40^{\circ}\text{C}$ (104°F), central nervous system (CNS) dysfunction, and multiple organ system failure induced by strenuous exercise, often occurring in the hot environments

HEAT ACCLIMATIZATION & EXERTIONAL HEAT ILLNESS MANAGEMENT Protocol

- ▶ Heat Acclimatization Protocol (A team may not choose to train in a less severe climate)
- ▶ Days 1-5:
 - ▶ □ Days 1 through 5 of the heat-acclimatization period consist of the first 5 days of formal practice. During this time, athletes may not participate in more than 1 practice per day.
 - ▶ □ If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any 1 day. In addition to practice, a 1-hour maximum walk-through is permitted during days 1-5 of the heat acclimatization period. However, a 3-hour recovery period should be inserted between the practice and walk-through (or vice versa). (Note: a walk-through is defined as no contact with other individuals, dummies, sleds or shields).
 - ▶ □ During days 1-3 of the heat-acclimatization period, in sports requiring helmets or shoulder pads, a helmet is the only protective equipment permitted. The use of shields and dummies during this time is permissible as a non-contact teaching tool.
 - ▶ □ During days 4-6, only helmets and shoulder pads may be worn.
 - ▶ □ Football only: on days 4-6, contact with blocking sleds and tackling dummies may be initiated.
- ▶ Days 6-14:
 - ▶ □ Beginning no earlier than day 6 and continuing through day 14, double-practice days must be followed by a single-practice day.
 - ▶ □ On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double-practice day is followed by a rest day, another double-practice day is permitted after the rest day.
 - ▶ □ On a double-practice day, neither practice should exceed 3 hours in duration, nor should student-athletes participate in more than 5 total hours of practice. Warm-up, stretching, cool-down, walkthrough, conditioning and weight-room activities are included as part of practice time. The two practices should be separated by at least 3 continuous hours in a cool environment.
 - ▶ □ Beginning on day 7, all protective equipment may be worn and full contact may begin. □ Full-contact sports may begin 100% live contact drills no earlier than day 7.
 - ▶ □ Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, we strongly recommend that an athletic trainer be on site before, during and after all practices.

HEAT ACCLIMATIZATION & EXERTIONAL HEAT ILLNESS MANAGEMENT

Hydration Strategies

► Hydration Strategies

- □ Sufficient, sanitary and appropriate fluid should be readily accessible and consumed at regular intervals before, during and after all sports participation and other physical activities to offset sweat loss and maintain adequate hydration while avoiding overdrinking.
- □ Generally, 100 to 250 mL (approximately 3-8oz) up to 1.0 to 1.5 L (approximately 34-50oz) per hour for adolescent boys and girls is enough to sufficiently minimize sweating-induced body-water deficits during exercise and other physical activity as long as their pre-activity hydration status is good.
- □ Pre-activity to post-activity body-weight changes can provide more specific insight to a person's hydration status and rehydration needs. Athletes should be well hydrated before commencing all activities.

HEAT ACCLIMATIZATION & EXERTIONAL HEAT ILLNESS MANAGEMENT

Return to play following heat stroke

- ▶ Return to Play Following Exertional Heat Stroke The following is the protocol for return to play following heat stroke:
 - ▶ □ Refrain from exercise for at least 7 days following the acute event.
 - ▶ □ Follow up in about 1 week for physical exam by licensed physician (MD,DO)
 - ▶ □ When cleared for activity by a licensed physician, begin exercise in a cool environment and gradually increase the duration, intensity, and heat exposure for 2 weeks to acclimatize and demonstrate heat tolerance under the direction of a licensed healthcare professional.
 - ▶ □ If return to activity is difficult, consider a laboratory exercise-heat tolerance test about one month post incident.
 - ▶ □ Athlete may be cleared for full competition if heat tolerance exists after 2-4 weeks of training.

The AIA also recommends that any athlete suspected of having suffered exertional heat exhaustion be referred to a licensed physician for follow-up medical examination and clearance.

LHHS Athletic Updates (cont'd)

- ▶ LHHS Athletics has paid game worker positions available
 - ▶ Scorebooks/Timers/Scoreboard Operators/Announcers/Security, Gates, Event Support, etc...
 - ▶ Please Contact Mr. Zampogna regarding opportunities to get paid and watch LHHS athletics

LHHS Athletic Updates and Info

- ▶ Register My Athlete (RMA)
- ▶ Online Ticketing - GoFan
- ▶ Bus Drivers - We need drivers
- ▶ Booster Club needs your help
 - ▶ Snack Bar
 - ▶ Events

