2017-18 ATHLETICS HANDBOOK
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Athletics Program Profile

**Mascot:** Eagles and Lady Eagles

**Colors:** Scarlet Red, White, and Royal Blue

**Affiliations:** Texas Association of Private and Parochial Schools (TAPPS), grades 9-12

**Classification:** TAPPS 4A and Division III

**Sports Offered for 6th Grade:** Football, Volleyball, Boys Basketball, Girls Basketball, Boys/Girls Soccer, Boys/Girls Track and Field, Cheerleading

**Sports Offered for Grades 7-8:** Football, Volleyball, Boys Basketball, Girls Basketball, Boys/Girls Soccer, Boys/Girls Track and Field, Cheerleading, Baseball

**Sports Offered for Grades 9-12:** Football, Volleyball, Boys Basketball, Girls Basketball, Boys Soccer, Boys/Girls Track and Field, Tennis, Softball, Baseball, Boys/Girl’s Golf, Cheerleading

**Final Fours**
- **Boys Basketball:** 2009, 2010, 2017
- **Volleyball:** 1991, 1993, 1995
- **Boys Track and Field:** 2013
- **Baseball:** 2017

**Runner-Up Finishes**
- **Boys Basketball:** 2009
- **Girls Basketball:** 1993, 2006
- **Boys Cross Country:** 2003
- **Girls Cross Country:** 2004, 2005
- **Girls Golf:** 2005
- **Volleyball:** 1993

**State Championships (Team)**
- **Boys Basketball:** 2006, 2010
- **Boys Cross Country:** 2004
- **Girls Cross Country:** 2003
- **Tennis (Boys):** 2016, 2017

**State Championships (Individual)**
- **Girls Swimming and Diving** - Amy Browning (2001: 100-yard freestyle & 200-yard freestyle)
- **Boys Track and Field** - Case Martinec (2002: 800m); Adam Henthorn (2005: 800m & 1600m); Chess Williams (2013: Long Jump); Michael Yow (2015: Discus); Michael Yow (2016: Shot Put & Discus)
- **Girls Track and Field** - Natalie Neill (2003: 1600m & 3200m); Robyn Brooks (2015: Long Jump)
Lake Country Christian School
ATHLETIC CHECKLIST FOR STUDENT FILES
For Both Middle School and High School Student Athletes

Student’s Name: ____________________________________________________________

1. Commitment & Handbook Agreement Form (MS and HS, Back of Handbook)
2. Recognition and Assumption of Risk Agreement (MS and HS, Back of Handbook)
3. TAPPS Physical Evaluation - Physical Examination (MS and HS, visit LCCS.org for form)
4. TAPPS Physical Evaluation - Medical History (HS only, visit LCCS.org for form)
5. TAPPS Sudden Cardiac Arrest Form (HS only, visit LCCS.org for form)
6. TAPPS Concussion and Traumatic Brain Injury (HS only, visit LCCS.org for form)
7. TAPPS Acknowledgement of Rules (HS only, visit LCCS.org for form)
8. TAPPS Previous Athletic Participation Transfer Forms (HS only, if applicable, visit LCCS.org for form)

NOTE: All required FORMS in this Athletic Manual must be COMPLETED and RETURNED to the Athletics Office
Lake Country Christian School Philosophy of Athletics

Lake Country Christian School (LCCS) is committed to providing not only a competitive sports program to its students, but also one that fosters Christ-like character among our student-athletes in addition to athletic abilities.

Many circumstances arise in preparation for and during athletic competitions that offer opportunities for God’s principles to be applied and it is our goal to see students exemplify Christ-likeness in everything they do. Our dedicated coaches help young people relate victories and defeats, and principles such as hard work, discipline, loyalty, sportsmanship, respect, work ethic, integrity, commitment, and teamwork to their daily walk with the Lord.

One of the guiding principles for the LCCS Athletics Department can be found in Colossians 3:23-24: “And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance, for you serve the Lord Jesus Christ.”

All policies and procedures that are defined by the Athletics Department are done so with the intent of teaching and instilling Christ-like qualities in the student-athletes for them to put into use in their daily lives. Our athletic handbook also provides a way to maintain consistency throughout our athletic program and to set forth the standards by which we expect our student-athletes to adhere. We require that parents, as well as student-athletes, take time to read this handbook so each can properly support Lake Country Christian School and its Athletics Department. Whatever we do, we want to do it well.

