

Lakeside Christian Lions Athletic Handbook

PHILOSOPHY

The most important goal of Lakeside Athletics is to use the program to help student athletes develop a deeper relationship with Jesus Christ. During practice and athletic competition, opportunities arise for the athletes to apply God's Word and His principles to their lives. Dedicated Christian coaches help the athletes relate the victories, hard work, and defeats experienced on the playing field to their daily walk with Christ. Coaches encourage players to do their very best for God's glory. Lakeside Athletics also uses discipline and physical training to develop important values in the athletes' lives. The core values taught to participants include commitment, unity, responsibility, discipline, respect, and integrity.

OFFERED SPORTS

FALL

Varsity Boys Football (9-12)
Junior High Boys Football (6-9)
Varsity Girls Volleyball (9-12)
Junior High Girls Volleyball (6-8)
Varsity Girls Cheerleading (9-12)
Elementary Girls Cheerleading (K-5)

WINTER

Varsity Boys Basketball (9-12)
Junior High Boys Basketball (6-8)
Varsity Girls Basketball (9-12)
Junior High Girls Basketball (6-8)
Varsity Girls Cheerleading (9-12)
Elementary Girls Cheerleading(K-5)

SPRING

Varsity Boys Baseball (9-12)
Varsity Girls Softball (9-12)
Junior High Boys Baseball (6-8)
Junior High Girls Softball (6-8)

PARENTAL CHARGE

Thank you for involving your child in Lakeside athletics and for supporting our coaching staff. Our dedicated staff spends hours of preparation for each sport season. This staff is comprised of coaches that sacrifice their time in order to fill your student athlete with physical training and knowledge. Most importantly, they guide students in the truth of God's word. I would ask that you treat our coaching staff in such a way that conveys your thankfulness for the sacrifice they are making for your child.

Please remember that athletes respond to teaching in different ways. Some spend hours training in the off-season and others do not. Some have naturally higher skill levels than others. Due to these differences, players are not all given equal amounts of playing time. We are asking you to encourage and motivate your student, and to be a team parent. We would also ask that you please guard what you say in front of your child and other parents. Please know that your positive actions as a parent can help create success for your child's team.

I would personally like to thank you for taking the time to read about Lakeside athletic philosophy and to consider ways to encourage your child's team and coaches. We look forward to a great season.

In His Service,
James Coffman
Athletic Director
Lakeside Christian School

POLICIES AND PROCEDURES

Academic Eligibility—An athlete must have a cumulative high school grade point average of 2.0 or above on a 4.0 un-weighted scale, or its equivalent, in all courses taken that are required by s.1003.43(1), Florida Statutes, at the conclusion of each semester to be eligible during the following semester. An athlete whose cumulative grade point average is lower than 2.0 will be ineligible for interscholastic participation during the following semester. They will continue to be ineligible if their cumulative grade point average remains below a 2.0

Absence Due to an Away Game—Students who miss classes due to an early dismissal for a game must turn in any homework that will be due while they are gone BEFORE they leave for the event. Homework not turned in before they leave will be considered late. Athletes may not receive extended time on the due dates of work assigned while they are absent from a class for an athletic event. Any tests missed must be taken before the absence or completed by the end of the next day in order for the student to receive full credit.

Attendance—All athletes must be in school at least four hours in order to be eligible play in contests on the same day. The only exception is if an athlete misses more than half a day due to a school field trip. Missing more than half a day for doctors appointments, family days, or any non-school sponsored event is not considered an exception.

Discipline—Coaches have the freedom to discipline athletes as they feel necessary. Discipline will be enforced in regards to conduct, responsibility and other areas deemed necessary. The dean of students and school administrator also has freedom to withhold a student athlete from athletic practice or competition due to behavioral or discipline issues.

Fee to Participate— 6th-8th Grade Students \$75.00
High School Students \$100.00
Junior High Football (6th-9th Grade) \$175.00
Varsity Football (9th-12th Grade) \$250.00

Freedom to Participate— Student athletes that have made a commitment to a team are expected to be at all workouts and competitions. Please do not withhold your student for grades if he or she is eligible by school standards. If there are discipline issues at home you are dealing with, please talk to the coach or athletic director about them instead of pulling your child off the team for duration of time. Involving the coach with disciplinary issues you are struggling with can be more affective than removing your child from a structured environment such as athletics.

Home Event Supervision—There will be an administrator on duty for every home game on our campus.

Parent Coaching—1. Coaches need freedom to teach athletes the techniques and skills they deem necessary for the betterment of their program and the team. When needed, a coach may raise his voice in order to get the athlete's attention or correct a problem. Please allow them to handle the athletes their way, without negating the things the coaches are teaching.
2. Please do not coach your child from the bleachers. We do not want to confuse our athletes--they need to be able to follow their coach's direction without interference.

