



# LANCASTER MENNONITE

ATHLETIC  
DEPARTMENT

2176 Lincoln HWY E

Lancaster, PA 17602

Phone: (717)-740-2449

[www.lancastermennonite.org/athletics/](http://www.lancastermennonite.org/athletics/)

**Marvin L. Sanders II, MS**, *Director of Athletics*

**Emily Lehman**, *Administrative Assistant*

**Ann Seaton**, MSAT, LAT, ATC, Athletic Trainer

## **Fall Sports Resources:**

- [Marvin Sanders II Winter Sports Video Introduction](#)
- [Ann Seaton Winter Sports Video Introduction \(Health & Safety\)](#)
- [LMS Health and Safety Plan](#)
- [Coaches Contact Information](#)
- [LGH Education for Parents and Athletes](#)
- [Participation Waiver for Communicable Diseases](#)
- [Sports Schedule](#)

## **2020 Sports Parent Information**

### **SuperFrosh Athlete**

A super frosh is a 9th-grade student that has been invited to join High School level athletics by the coach. A super frosh form must be filled out and submitted to the LL League within the first 3 weeks of the season.

### **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 the transferring student's 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 for some reason your child is unable to ride with the team, special permission must be given by the coach as well as 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 \$165 for all students playing 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 via cash or check. The check can be made out to LMS with 'Athletic Fee' in the

memo line.

### **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.

### **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 step.

Thank you to the booster clubs for your support, it is highly valued by the school. 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](mailto: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 (ie. 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!
- At this time, LMS is not supplying coolers of water to refill drinks. It is recommended to bring at least one gallon of water per practice/game session.
- 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. ● If a student-athlete chooses to seek medical attention on their own, we **cannot** allow the athlete to participate until a written physician note clearing them for participation is received. The note must be signed by a doctor (MD or DO) or physician assistant (PA-C). Notes 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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