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LIONS ATHLETIC HANDBOOK

Lakeside Christian School
1897 Sunset Point Road, Clearwater FL, 33765
office: 727-461-3311
athletics@lakesidechristianschool.org

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OUR PHILOSOPHY



The most important goal of Lakeside Athletics is to help student athletes develop a deeper relationship with Jesus Christ.

During practice and athletic competitions, when opportunities arise, our coaching team is there to encourage athletes to apply God's Word and His principles to their lives. Our coaches are dedicated to helping student athletes relate the victories, hard work, and defeats they experience while playing to their daily walk with Christ.

Our athletes are encouraged to do their very best for God's glory!

Lakeside Athletics also uses discipline and physical training to develop important values in student athlete lives. Our core values focus on commitment, unity, responsibility, discipline, respect, and integrity.

PARENTAL ENGAGEMENT

I am excited that your student has decided to participate in the athletics program at Lakeside! Our dedicated coaching staff is committed to and spends countless hours of preparation for each sport season. They sacrifice their time to train your student athlete with physical training, technique and knowledge. Most importantly, they guide students in the truth of God's word. Please make every effort to treat our coaching staff in such a way that conveys your thankfulness for the sacrifices they are making for your child athletic experience.

Athletes respond to teaching in different ways. Some choose to spend hours training in the off-season and others do not. Some have naturally higher skill levels than others. Because of these and other differences, players are not always given equal amounts of playing time. Please encourage and motivate your student, to do the best they can and to be a team parent. Please guard what you say in front of your child and other parents. Know that your positive actions as a parent can help create success for your child and their team.

I would personally like to thank you for taking the time to read about the athletic program at Lakeside, our 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

OFFERED SPORTS

SPORT	GRADE
Varsity Football	9-12
Middle School Football	6-8
Varsity Volleyball	9-12
Middle School Volleyball	6-8
Varsity Cross Country	9-12
Coed Cross Country	6-8
Elementary Coed Soccer	K-2, 3-5
Cheerleading	6-12

FALL SPORTS

OFFERED SPORTS

SPORT	GRADE
Varsity Boys Basketball	12-12
JV Boys Basketball	9-10
Middle School Boys Basketball	6-8
Varsity Girls Basketball	9-12
Middle School Girls Basketball	6-8
Varsity Coed Soccer	9-12
Middle School Coed Soccer	6-8
Elementary Coed Baseball	K-2, 3-5
Elementary Lacrosse	K-2, 3-5
Cheerleading	6-12

WINTER SPORTS

OFFERED SPORTS

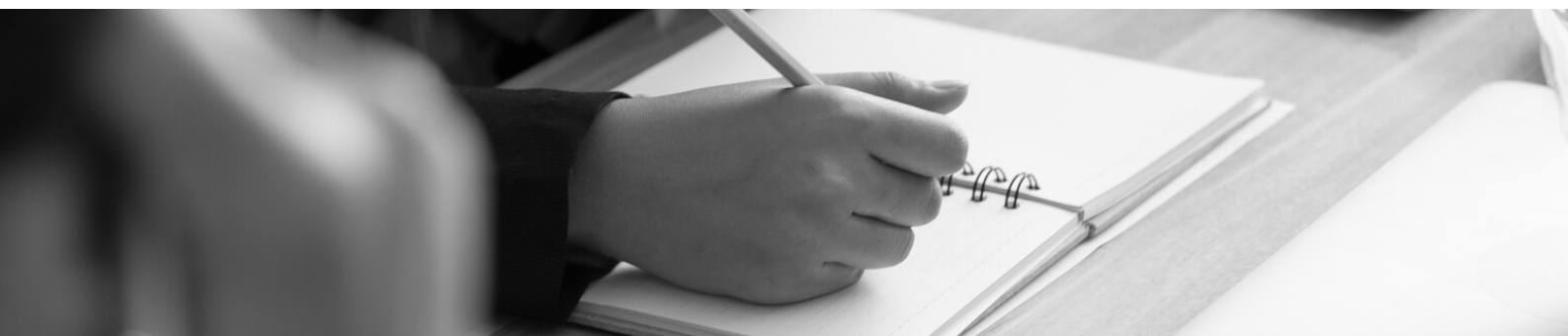
Sport	Grade
Varsity Baseball	6-12
Varsity Softball	9-12
Middle School Softball	6-8
Varsity Coed Track	9-12
Middle School Coed Track	6-8
Elementary Coed Flag Football	K-2, 3-5
Elementary Coed Volleyball	K-2, 3-5
Elementary Coed Basketball	K-2, 3-5

