



Marvin L. Sanders II, MS, *Director of Athletics*
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Ann Seaton, MSAT, LAT, ATC, *Athletic Trainer*

Winter Sports Resources:

- [Athletic Director's Sports Information Video](#)
- [Athletic Trainer's Information Video](#)
- [Coaches Contact Information](#)
- [LGH Education for Parents and Athletes](#)
- [Sports Schedule](#)

2021 Winter Sports Update

***Topics of discussion are what are usually presented during our general Carry-in meal.**

SuperFrosh Athlete

A super frosh is a 9th-grade student invited to join High School level athletics by the coach. A super frosh form must be submitted to the LL League within the season's first three weeks.

Transfer Forms

First-time transfers taking place between school years are automatically eligible for sports. Second-time transfers and those transferring during school months require a ruling by the District 3 Committee. This is generally approved if both school principals concur that transferring students' intentions are not for athletic recruiting purposes. This will need to be completed before the first game or we are at risk to forfeit games.

Schedules

Updated schedules and directions can be found on the school's web site or at Arbiterlive.com. Bookmark that page.

Transportation:

Students are expected to ride the bus with the team. However, if your child is unable to ride with the team for some reason, special permission must be given by the coach and a signed note by the parents. Students who are driving their car must follow behind the bus to the game and are not allowed to have passengers with them. Students may ride home with parents from away games after notifying the coach.

Athletic Participation Fee

The athletic participation fee is \$170 for all students playing High School JV and Varsity. This is a one-time fee. You will not need to pay the fee again if you choose to play another sport in a different season. The athletic fee should be paid through the online FACTS system. Once we have final rosters from coaches, we will add a charge to your account. The fee must be paid before the date of the first game.

Anti-Hazing Policy

Hazing is strictly prohibited. Hazing is any activity that recklessly or intentionally endangers the mental or physical health or safety of an individual or group of individuals, or damages property, for initiation or membership, regardless of the person's willingness to participate in the activity.

Academic Eligibility

Two or more failing grades will result in a one-week suspension from the team. Updated reports on grades are run every Friday. We will notify you if your child receives a C average or lower to prevent the one-week suspension.

Parent/Coach Communication

Please encourage your child to speak directly with the coach. If that doesn't resolve anything, please contact the coach directly to address any concerns (playing time is not a valid concern). I am the final option for a solution.

Thank you to the booster clubs for your support. LMS highly values you. I encourage parents to become active participants in booster activities.

If you have any questions, please keep an open line of communication with the coaches.

Thank you,

-Marvin Sanders II

LANCASTER MENNONITE SPORTS MEDICINE

Parent Information

Each student-athlete at Lancaster Mennonite School is cared for by the sports medicine team to ensure seamless care.

Sports Medicine Team:

- Team Physician: Dr. Patrick Moreno
- Athletic Trainer: Ann Seaton
Office: 717-740-2450 | seatonar@lancastermennonite.org
- Penn Medicine Lancaster General Health, Sports Medicine | Kissel Hill
51 Peters Rd | Lititz PA 17534 | Office: 717-627-7675

Athletic Training Room Hours:

- Each school day at 1:30 PM until the end of practices or games
- Before and after every home game
- Saturdays and non-school days depending on practice and game schedules

Medications:

- All medications (i.e., inhalers and EpiPens) must be labeled and with your student-athlete at all times

Nutrition/Hydration:

- Please make sure your student-athlete is replenishing the energy they are losing during sports
- Avoid caffeine, soda, energy drinks, etc. -- DRINK PLENTY OF WATER!
- Water coolers will be provided for practices and games, but bringing a water bottle to refill is recommended.
- Send snacks (granola bars, banana, PB&J sandwich, etc.) for before/after/in-between practices

Doctor's Visits:

- Encourage any injured student-athletes to see Miss Ann as soon as possible.
- Suppose a student-athlete chooses to seek medical attention on their own. In that case, we **cannot** allow the athlete to participate until a written physician note clearing them for participation is received. The notice must be signed by a doctor (MD or DO) or physician assistant (PA-C). Letters signed by a registered nurse practitioner or others cannot be accepted. **The team physician has the final say on the athlete's ability to participate.**

Policies and Procedures:

- If you would like to review the sports medicine policies and procedures regarding concussion protocol, heat/cold guidelines, lightning guidelines, or AED locations- please contact Miss Ann.

Lastly, please encourage your student-athletes to see Miss Ann in the athletic training room as soon as possible following an injury. To provide the best care for athletes, we ask them to bring injuries to us before seeing a physician. This allows us to help determine whether a physician's visit is necessary, to communicate efficiently with the physician, to prepare the athlete for their visit, and to track the progress of the injury.

Thank you,

Ann R. Seaton, MSAT, LAT, ATC

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