

# Welcome to the 2018-2019 Lake Orion Dragons Winter Sports Season



# Goals for Tonight

- Give you athlete registration Information
- Athlete Requirements: MHSAA, LO Schools
- Website/Schedule/Announcements
- Academics and the Athletic Code
- Role of the Parents in the life of a high school athlete
- Coaches Perspectives
- Answer Questions

# Before we get started....did you know?

- Benefits of playing high school sports
  - Higher Grades
  - Life Skills: Leadership, confidence, communication skills, self respect, etc.
  - Improved fitness and health
  - Lifelong friendships
  - Connection to the school and community
  - Connects them to adult mentors
  - Participation in Athletics makes a positive difference in college attendance, college graduation, and future employability and income level.

# Contact Information

- Athletic Director: Chris Bell
- Athletic Assistant: Jan Allard
- Phone: 248-693-5458
- Email: [Christopher.bell@lok12.org](mailto:Christopher.bell@lok12.org)  
[Janice.allard@lok12.org](mailto:Janice.allard@lok12.org)

Website: [www.lakeorionschools.org](http://www.lakeorionschools.org)

Department Tab: Athletics

Twitter: @lohsathletics

# Athlete Registration

- Arbiter Athlete
  - Parent and athlete must create an account
  - Recommend that it is done together
- Why?
  - Emergency contact information
  - 100 plus teams, over 1,500 student athletes
  - Tracks MHSAA, LO School Requirements
  - Efficiency, does the job of multiple programs
- [www.arbiterathlete.com](http://www.arbiterathlete.com)

## Quick Account Creation

*To create an account for online Pre-Participation,  
use your smart phone.*

Text S42877 to 69274

Or use: [www.arbiterathlete.com](http://www.arbiterathlete.com)

# Arbiter Athlete Details

- Parent Laptop, Student Cell Phone (easiest way)
  - Link accounts: both have to electronically sign
- Physical Forms
  - Form is printable
  - We want the hard copy
- Pay to Participate
  - Contract only (payment due by first game of season)
  - Currently Checks or Payschool through LO Schools is preferred. We will take cash, but drop it in the office.
  - Site will be able to accept payments in the future
- We have to go in and review for each athlete
  - In order to tryout: Physical must be turned in to athletic office and athlete must be registered on Arbiter Athlete.

# Athlete Requirements

- Current Physical on File
  - Dated on or after April 15, 2018 to be valid for this school year
- Must meet MHSAA Academic, Age, and Enrollment requirements: too many to name
  - Academics: Full Course Load, Passed 6 of 8 classes from the previous semester (MHSAA Guidelines)
- Pay to Participate (goes to LOCS general fund)
  - \$325 per athlete per year. \$720 max family cap
  - Free/Reduced rates apply. Contact Athletic Office



# In Season Athlete Requirements

- Goal: Be the best they can be: Field/Court, Classroom, Community, Home, Personal Lives – healthy life choices.
- Academics:
  - Must maintain a 2.0 GPA while in season
  - Weekly grade checks: if below a 2.0, ineligible the following week until the grades are above a 2.0
- Athletic Code: LOHS Student Handbook pages 25-34
  - Athletes expected to be Drug, Alcohol, Smoke/Vape Free

# LOHS Athletic Trainers

- Chelsea Hanning: 248-941-1936
- Meghan Hescheles: 248-245-8815
  - Beaumont Employees, Beaumont Contracted
- Serve All Athletes
  - Will contact you if injuries occur
    - Doctors Note
- Concussion Testing/Protocol
  - Concussion Protocol
  - MHSAA Support-Insurance for Concussion Injuries

# Website/Schedule/Team Information

- [www.lakeorionschools.org](http://www.lakeorionschools.org)
  - Departments/Athletics
  - Arbiter Registration Information
  - Weekly Calendar
- Teams/Scores
  - VNN – lodragonsports.com
  - Team Information, Scores, Schedule
- Schedules
  - OAA Site

# Game/Ticket Information

- \$5 Admission for School Age to Adult
- MHSAA Tournaments \$6
- 65 or older: Free Admission to LO events
- Econ Pass: May purchase at events:
  - Punch Card: Pay for 8, get 10 (2 free)
- Student Athletic Pass
  - \$50 payable at student registration

# LO Athletics Live Streamed

- Roger Smith: Teacher, Game Announcer, TPW Leader and ONTV Staff.
- <https://www.nfhsnetwork.com/events/lake-orion-high-school-lake-orion-mi/evtb134147c2f>

# Big Picture: Student-Athlete Experience

- Lake Orion Athletics should be a positive growth experience which is a part of their high school education.
  - We will challenge them to put forth their best efforts
  - We will love them all
- To be a successful student-athlete: our athletes will develop transferrable life skills

# Athlete Expectations

- Faith, Family, School, Athletics
- Be Committed: Attendance, Athletic Code, Health – sleep, nutrition, healthy habits
- Be a great teammate
- Be positive and have fun
- Be gracious in victory and demonstrate sportsmanship in defeat
- Positively Represent Self, Family, Team, School, Community

And on.....

