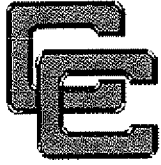


210 2011-2012



# CALLOWAY COUNTY LAKER ATHLETICS

Calloway County High School  
2108 College Farm Road  
Murray, KY 42071  
Fax: 270-762-7380

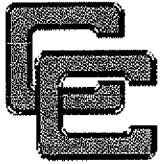
Athletic Director Josh McKeel  
Phone: 270-762-7374 ext 114  
Field house: 762-7397  
E-mail: [josh.mckeel@calloway.kyschools.us](mailto:josh.mckeel@calloway.kyschools.us)

## Guideline for Travel and Per Diem (food/housing)

Calloway County Schools place the following guidelines fro travel and per diem (food/housing) to insure equity in all sports.

For travel, each sport must utilize housing accommodations that fit between the \$60.00 per night to \$90.00 per night range. Each sport must regulate the cost based upon the location of the event that will be attended (State Championship, tournament, etc.) with all efforts to find comfortable accommodations at the lowest possible price. The committee did not find it appropriate to allocate funds per athlete as some teams will travel with four per room while others will only have single or double occupancy.

All sports teams will be allowed a \$25.00 per day per athlete for food allowing discretion by the coaches as to the meals that will be purchased. For example, a team may be staying at a hotel that has a free continental breakfast and therefore will not be eating at a restaurant for that meal.



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## Weight Room Review and Plan for Improved Culture for Female Use

Based on the KHSAA recommendations from the Title IX Audit conducted on October 6, 2010, the following improvements, additions and changes wither have been completed or are in process.

The open floor plan in the Anne and Chuck Hoke Athletic Complex has been utilized to develop two separate weight training areas. The one located in the lower level consist of the equipment and apparatuses that are most often utilized by athletes that are working to gain size and strength.

The upstairs weight room has been renovated to better meet the needs of the female athlete. We have increased the amount of smaller weight plates (2.5 lb, 5 lb, 10 lb) and have additional lighter bars (15 lb.) on the way. Exercise bands have been added along with some exercise balls and tumbling mats. The existing equipment and apparatuses have been moved to better facilitate group exercise and allowed room for body movements using the bands or the body itself.

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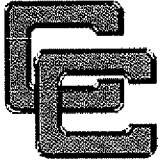
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## Recommendations from the KHSAA

Based on the KHSAA recommendations from the Title IX Audit conducted on October 6, 2010, the following pages include the improvements, additions and changes that have been completed.

Josh McKeel  
4/4/11



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## UNIFORM REPLACEMENT POLICY

- Uniforms will be reviewed for safety and condition on an annual basis by the coaches and Athletic Director.
- Varsity uniforms will be purchased on a need basis; usually every 5-6 years. Due to the nature of certain sports, some uniforms will last longer than 5 years and some less than 4 years.
- Changes in style or fashion do not warrant purchasing new uniforms if the current uniform is still in good condition.
- If the majority of the team's uniforms are in good or excellent condition and less than ¼ in fair or poor condition, replacing the entire set is not necessary if matching replacement uniforms can be purchased.
- Whenever possible, varsity and junior varsity uniforms shall be identical. This allows for greater flexibility in sizing.
- Whenever possible, varsity uniforms will be passed down to the junior varsity and junior varsity uniforms will be passed down to the junior high. This will not be done if the uniforms are in poor condition or do not fit the majority of the team properly.

The Calloway County School District has initialized the following rotation plan for uniform purchasing.

2010 - 2011 - Football, Boys and Girls Cross County, Boys and Girls Swimming

2011-2012 - Boys Soccer, Wrestling, Boys and Girls Golf, Boys and Girls Tennis

2012-2013 - Girls Soccer, Boys Basketball, Baseball, Boys and Girls, Track and Field

2013 - 2014 - Volleyball, Girls Basketball, Softball, Cheerleading

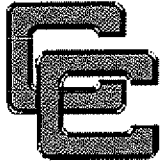
2014 - 2015 - Football, Boys and Girls Cross County, Boys and Girls Swimming

2015-2016 - Boys Soccer, Wrestling, Boys and Girls Golf, Boys and Girls Tennis

2016-2017 - Girls Soccer, Boys Basketball, Baseball, Boys and Girls, Track and Field

2017 - 2018 - Volleyball, Girls Basketball, Softball, Cheerleading

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The Calloway County School District has assigned locker room facilities and storage space for the majority of the thirteen KHSAA sanctioned sports at Calloway County High School. Those areas are described below for each sport.