Department of Athletics’ Goals and Expectations

There are five basic goals that LCCS Athletics strives to instill into each of its student-athletes:

1. Develop Christ-like character in each student-athlete. - Galatians 5:22
2. Teach intensity, diligence, dependability, and self-control. - Philippians 4:13
3. Teach submission to authority on and off the field or court. - Hebrews 13:17
4. Develop Christian leaders that can be examples for the entire student body to respect and follow. - Hebrews 13:7
5. Teach the Biblical definition of winning and how to make it a lifestyle. - Colossians 3:23, I Corinthians 9:24

Athletes’ Code of Conduct

The student who chooses to participate in the athletic program will be observed by many public and private schools, media, parents, guests, peers, teachers, and the public at large. Participating in athletics provides the opportunity to demonstrate one’s desire to reflect Christ-like virtues in sportsmanship and in performance. In that regard, each LCCS student-athlete will be held to the following code of conduct:

1. After an athlete receives a suspension from school, the student will be suspended from his/her team for the next game. Further action will be at the discretion of the principal and/or athletic director.
2. A suspended athlete may participate in tryouts for a team, but may not actively participate in games until he/she has served a probationary period.
3. The use of profanity will not be tolerated. The use of profanity on or off the field may result in additional conditioning, a loss in playing time, or another form of punishment as agreed upon by the coach and athletic director.
4. Fighting during athletic events will result in a minimum two-game suspension. More severe discipline action may be enacted depending upon the circumstances.
5. Student-athletes are to be good representatives of Christ and Lake Country on road trips. Failure to do so may result in suspension or dismissal from the team.
6. Lake Country does not condone and will not tolerate "hazing" or "initiations" of student-athletes by other student-athletes. Any such actions will result in suspension and/or dismissal from the athletic team.

Sports Offered for the 2016-17 School Year
The offering of athletic teams is based on student participation and the availability of qualified coaches. As student enrollment and participation grows, and qualified coaches are available, additional athletic teams will be offered.

- Fall Sports
  Middle School Cheerleading (Girls Grades 6-8)
  Middle School Football (Boys Grades 6-8)
  Middle School Volleyball (Girls Grades 6-8)
  Varsity Cheerleading (Girls Grades 9-12)
  * Varsity Cross Country (Boys and Girls Grades 9-12)
  Varsity Football (Boys Grades 9-12)
  Junior Varsity Volleyball (Girls Grades 9-11)
  Varsity Volleyball (Girls Grades 9-12)

- Winter Sports
  Middle School Basketball (Boys and Girls Grades 6-8)
  Middle School Soccer (Boys and Girls Grades 6-8)
  Junior Varsity Basketball (Boys and Girls Grades 9-11)
  Varsity Basketball (Boys and Girls Grades 9-12)
  Varsity Soccer (Boys Grades 9-12)
  * Varsity Swimming and Diving (Boys and Girls Grades 9-12)

- Spring Sports
  Middle School Baseball (Boys Grades 7-8)
  Middle School Track and Field (Boys and Girls Grades 6-8)
  Varsity Baseball (Boys Grades 9-12)
  Varsity Softball (Girls Grades 9-12)
  Varsity Golf (Boys and Girls Grades 9-12)
  Varsity Track and Field (Boys and Girls Grades 9-12)
  * Varsity Tennis (Boys and Girls Grades 9-12)

Clarification on Individual Sports at LCCS
Due to the decreasing number of participants in the cross country and swimming and diving programs; the LCCS athletic department has made the following adjustments in the structuring of the individual based sports:

1. LCCS will sponsor student-athletes wishing to compete in the TAPPS district, regional, and/or state competitions, however, there will be no coaching or practice facilities provided by LCCS.
2. **Student-athletes will be responsible for their own training, and providing a coach that meets all TAPPS standards.**
3. All travel arrangements and expenses are also the responsibility of the student-athlete and his/her family.
LCCS student-athletes who are training for competition in TAPPS sponsored events may be excused from class for meets or tournaments leading up to the competition. All fees and transportation needs for these meets or tournaments will be the responsibility of the student-athlete and his/her family. Student-athletes interested in the same individual sport are encouraged to pool their resources. Training in individual sports is not regulated by the TAPPS yearly calendar, therefore, year-round training and participation in individual sports is encouraged. Students must inform the athletic office of their intention to participate in an individual sport(s), and must do so prior to August 24th.

