

Athletic Code

As an athlete at Lackawanna Trail High School, I am interested in winning teams. In order to be successful, I must keep myself in top physical and mental condition. I want to be the best athlete that I can be. I do hereby agree to abide by the following rules and regulations set forth by the P.I.A.A, the Lackawanna Trail School District, and my coaches.

1. I will meet all school and PIAA academic requirements to maintain eligibility.
Note: If you become academically ineligible by failing two or more subjects, then you will not be able to participate from Sunday through Saturday immediately following the Friday of which you did not meet the academic requirements.
2. I will maintain appropriate school attendance as defined in the LTHS Student Handbook
3. I will have a complete physical prior to starting practice.
4. I will never miss practice unless it is excused by the head coach ahead of time.
5. I will adhere to the Lackawanna Trail School District Drug and Alcohol Policy
6. I will not use tobacco (i.e. cigarettes, chewing tobacco, E-vaporizers), alcohol, or drugs and recognize that any violation of this nature will result in suspension or removal from the team.
 - o Note: If you are found to be using tobacco, alcohol, or drugs, the consequences shall be:
 - o 1st Offense: One Week Suspension
 - o 2nd Offense: Dismissal from the team.
 - o Additionally, each coach shall have the discretion to dismiss from a team any athlete whose conduct is detrimental to the team.
7. I will report all injuries and illnesses to the coach and athletic trainer immediately.
8. I will be responsible for all school-owned equipment that I am issued. I will respect all facilities of our school and the schools that we visit
9. I will refrain from using profanity or foul language because such language is not indicative of what athletics at Lackawanna Trail is intended to promote.
10. I will remember that I represent the Lackawanna Trail School District, my community, and myself at all times. As such, I agree to act with pride and dignity because being a Lackawanna Trail athlete is a privilege.