**Baseball** - The baseball field is located on the north side of campus. The facility includes a regulation baseball field, two dugouts, a locker room for the Lakers, a batting cage and two storage areas. The baseball team also has a storage building outside the fence on the third base side. The baseball team also uses the Anne and Chuck Hoke Athletic complex during inclement weather. They store items and have a batting cage during season in this facility.

**Girls Basketball** - The girl's basketball team has a locker room in Jeffery gymnasium. They also have a coach's office down the east stairway. Storage areas are located inside the locker room and at the bottom of the east stairway.

**Boys Basketball** - The boy's basketball team has a locker room in Jeffery gymnasium. They also have a coach's office inside their locker room. Storage areas are located inside the locker room and at the bottom of the east stairway.

**Cheerleading** - The locker room for the cheerleaders is the girls P.E. locker room. They also have a storage area located inside the girls P.E. locker room.

**Girls Cross Country** - The girls cross country team has a locker room located on the northwest side of the Anne and Chuck Hoke Athletic Complex. They have storage at the Hoke building and will have ability for storage in the newly constructed storage building located between the preschool and the soccer locker room.

**Boys Cross Country** - The boys cross country team has a locker room located on the southwest side of the Anne and Chuck Hoke Athletic Complex. They have storage at the Hoke building and will have ability for storage in the newly constructed storage building located between the preschool and the soccer locker room.

**Football** - The football locker room is located in the Anne and Chuck Hoke Athletic complex. There are two storage rooms and a film room in the same facility. An additional storage area is located on the east side of the practice field.

**Girls Golf** - The girl's golf team utilizes the girls P.E. locker room on campus. There is also a facility at Oaks Country Club.

**Boys Golf** - The boy's golf team utilizes the boys P.E. locker room on campus. There is also a facility at Oaks Country Club.

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**Girls Soccer** - The girl's soccer team has a locker room located in a facility on the northeast side of CCHS. The locker room includes a storage area and there is also a storage area on the west side of the practice field.

**Boys Soccer** - The boy's soccer team has a locker room located in a facility on the northeast side of CCHS. The locker room includes a storage area and there is also a storage area on the west side of the practice field.

**Softball** - The softball field is located between the tennis courts and the baseball field. The softball team has a locker room located behind the third base dugout. There is also a bullpen and a batting cage on site. The softball team also uses the Anne and Chuck Hoke Athletic complex during inclement weather. They store items and have a batting cage during season in this facility.

**Girls Swim Team** - The girls swim team utilizes the pools at the Murray Calloway County Hospital Wellness Center, the Murray State Wellness Center and in the Carr Health Building on the campus of Murray State University. They store items with the AD and use the locker room facilities at the different locations.

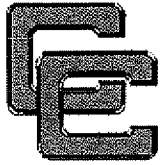
**Boys Swim Team** - The boys swim team utilizes the pools at the Murray Calloway County Hospital Wellness Center, the Murray State Wellness Center and in the Carr Health Building on the campus of Murray State University. They store items with the AD and use the locker room facilities at the different locations.

**Girls Tennis** - The girl's tennis team uses the tennis courts located directly north of the Anne and Chuck Hoke Athletic Complex. They have a storage area located on the north side of the previously mention facility and use the locker rooms inside the high school gymnasium.

**Boys Tennis** - The boy's tennis team uses the tennis courts located directly north of the Anne and Chuck Hoke Athletic Complex. They have a storage area located on the north side of the previously mention facility and use the locker rooms inside the high school gym.

**Girls Track** - The girls track team has a locker room located on the northwest side of the Anne and Chuck Hoke Athletic Complex. They have storage at the Hoke building and will have the ability for storage in the newly constructed storage building located between the preschool and the soccer locker room.

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**Boys Track** The boys track team has a locker room located on the northwest side of the Anne and Chuck Hoke Athletic Complex. They have storage at the Hoke building and will have ability for storage in the newly constructed storage building located between the pre-school and the soccer locker room.

**Volleyball** – The Volleyball team has a locker room located in the girls P.E. locker room. They have storage at the bottom of the east stairway and also on the stage.

**Wrestling** - The Wrestling team uses the locker room facility located behind the visiting bleachers of Jack D. Rose Stadium. They have storage located at the CCSD Maintenance building and at the Calloway County Day Treatment facility (CCDTC). They utilize the gym at the CCDTC for practice and use Jeffery Gymnasium for meets and tournaments.

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