**Athletics Associations**
Our high school student-athletes and teams compete in the Texas Association of Private and Parochial Schools (TAPPS) 4A /Division III level of competition. TAPPS is a statewide program that is governed by a Board of Directors. They form the rules, regulations, districts, and levels of competition that we adhere to.

**Team Selection**
Because we are a competitive sports program, all team rosters are compiled through the tryout process. Student-athletes that represent our school will possess the abilities, character, attitude, commitment, time availability, energy, and academic standing to compete at this level. While this can be a sensitive issue among those students cut from a team, we encourage them to get involved in a league or coaching outside the school and try out again the following year.

For students that try out for a team and do not make the final roster, there are also other opportunities for them to get involved in the LCCS Athletic Department. Each team in middle school and high school has need of managers, statisticians, and scorekeepers. Any student is welcome to visit with a head coach to get involved in that way.

- **Middle School Team Selection**
  We view the middle school years as an excellent time for our students to gain the necessary athletic experience that will prepare them to be a contributing factor on our high school teams. Therefore, it is our desire for each of our middle school students to have the opportunity to play the sport(s) of their choice. It is our desire to not make any cuts on this level. However, middle school cuts may be used on this level in order to maintain a manageable number of players for the available coaches to ensure the quality of instruction that can be given.

- **High School Team Selection**
  High school teams are obviously more competitive, and thus more selective, than that of middle school teams. Many factors go into the selection of a team. After a designated tryout period, each Lake Country varsity coaching staff is allowed to set the size of their team roster. All final rosters will be shown to the Athletic Director for approval before any official postings or announcements can be made. Students that do not make a particular team are encouraged to refine their skills and try out again in the future.

  If enough interest is present on the high school level, a junior varsity team may be formed to facilitate the extra players who do not make the varsity team. It is the coaches’ decision as to which players make the varsity team and which will play on the junior varsity team. Players may play on both teams if it is necessary to do so in order to form the junior varsity team. However, a player who starts for the varsity team may not play for the junior varsity team unless he/she is needed to have enough players to play. Also, any player who plays on both teams is limited in the total number of games that he or she can play in during the season (per TAPPS handbook).
Pre-Season Parent Meetings
A parent meeting between coaches, parents, and student-athletes will be conducted at the beginning of each athletic season. At least one parent is strongly encouraged to attend the pre-season meeting in order to allow their child(ren) to continue as a member of the team.

Previous Athletics Participation
Students who participated in a sport in either sub-varsity (i.e. junior varsity team, freshman team, etc.) or varsity in the 9th grade through 12 grades during the current or previous school year at another school MUST have the Previous Athletic Participation Transfer Form completed and returned to the athletic office BEFORE they are eligible to participate at the varsity level. The form is available at www.lccs.org/athletics. The Previous Athletic Participation form needs to be turned in to the Athletic Director once all necessary signatures have been obtained.

Quitting a Team
At LCCS we believe that Godly character is never formed by quitting. Responsibility, integrity, loyalty, and honoring commitments are all attributes that we wish to instill in our student-athletes. We also believe that students and parents need to realize that participating on an athletic team, whether in middle school or high school, is going to require some effort and sacrifice of time and resources. When a student decides that they want to play on a team and begin a season they are making a commitment to that team.

If after the season begins the student-athlete decides that he/she wishes to quit the team, he/she needs to realize that it is hurting the team by not honoring the commitment that was made when the season began. We feel that a student-athlete needs to take seriously the decision to play for a team, and if he/she makes that choice then everything needs to be done in his/her power to honor that decision.

A student-athlete may drop off the team anytime before the first regular season game without penalty. After that period of time no student-athlete may quit the team without penalty. There should be a strong sense of belonging to the team even when personal injuries would restrict the individual's participation in practices and games. An injured player is expected to be at all practices and games as if he or she were healthy, unless approval is received from his or her coach.

Any student-athlete who quits a team after the first regular season game will lose all athletics eligibility at LCCS for one calendar year. For example, if a female student-athlete quits during basketball season, she will not be eligible to play track or golf that year or volleyball the next year. A student-athlete who quits will be removed from the final team roster and forfeit any post-season rewards such as team pictures, letters, awards, etc.