# Coaches Expectations

- Provide a positive growth experience for all
- Love them all
- Put forth a championship effort to maximize student talents so that teams may be successful
- Be Demanding and Have High Expectations
- Abide by MHSAA Rules and LOCS Expectations and conditions of employment



# Truth About our Coaches

## *We Have a Great Staff!*

- Our coaches love their sport and love working with their student athletes (good coaches are hard to find - it's a calling)
- Requires a year round commitment from them – time with student athletes, coaching clinics – Prof. Dev.
- They do not do it for the money
- Think Team First
- They love to Win: Competitive People
  - This is high school athletics: Best players play
    - Sub-varsity philosophy
    - Varsity philosophy

# Role of Parents

- Unconditional Love and Support
  - Athlete – Child
  - Team, Coach, School: We are all Dragons and we are all doing our best
- Positive Representative of Lake Orion
  - You are a part of our dragon family as well.
    - Officials, opponents, etc.



“ It is not the critic who counts;  
not the man who points out how the strong man stumbles,  
or where the doer of deeds could have done them better.  
The credit belongs to the man who is actually in the arena,  
whose face is marred by dust and sweat and blood;  
who strives valiantly; who errs, who comes short again and again,  
because there is no effort without error and shortcoming;  
but who does actually strive to do the deeds;  
who knows great enthusiasms, the great devotions;  
who spends himself in a worthy cause;  
who at the best knows in the end the triumph of high achievement,  
and who at the worst, if he fails, at least fails while daring greatly,  
so that his place shall never be with those cold and  
timid souls who neither know victory nor defeat.”

- *Theodore Roosevelt*

# Life of an Athlete...

- Student Athlete Perception
  - Best of times
  - Worst of times
- “Be thankful for challenging times. Only then do you get to see what you are made of.”

Dr. Lawrence Selaty – POW, Teacher, School Administrator, College Professor

- Most growth happens during challenging times
  - Playing time, role, etc.
- Parents – do not be a barrier to your child’s growth

# Parent – Athlete

- Might be toughest role we have:
  - Help enforce healthy habits: sleep, nutrition
  - Help enforce positive personal habits: social media, positive treatment of others. The Team, The Team, The Team
  - Stay positive: not everyday will be sunshine and ice cream
- This is your child's experience in which we are a part, not your experience. If you want your child to get the most out of their experience, let them own it. Our job as parents is to support them.
- Post Game: not the time for the parent review  
Don't be the reason your child quits athletics!

# Communication Progression

- Common Sense Approach
  - Major Issues – Athletic Department (student safety concerns)
  - Athlete Role Issues:
    - Coach – Athlete
    - Coach – Parent
    - Coach – parent – Athletic Director
  - Playing Time is not a parent issue to be discussed. Coaches play the best players in the roles they see fit.
  - 24 hour rule: Parents should wait 24 hours after a contest before asking to speak to a coach about a complaint. If it is about playing time, see bullet above.

# Athletic Director Thoughts

- Specialization: Multiple Sport Athletes make better athletes:
- Underclassmen Move-Ups: too much too soon, not always a good thing: Jeff Heath, Zac Keasy, Will Johnson (NFL Football Players who played JV Football)
  - Have had parents wreck their child's season because they were too upset their son or daughter wasn't playing up.
- Scholarships: Academic!
  - NCAA Clearinghouse: Counselor Christy Bell
  - Coaches and Athletic Department will help guide you

# Lake Orion Dragons Athletics

- Athletes/Teams
  - Let's be the best we can be
  - Know there will be great victories, disappointing losses, great times and tough times
    - That is what makes it great, nothing is guaranteed
  - Let's have fun, play hard, and play the right way
  - Let's be role models, demonstrate sportsmanship and represent ourselves, our families, our teams and Lake Orion with class always!
  - I as your AD am also one of your biggest fans and I hope for great success for all our teams and athletes! Go Dragons!