Parent Conduct During Games—We ask that all parents have a proper attitude and proper speech while they attend a sport competition. Parents, showing respect to the team and coaches, and keeping any negative comments to yourself, is the wise thing to do. Please do not yell anything disrespectful, argumentative, or hurtful from the bleachers. If your conduct ends up getting you kicked out of the competition area, Lakeside will be fined by the FHSAA and will have to pay that fine on your behalf. If you find that you cannot control your attitude, please remove yourself from the game before an official has to.

Physical Exams—Each year a student athlete must undergo a physical evaluation and be certified as being physically fit for partaking in interscholastic athletic practice and competition before being allowed to participate in Lakeside sports. One of the following must administer the annual physical evaluation: a licensed physician, a licensed osteopathic physician, a licensed chiropractic physician, a licensed physician assistant, or a certified advanced registered nurse practitioner. The evaluation will be valid for a period of one year from the date of the practitioner's signature.

Playing Time—Playing time varies for the different levels of our athletic programs and teams. The playing time policy is as follows:

* **Varsity**- At varsity level, playing time is based upon the individual player's ability and attitude. Ultimately, playing time for each athlete is up to the coach. Playing time is not guaranteed at this level.

* **Junior High (6th-8th Grade)**- The junior high program is designed to teach the fundamental basics of the sport in order to help prepare them for the varsity level. Playing time at this level is balanced. However, an athlete at this level may not see playing time if the coaching staff considers safety or attitude a factor.

Positions and Events—Coaches must have freedom to place athletes in positions/events that are best for the team. Athletes are expected to play the role assigned to them barring any physical injury. Preclusions: Injuries may preclude an athlete from playing particular roles or competing in particular events. If an athlete has an injury that keeps him or her from competing, a parent note will be

accepted for the first 3 days. After 3 days, a doctor's note will be required as severe injuries must be dealt with medically to ensure our athlete's health.

Practices—All team practices for high school are held after school hours. Most practices begin around 3:30 and last anywhere from 1-3 hours. If gym availability or coaching schedules warrant it, some practices may be later in the day or before school. These are possibilities that both students and parents need to consider before they commit to play for a team.

Quit Policy— The “no quit” policy is in place to discourage student-athletes from quitting a team after having been selected to a roster spot. The purpose is to develop in athletes a determination to finish every commitment made. The penalty for quitting a team is a 365-day suspension from interscholastic participation. However, there are three legitimate reasons for having to walk away from a team. They are:

1. Health or physical reasons that prevent a student from completing a season—these reasons have to be supported by a licensed physician's letter and signature
2. Significant and drastic academic failure—example: a student who was a 3.5 and then drops to a 2.3.
3. A financial crisis which involves the athlete needing to work to help support his/her family

Sportsmanship and Ethics—Student-athletes, coaches, spectators and all other persons connected directly or indirectly with a member school, as well as contest officials, shall adhere to the principles of good sportsmanship and ethics of competition before, during and after all contests in which they participate and/or attend.

Disqualification and Penalties Assessed the Student-Athlete:

1. A student-athlete who is disqualified (ejected) from a contest for unsportsmanlike conduct or a flagrant foul will be ineligible to compete for the remainder of the contest and for any other contest held during the next seven calendar days. If the disqualification (ejection) occurs in the last contest of the season, the student will be ineligible for the same period of time as stated above in the next sport in which he/she participates.
2. A student-athlete who is disqualified (ejected) from a contest for any act of gross unsportsmanlike conduct will be ineligible to compete in any interscholastic athletic contest for a period of up to six weeks. Acts constituting gross unsportsmanlike conduct are defined in FHSAA Bylaw 11.11.2
3. It is the responsibility of the local school authorities to ensure this policy is enforced. When an ineligible student is allowed to participate, forfeiture of the contest is mandatory. This policy applies to all regular season and State Series contests.

Uniforms—LCS will provide game uniforms for each competitive team; students must purchase their own practice gear and they may keep their practice gear at

the end of the season. However, uniforms must be turned in no later than one week after the final game. All uniforms must be returned washed. Student-athletes are responsible for the loss or break of any uniform piece. The athletic office will notify the parents if the uniform is missing. If the uniform is still outstanding, the account will be billed. Transcripts and diplomas may be withheld until payment is made or uniform is returned.

Student Athlete/Parent Agreement

This Page must be signed by both the student athlete and the student athlete's parents or guardians and returned to the athletic office before a student can represent Lakeside in Athletics.

Parent/Guardian Agreement—I/We have read the entire “Lakeside Christian School Athletic Handbook” and support the enforcement of its rules and guidelines. I/We agree to support the athletic department and coaching staff in their decisions, as they are delegated authority in my/our student’s athletic participation in LCS athletics.

Parent or Guardian Name: _____

Signature: _____

Student Athlete’s Agreement—I have read the entire “Lakeside Christian Athletic Handbook” and agree to abide by its standards and policies. I understand that the policies in this book will be enforced. I will do my best to uphold my responsibility as a student-athlete of Lakeside Christian School.

Student Athlete’s Name: _____

Signature: _____