Exceptions to this rule would be for family hardships, severe injury, or serious academic problems. The athletic director and the high school principal will decide any exceptions.

Multiple Sports and Activities
We encourage student-athletes to be well rounded, participating in different activities both athletically and otherwise. Different sports challenge student-athletes in different ways and the skills developed through the training methods used in one sport will often help the student-athlete in another sport. Additionally, the discipline and work ethic required in fine arts is similar to those in athletics.

When student-athletes do participate in multiple sports, good, open communication between the student-athlete, his/her parents, and the two coaches involved are tantamount and a priority will be declared in the case of scheduling conflicts and agreed upon by the coaches. In regard to practice time,
the team sport will always take priority with the student-athlete taking responsibility to get their individual sport training in on their own time.

Regarding multiple activity participation, student-athletes may participate in a non-athletic department (i.e. fine arts) program and on an athletic team at the same time. Leadership from both activities will work closely together to minimize conflict; however, there will be times when a family will have to choose between two competing commitments. Where there is dual commitment and schedule conflict, there must be a declared priority and agreements made between student, parents, and team or department leadership before the seasons begins as to how the student will divide his/her time between the activities. The decision to participate in multiple sports or multiple activities should ultimately be decided by the parents and student.

**Positions/Events**
Each one of LCCS’ coaches is given the charge to field the most competitive team possible based on the members of the team. Therefore, they have the freedom to place student-athletes in positions/events that he or she feels is best for the team. Student-athletes are expected to give their best at that position/event assigned barring any physical injury that prohibits them from participating.

**Injuries**
We understand that injuries are a part of playing sports and that at times an injury may preclude a student-athlete from competing in practices/games. If a student-athlete has an injury that keeps them from competing, a parent note will be accepted for the first 2 days. After 2 days a doctor’s note will be required as severe injuries must be dealt with medically to ensure the health of our student-athletes. Student-athletes and parents must also understand that missed practice time may or may not result in diminished playing time in a game. That is at the discretion of the team’s coach.

**Practice**

- **Practices for Middle School Teams**
  Most team practices for our Middle School teams will be held before school or during their PE period. Coaches may call additional practice time as needed (and facilities permit), but sufficient notice will be given to both the student-athletes and parents.

- **Practices for High School Teams**
  Most practices for our high school teams will be held during the athletic period or after school hours. They can typically last anywhere from 1-3 hours and can also include Saturdays. Since some of our coaching staff are part-time and also have other full-time jobs, practice times can also vary depending on the coach’s availability. These are possibilities that should be considered by both students and their parents before committing to play for a team.

- **Practice Attendance by Parents**
  Unless otherwise noted, practices sessions are closed to anyone who is not involved with the team on a daily level (coach, player, manager, etc.). As it is the coach’s responsibility to the lead and instruct the team, parents and others are asked to refrain from interfering with practice by “coaching” from the stands or interacting with the student-athletes. This is to minimize confusion as to who is given our student-athletes instruction.

**Playing Time**
Lake Country’s goal is to provide a competitive athletic program. Coaches determine playing time based upon various factors. These include a student’s athletic skill, attitude, work-ethic, performance in
practice, and “in-game” needs. Our goal is for all players to gain in-game experience. However, this will not be done in such a way that it adversely affects the team’s ability to be in a position to win. Participating on any team, and more specifically playing in games, should always be considered a privilege and not a right. Student-athletes who have questions regarding playing time should visit with their coaches to discuss what they can do to earn more playing time.

- **Middle School Playing Time**
  Throughout the season, each middle school student-athlete will play in his/her team’s games. However, every middle school student-athlete may not play in every game. LCCS middle school coaches will get players into games/matches on a consistent basis, as the “in-game” situations allow. Factors that go into consideration for middle school playing time may include, but are not limited to:

  Attending all practices and games as scheduled by coach (medical emergencies excluded).
  Successfully passing all academic and discipline requirements as stated in LCCS’ handbooks.
  Exhibiting excellent work ethic and the ability to follow team rules and instruction as established by the coach.

- **HS Playing Time**
  The overriding goal of the LCCS Athletic Department is to provide a competitive athletic program. Coaches determine playing time based upon various factors. These include a student’s athletic skill, attitude, work-ethic, performance in practice, and “in-game” needs. Our goal is for all players to gain in-game experience. However, this will not be done in such a way that it adversely affects the team’s ability to be in a position to win. Participating on any high school team, and more specifically playing in games, should always be considered a privilege and not a right. Student-athletes who have questions regarding playing time should visit with their coaches to discuss what they can do to earn more playing time.