Varsity Football Entry Guidelines



LAKE HAVASU
HIGH SCHOOL

VARSIITY FOOTBALL ENTRY GUIDELINES

1

NO RE-ENTRY

2

NO OUTSIDE FOOD OR DRINK

3

HIGH SCHOOL STUDENTS
MUST SHOW SCHOOL
ID AT THE GATE

4

MIDDLE SCHOOL AGE AND
YOUNGER MUST BE
ACCOMPANIED BY AN ADULT

5

NO STUDENTS WILL BE
ALLOWED TO ENTER WITH A
BACKPACK

QUESTIONS

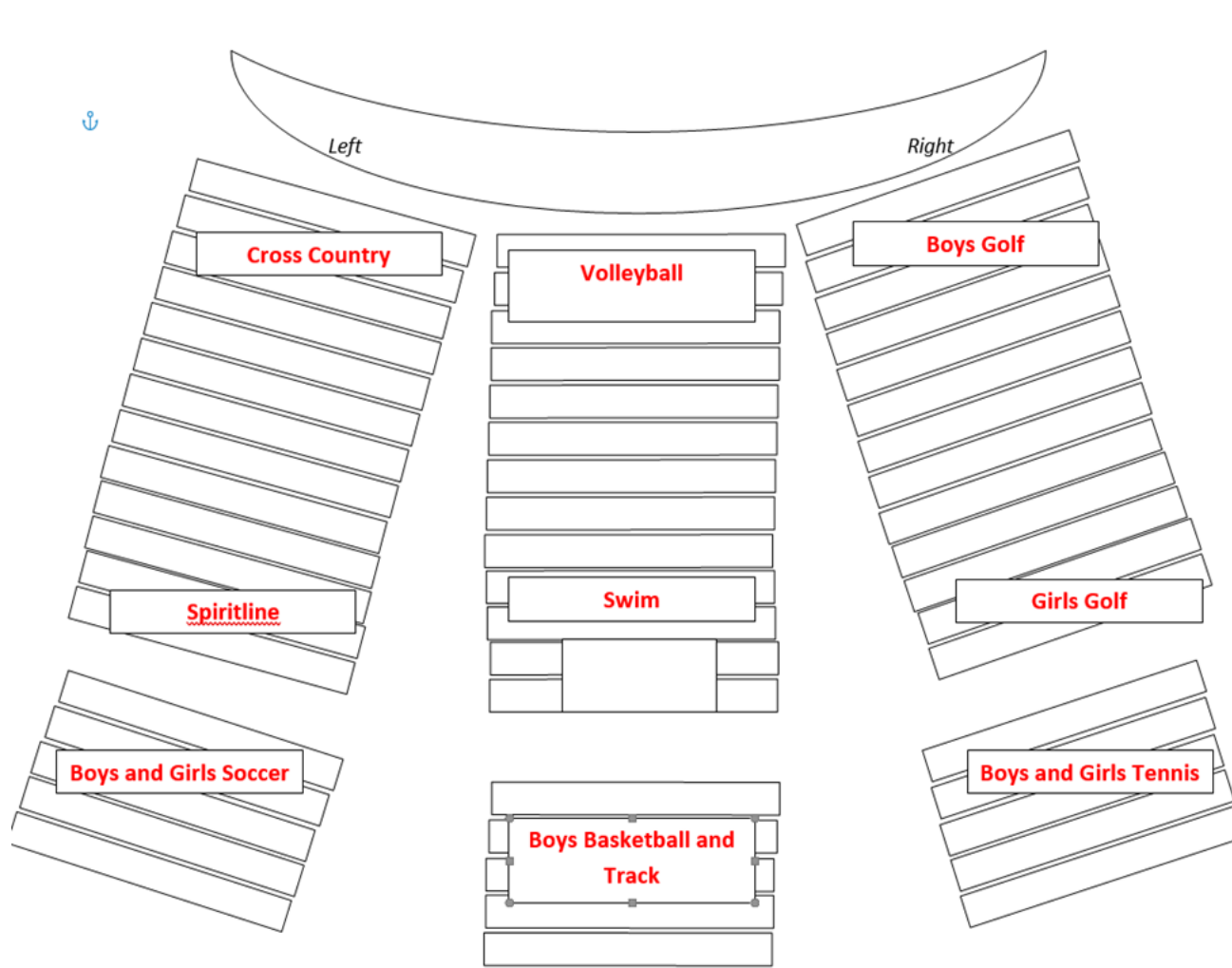
For paperwork or general athletic questions please contact Mrs. Johnson at 928-854-5317.

Sport specific questions please contact the coach directly.

For policy questions contact Mr. Zampogna at 928-854-5317.

Please join the LHHS Athletics Facebook Page!

COACHES MEET AND GREET



- FOOTBALL - LITTLE THEATER
- WRESTLING - CAFETERIA
- BASEBALL AND SOFTBALL - CAFETERIA
- GIRLS BASKETBALL - LIBRARY

- CROSS COUNTRY - PAC
- VOLLEYBALL - PAC
- BOYS GOLF - PAC
- GIRLS GOLF - PAC
- SPIRITLINE - PAC
- SWIM - PAC
- BOYS AND GIRLS SOCCER - PAC (NO GIRLS COACH, COACH GIBBS WILL DO HER BEST TO ANSWER ANY POSSIBLE QUESTIONS FOR THE GIRLS TEAM)
- BOYS BASKETBALL AND TRACK - PAC
- BOYS AND GIRLS TENNIS - PAC (NO BOYS COACH, COACH MAURER WILL DO HIS BEST TO ANSWER ANY BOYS TENNIS QUESTIONS)