

# Lighthouse Christian School Athletic Handbook

## **Our Motto: Athletes Glorifying God**

*Romans 12:10 Be devoted to one another in love. Honor one another above yourself.*

## **Team Formation:**

Generally, teams will be comprised of students in the same grade. Due to small class sizes, lack of participation at a grade level, or lack of coaches, teams may be comprised of more than one grade. If this is the case, the team will play in the league of the higher grade level (e.g. 7th/8th will play in 8th grade league). In all cases with our teams, the goal will be to maximize playtime participation regardless of grade level or type of game— regular season or tournament. MAISL playtime guidelines prevail.

## **Student Athlete Responsibilities:**

Participation in a sports program provides youth with many opportunities to develop physical skills, coordination, and mental discipline. In order to participate in a sports activity sponsored by Lighthouse Christian School, it is expected that the student athlete will strictly adhere to the responsibilities outlined below.

## Expectations

Each athlete is expected to:

- Love God, Love others, and Love yourself.
- Read the LCS Athletic Handbook and ask questions if clarification is needed.
- Sign the Student Agreement Form and return it to the Athletic Director.
- Act in a Christian manner toward coaches, team members, and opponents.
- Encourage teammates and promote positive interaction.
- Learn the rules of the game and be aware of responsibilities as a member of the team.
- Respect property at all games, both home and away.
- Communicate with and treat coaches, players, officials, etc. with respect.

## Practice

- Athletes must attend practices regularly. Students should understand attending practice is expected. It is also the commitment they have to their coaches and teammates.
- Athletes should notify the coach or an assistant coach either by telephone call/text/email or a written note before missing a practice or game. Failure to comply may lead to disciplinary action.
- Students who habitually miss practice may be suspended from games.
- If absent from school due to illness, an athlete cannot attend practice or participate in a game that day. This includes half days.
- If an athlete misses one or more practices or games due to injury, the player cannot resume practice without a parent's written approval provided to the coach.
- Athletes participating in other extracurricular activities (city/park and recreation leagues, etc.) or a sport other than the one at LCS should be conscious of how that may interfere with the commitment they have made to Lighthouse Christian Athletics.

## Equipment

Immediately after each sports season is complete, athletes are to return all equipment and uniforms to the coach cleaned and in good repair. Students will be given a fine for lost, dirty or damaged (by negligence) equipment or uniforms. The amount of this fine will be determined by the Athletic Director. If equipment is not returned or paid for, the athlete will not receive equipment for the next season. If it is the end of the year, the athlete will not receive any awards until it is addressed.

## Academic Eligibility

A student needs to maintain a grade of C or better in every class with no failing grades at all times. Students with an average below C or a failing grade in any class can be automatically declared academically ineligible. Exceptions can be made for a student who may require academic assistance.

Students who are declared ineligible must request to have their grades reevaluated by the Athletic Director at the end of a two week period. Any student who is ineligible for athletics but who has a strong desire to play on a team should contact the Athletic Director to develop a plan of study to regain his/her eligibility.

An ineligible student athlete remains a member of the team and maintains team status. A student athlete must be present a minimum of three events in order to play in a game after becoming eligible. Three events can be defined as three games, at which a player sits on the bench but cannot play; three practices the athlete must participate in; or a combination of the above. A student athlete who is declared ineligible for the second time during any season will be dismissed from the team. Parents always maintain the right to discuss their child's eligibility status with the Athletic Director.

This standard is in effect for all seasons on a year round basis. Grades issued at the end of the fourth quarter are used to determine a student's eligibility for fall sports during the next school year. Grades issued in the first and second quarters determine a student's eligibility for winter sports, and grades issued in the third quarter determine a student's eligibility for spring sports.

## **Expectations of Parents:**

- Parents are to place the emotional and physical well-being of their child ahead of their personal desire to win.
- Parents are expected to have their athlete(s) to practices and games on time and pick athlete(s) up on time. Parents are responsible for arranging transportation.
- Parents are expected to inform coaching staff of any concerns they have about their child relating to health issues (asthma, injury, illness, etc.)
- Parents are expected to inform coaches if their child will miss a practice or game 24hrs in advance. Notify the coach or assistant coach by call/text/email or handwritten note.
- Parents are expected to attend mandatory meetings. If absolutely unable to attend, the parent will inform the coach in advance and arrange another scheduled time.
- Parents will arrange transportation to and from all practices and games.
- Parents are expected to demonstrate good sportsmanship at all times.

- Parents should not interfere with their child's team by criticizing the coach or other players, publicly or privately. Complaints or suggestions about the team should follow a chain of command. The parent should speak with the coach within 24 hours after an issue, and if necessary, to the Athletic Director.
- Parents are not permitted to challenge calls or criticize referees during games. MAISL rules prohibit parents and coaches from challenging calls and authorize referees to assess technical fouls or remove spectators from the contest for unsportsmanlike conduct.
- Please refrain from coaching/yelling at your student athlete from the stands.
- Parents are required to properly maintain the athlete's uniform.

### **Expectations of Coaches:**

- Coaches are required to display and exemplify Christian values at all times.
- Coaches are expected to treat each player as an individual, remembering the wide range of emotional and physical development for the same age group.
- Coaches are expected to communicate with players and parents at the beginning of the season to explain their expectations regarding conduct, practice, facility use, and responsibility. Additionally, coaches are expected to express to parents that "winning" is not the sole factor in determining actual playing time. MAISL playing time guidelines must be followed.
- Coaches are expected to inform parents, in a timely manner, if there are problems regarding their child and enlist their support for a resolution.
- Coaches are expected to help every player progress over the season.
- Coaches should use athletics to teach life skills and character development.
- Coaches should be positive role models.
- Coaches should start and end on time.

### **Sports Physicals:**

Each athlete must have a physical examination for interscholastic sports every two years. This examination cannot be conducted before May 1st of the school year prior to participation. The Physical Examination Card or Alternate Year Card must be completed and filed with the Athletic Director before the athlete can participate in any practices or games.

[Sign agreement online here](#)

## Parental Agreement Form

I/We have read the Lighthouse Christian School Athletic Handbook and am/are aware of and understand the rules, policies, regulations, and procedures. I/We have asked for clarification of any parts of the Handbook which I/we do not understand. I/we agree to follow the rules, policies, procedures, and regulations stated in the Handbook and to fully support the athletes and coaches.

Parent Name Printed: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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## Student Agreement Form

I have read the Lighthouse Christian School Athletic Handbook and am aware of and understand the rules, policies, regulations, and procedures. I have asked for clarification of any parts of the Handbook which I do not understand. I agree to follow the rules, policies, procedures, and regulations stated in the Handbook and to fully support my coaches and fellow athletes.

Student Name Printed: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_