**Game and Practice Attendance Requirements**
Once any student-athlete has joined a team, he/she has committed attention and attendance to that team until the last game is completed. Players must be at every practice or game unless excused for one of the following reasons:

1. doctor or dental appointment
2. personal sickness
3. death in the family
4. previously scheduled church commitment

**No student may participate in any afternoon/evening athletic events or other co-curricular activities unless he or she is present for at least one-half day (four classes) on the day of the event. College days may be exempted from this rule.**

Student-athletes and/or their parents are responsible for communicating ANY ABSENCE to their coach before the practice or game unless there is an unexpected emergency. Any student-athlete who misses a practice or game (excused or unexcused) may have to make up practice activities (i.e. conditioning) and face the team’s policy for a reduction in playing time. This is not meant as punishment for an excusable absence, but a reward and incentive to those team members who were present.

LCCS is supportive of its student-athletes being involved in their local church/youth group. We would never schedule a game on Wednesday or a practice or game on Sunday that would interfere with a
regularly scheduled worship service. In order to allow our student-athletes ample time to prepare for a mid-week service, no Wednesday practice will go past 5:30 pm.

A team member who must miss a practice or game may return to their former status as soon as they have fulfilled the team's policy for absences. Each coach will announce their discipline procedure for missed practices or games. Multiple unexcused absences may result in dismissal from the team. All student-athletes must also be on time to all practices and games. Coaches will also announce their own discipline procedures for tardiness and absences.

**Physical Exams**

Students participating in the athletic program will be required to have a current physical exam performed by a doctor and on-file in the school's athletic office prior to the first day of tryouts each year. Without a physical form on file in the office, a student will be considered ineligible to participate in practices or competitions. Any physical performed within the past 12 months will be accepted and will be in effect for one year. A copy of the TAPPS Medical Form can be downloaded from the school website, and it is also available at [www.tapps.biz](http://www.tapps.biz). Click on Forms, and it is labeled Pre-Participation Physical Examination form.

**Eligibility**

LCCS academic eligibility will be checked in accordance with each progress report/report card during each grading period. All standards for checking academic eligibility are in accordance with TAPPS standards. Academic eligibility will be determined as follows:

Participation in co-curricular activities requires a student to demonstrate loyalty to Lake Country Christian School at all times. A student’s conduct shall be consistent with the LCCS Honor Code while traveling both to and from and while engaged in all school related activities. All co-curricular activities must be approved by the Head of Upper School.

Any student-athlete with a grade below 70 in one or more courses on a progress report or report card will be deemed ineligible beginning at 3:20 pm on the day progress reports or report cards are issued. In order to regain eligibility, grades will be checked at 3:20 pm on the following Monday. If at that time the student is no longer failing any classes, he/she will regain eligibility. If at that time they are still failing one or more classes, another week period of ineligibility will begin and grades will again be checked on the following Monday at 3:20 pm. When a team is in playoffs, the administration reserves the right to defer an ineligibility period.

In order to remain eligible for athletic events, students must also remain in compliance with all standards set forth in the LCCS student handbook. Students will abide by the Honor Code and Disciplinary Policy of LCCS. This includes during all practices, games, and travel time. If at any time a student should violate the standards of conduct, the administration will determine the necessary consequences. This could include up to a suspension, dismissal from the athletic team, or removal from a production or competition.

Academics take precedence over co-curricular activities. Not all students should participate, particularly if it will interfere with school attendance and academic progress. Parents should help their students choose carefully those activities in which they will participate.

Excessive absences can prevent participation in co-curricular activities. It is expected that students be present in school at the beginning of first period.

Student-athletes are required to continuing practicing with their team during their time of ineligibility.
For each level of athletic participation, a student-athlete may not turn a certain age before September 1st of the current school year. That age is 15 years old for middle school student athletes and 19 for high school student-athletes.

**Concession Stand and Gate**

Every athletic family will be required to volunteer in the concession stand and gate a minimum number of times per sport. This is essential to be able to coordinate a successful concessions operation. If you are scheduled to work a particular time and are not able to fulfill your obligation, please contact another parent to switch days/time and contact the appropriate Booster Club member immediately. **Failure to notify the athletic director will result in a $25 charge to off-set the cost of paying someone to cover the assigned duty.**

**Official Music Guidelines**

**Rationale**

Music is played in a variety of school settings. It promotes enthusiasm at athletic events and is used to showcase the talent and interests of students of all ages. Hearing music as you enter a large event space sets the tone for what is about to happen. All this is good! Lake Country Christian School is a distinctively Christian School. Music used at Lake Country Christian School, including but not limited to: athletic events and practices, fine arts events and practices, locker rooms, hallways, buses, classrooms or any other school event should support the biblical values of Lake Country Christian School. There are many genres of music and all can reflect the Creator's character and heart. Care must be taken to assure that the artists, lyrics and message of music presented at LCCS reflect values that are consistent with its mission. All our choices should be consistent with biblical principles - standards that are core values, central to who we are and what we do.

**Guidelines**

1. Playlists used for school events or competitions cannot include music whose lyrics include profanity, vulgarity, references to drugs and alcohol, sexually explicit language or double entendre. The values expressed by the songs on the playlists must reflect Christian values. Unless you are comfortable that you know the song lyrics, you should find the lyrics online and read them to insure they meet the guidelines. Music that is free of those things is acceptable for use at LCCS.

2. There are two options for playlists for school events.
   - Playlist selections can be only songs with a Christian message.
   - Playlist selections can contain music that meets the guidelines for appropriate music at LCCS (according to #1 above) and songs with a Christian message.

3. Music for dance team and cheerleader performances should be appropriate according to standards set forth in #1 above. During a performance season, a representative number of songs with a Christian message should be included in the team’s repertoire.

4. Songs that meet our criteria but are from artists whose values are blatantly and obviously contrary to Christian values should not be included in playlists or performance music.
5. Songs whose lyrics do not meet LCCS criteria for playlists or performance purposes cannot be used even if the lyrics are removed (so-called “clean versions”).

Administrators of Lake Country Christian School will follow the guidelines set forth in this document and will hold the teachers, coaches and students who report directly to them accountable to do the same.

**Uniform Responsibility**

*All uniforms are the property of the Lake Country Christian School Athletic Department.* This is one of our largest expenditures as an athletic department, and so it is important that we try to maximize the life of these items. With that in mind, we ask that student-athletes and parents use the following guidelines when cleaning and caring for uniforms that they are issued:

1. Wash separately
2. Wash in cold water
3. Hang up to dry – **DO NOT TUMBLE DRY!**
4. Do not make alterations unless given permission by the Athletic Director.

Uniforms become the responsibility of the student-athlete as soon as they are issued until the time that they are returned. **Athletic uniforms are only to be worn for games, not practices or other functions and they are not permitted as part of your school uniform at any time.** Any damage that is done during that period, other than normal wear and tear, is the responsibility of the student-athlete and will be billed to them accordingly.

**All uniforms and equipment must be returned to the coach or athletic director within one week after the last game of the season.** Any student-athlete who does not return uniforms and/or equipment will have his/her report card held and costs for replacement charged to his/her school bill. A student-athlete will not be allowed to participate in another sport until all overdue uniforms, equipment, and fees have been turned in. Any lost items will be billed to the student-athlete at full replacement value.

Any auxiliary items (i.e. socks, practice uniforms, baseball hats, etc.) will be purchased by the individual student-athlete. The items are the property of the student-athletes. Student-athletes should also give special attention to the use of proper footwear for each sport.

**Transportation/Road Trips**

It is the responsibility of the student-athlete and their family to arrange transportation to and from all home athletic practices and events. In most cases, LCCS will provide transportation from school grounds to and from all away games. It is the parent’s responsibility to arrange for transportation from LCCS after games and practices.

Student-athletes need to be picked up immediately after games and practices. Parents with student-athletes that do not drive are responsible for drop off and pick up. Our coaches cannot leave the students after practices or games unattended; therefore it is imperative that parents communicate with coaches about practice and game schedules. Parents may be charged $1 for every minute they are late picking up their child(ren) from a game or practice.

Unless otherwise noted by the team’s coach, all team members, cheerleaders, managers, statisticians, and scorekeepers must travel to the game on the school bus or van. Each coach may have a preferred way to handle communication of student-athletes leaving an off-campus event. Generally, the student-athlete may ride home from an off-campus game with his/her parent(s), legal guardian, or a friend’s parent(s) provided that the coach has been given written or email notification from the student-athlete’s parent(s) or legal guardian prior to leaving the contest site.
What the student-athletes are to wear on road trips or to away games is set by the coach of that sport. In any case, student-athletes need to be aware that they are representing their team, their school, and most importantly their Savior Jesus Christ in the way that they act and the way that they dress. All students are expected to dress appropriately.

**Severe/Inclement Weather**
For outdoor practices and games, all TAPPS polices concerning temperature and other conditions will be followed. Any changes to published schedules due to bad weather will be communicated as soon as an affirmative decision can be made. If lightening is present during an outdoor event, all parties must be moved indoors. The event can only be resumed if 30 minutes has passed since the last visual evidence of lightening.

**Insurance Coverage**
Lake Country requires all student-athletes to be covered under a family primary care/major medical health insurance policy in order to participate in any practices or games. There is no supplemental insurance available to cover accidents to student-athletes.

**Lettering in Sports**

- **Lettering in Middle School Sports**
  Each Middle School student-athlete will receive a participation certificate for each sport he/she plays in a given school year. Managers, statisticians, and scorekeepers will be honored with a participation certificate that outlines their contributions as well.

- **Lettering in Varsity Sports**
  Student-athletes in grades 9-12 can earn a varsity letter in a sport under any of these qualifications:
  1. Playing/Participation Time – varies by sport as agreed upon by the Varsity Head Coach and Athletic Director. These requirements will be communicated to student-athletes and their parents at the beginning of each sport season.
  2. Servant-Leadership – for those team members who do not meet the minimum playing time requirement, they may qualify for a varsity letter under servant-leadership by demonstrating commitment, positive attitude, and enthusiasm and serving the team in a significant way throughout the season, as decided by the Head Coach.
  3. Completion of season – a team member must complete the season on the team’s roster. If a player quits a team or is dismissed from a team, he or she will not qualify for a varsity letter. If an injury or season-ending injury impacts the minimum playing/participation time qualification, then it is at the discretion of the Varsity Head Coach and Athletic Director to determine whether or not the playing/participation time qualification would have been met based on to-date contribution at the time of the injury.

**Individual Honors**

- **Individual Honors for Middle School Sports**
  Middle School teams will have a total of five individual awards for each sport. These categories include Team MVP, Offensive Player of the Year, Defensive Player of the Year, Most Improved,
and Coach's Award. An exception to this policy would occur if a particular team had fewer than ten players, or if it is a newly added sport at the school. Cheerleading squads can have as many as three awards, including Team MVP, Most Improved, and Coach's Award.

- **Individual Honors for High School Sports**
  Each junior varsity and varsity team will have a total of five individual awards for each sport. An exception to this policy would occur if a particular team had fewer than ten players, or if it is a newly added sport at the school.

  The Athletics Department will also give out a yearly Male and Female Athlete of the Year Award, which will be presented at the awards banquet. This award will be decided upon by the administration after consulting with individual coaches.

  Student-athletes will also be recognized at the awards banquet for any All-District, All-Region, and All-State awards they were given by TAPPS or any other organization/media outlet.

**Out of Season Expectations**
During the school year, student-athletes are expected to give the in-season sport in which they are participating first priority over any type of off-season leagues or training. Any organized training for another sport during the season in which a student-athlete is participating (such as an open facility or league) should be cleared with the current in-season head coach.

During the summer, all 9th-12th grade student-athletes are expected to work on and develop their athletic abilities. Understanding that family and personal time take first priority during the summer, there are various opportunities for student-athletes to train when they can. If a student-athlete is in town and not committed to a family activity, it is assumed that he/she will be engaged in some sort of athletic development program.

**Chain of Authority for Disputes**
The Athletics Department does its best to run and organize our team and events in a manner that will allow all of those involved to receive the greatest possible enjoyment and benefit. However, we realize that just as in any other organization or family there will be times that certain problems, conflicts, and concerns arise. It is for that reason that we feel it is important to state up front our position on handling these situations.

Parenting and coaching are each difficult vocations. Understanding each other’s roles and following the proper channels of communication will enable parents and coaches to effectively work together to provide a meaningful experience for student-athletes while they are participating in athletic activities at LCCS.

At the core of any good relationship is trust. It is important to understand there may be times when things do not go the way student-athletes, parents, and coaches wish. There may be times when it is difficult for parents to understand how playing time is allotted, why people are playing certain positions, strategy, etc. It is imperative that parents and student-athletes trust that our coaches are trying to do the right thing for the team on a daily basis in practice and competition, and therefore make judgment decisions based on what they feel is in the best interest of the team. Playing time, players’ positions and strategy should be left to the discretion of the coach.

We use Matthew 18:15-18 as our Biblical guide to handle such issues. If any parent, student-athlete, coach, teacher, or administrator has a concern over an athletic issue, they have a Biblical responsibility to go first to the person(s) that they have the concern about or with. It is our desire that any problems
can then be cleared up and those involved can move on. If, however, this does not resolve the issue, then and only then, should the issue be brought to the attention of another person.

For the record, the level of authority at Lake Country is as follows:

1. Coach
2. Athletic Director
3. Head of Student Life and Activities
4. Head of School

It is important to not confront a coach before, during or after a game or practice. These can be emotional times and not best for resolving conflicts. A 24-hour waiting period is a must to address any concerns. After the 24-hour waiting period, a parent can contact the coach and set up a conference time to share his/her concerns.

**Conclusion**

It is my hope that this manual has addressed and answered many if not all of your questions about the LCCS Athletic Department. If at any point you have any other questions that are still not answered or are unclear, then please feel free to contact me (wwhites@lccs.org) to set up a meeting.

Thank you for entrusting your children to this school, and I look forward to the privilege and responsibility of serving you and your family.

**Wade Whites**  
**Athletic Director, Lake Country Christian School**
Expectations of Coaches
1. A structured and disciplined program that leads to unity and teamwork.
2. Personal attention given to each player to develop fundamentally sound sport skills.
3. Opportunity, as situations permit, for each player to play as much as possible without jeopardizing the team’s ability to win a contest.
4. Consistent communication with teachers (grades and discipline).

Expectations from Players
1. A positive attitude and learning spirit.
2. Must maintain passing grades in all subjects. When a problem arises, immediately see your teacher; secondly, see your coach.
3. Continue to improve on conditioning and fundamental skills during the off season.

Expectations from the Parents
1. At Practice: Unless otherwise noted, practices sessions are closed to anyone who is not involved with the team on a daily level (coach, player, manager, etc.). As it is the coach’s responsibility to lead and instruct the team, parents and others are asked to refrain from interfering with practice by “coaching” from the stands or interacting with the student-athletes. This is to minimize confusion as to who is giving our student-athletes instruction.
2. At Home: Encouragement of your son/daughter in the development of his/her skills and his/her team spirit. Please, no negativism in his/her presence toward other players or his/her coach.
3. At Games: Support and encouragement for all LCCS players as well as one another. At LCCS we cheer for our teams and not against other teams.

Handbook Agreement Form
I have read all of the Lake Country Christian School Athletics Handbook and agree to abide by the rules, regulations, and commitments set forth in it. My signature below is an acknowledgment of my commitment.

Student-Athlete Signature                Parent/Guardian Signature

Date

PLEASE SIGN AND RETURN THIS PAGE
RECOGNITION AND ASSUMPTION OF RISK AGREEMENT FORM

I, the undersigned parent/legal guardian of ___________________________, authorize said child’s full participation in the Lake Country Christian School (LCCS) athletic program. It is my understanding that participation in the activities that make up the LCCS athletic program are not without some inherent risk of injury.

As such, in consideration of my child’s participation in the LCCS athletic program, I hereby release, waive, discharge and covenant not to sue Lake Country, the Athletics Department, or employees from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage or injury, including death, that may be sustained by my child, whether caused by the negligence of the releases, or otherwise while participating in such activity, or while in, on, or upon the premises where the activity is being conducted.

I also agree to follow all instructions and procedures in order to maintain a maximum level of safety. Lake Country requires all student-athletes to be covered under a family primary care/major medical health insurance policy in order to participate in any practices or games. There is no supplemental insurance available to cover accidents to student-athletes.

I also give my permission for any emergency medical care or treatment by a physician, surgeon, hospital or medical care facility that may be required including transportation and accept responsibility for the cost.

_________________________________________        ________________________________
Student-Athlete Signature                       Parent/Guardian Signature

_________________________________________
Date

PLEASE SIGN AND RETURN THIS PAGE