SPRING SPORTS

ACADEMIC ELIGIBILITY

An athlete must have a cumulative high school grade point average of 2.0 or above or a 4.0 un-weighted scale, or its equivalent, in all courses required by s.1003.43(1), Florida Statutes, at the conclusion of each semester to be eligible to play 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



POLICIES & PROCEDURES

ATTENDANCE

Athletes must be in school at least four hours in order to be eligible to play in contests on the same day.

Exception will only be made for students who miss more than half a day due to a school field trip, doctors appointments, and approved family days.

FREEDOM TO PARTICIPATE

Student athletes that have made a commitment to a team are expected to be at all workouts and competitions.

If there are discipline issues at home, we encourage these to be shared with coaches and the athletic director as soon as possible. Holding back a students for academic related issue and grades, especially if they are eligible by school standards should be made in consultation with the athletic director .

PRACTICES

Athletes are expected to make every effort to attend all practices.

Team practices are held after school hours. Most practices begin around 3:30pm and last anywhere from 1-3 hours. If gym availability or coaching schedules warrant it, some practices may run later in the day or before school..

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, athletic director, and school administrator have the discretion to withhold a student athlete from athletic practice or competition due to behavioral or discipline issues.

ATHLETIC PARTICIPATION

Lakeside enrolled students are not allowed to participate in athletics at other middle or high schools as long as Lakeside offers that sport in which they wish to participate in.

POLICIES & PROCEDURES

ABSENCES: AWAY GAMES

Students who miss classes due to an early dismissal for a game must turn in 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.

POSITIONS & GAMES

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.

PLAYING TIME

Playing time varies for the different levels of our athletic programs and teams. Coaches have discretion on starting players, how long they will play, and how long substitutes enter the game and play.

The playing time policy is as follows:

Varsity- At varsity level, playing time is based upon the 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 for varsity level. Playing time at this level is based on development of the athlete and ultimately up to the coaches. Players may not receive playing time every game.

POLICIES & PROCEDURES

PARENT PARTICIPATION

We ask that all parents have a proper attitude and proper speech while attending sport competitions. Parents are expected to show respect to the team and coaches, refrain from offensive language, refrain from yelling being disrespectful, displaying argumentative and negatives comments while seated in the bleachers. If a parent is asked to leave a competition area, Lakeside will be fined by the FHSA and will have to pay that fine on the parents behalf.

If a parent is communicating with referees or other parents in any way that is considered unsportsmanlike and divisive, Lakeside has the discretion to remove that parent from the field of play or building. The student whose parent has been removed may also be subject to dismissal from the team i

PARENT COACHING

Coaches need freedom to teach athletes the techniques and skills they deem necessary for the betterment of their program and team.

When needed, a coach may raise his/her 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.

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. If a parent continues to coach their child from the bleachers after having been warned to stop, the child may be subject to sitting on the bench until the parent refrains from this behavior.

ATHLETIC FEES



6th–8th Grade Students
\$75.00

High School Students
\$100.00

Junior High Football
(6th–8th Grade)
\$175.00

Varsity Football
(9th–12th Grade)
\$250.00

NOTE: PRICES DO NOT INCLUDE COST FOR TEAM T-SHIRTS



ATHLETIC UNIFORMS

LCS will provide game uniforms for each competitive team; students must purchase their own practice gear and may keep their practice gear at the end of the season.

Athletic 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 parents when uniforms are missing and parent accounts will be billed.

Please note that academic transcripts and diplomas may be withheld until payment is made or uniform is returned.



ATHLETIC FORMS



PHYSICAL EXAMS (EL2)

Each year, student athletes must undergo a physical evaluation and be certified as being physically fit for partaking in interscholastic athletic practice and competition.

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.

All EL2 are valid for a period of one year from the date of the practitioner's signature.



CONSENT AND RELEASE FROM LIABILITY CERTIFICATE (EL3)

Each year, student athletes must turn in the Consent and Release from Liability Certificate (EL3) before being allowed to participate in sports.

SPORTSMANSHIP & 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.

● 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.

● 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 FHSA Bylaw 11.11.2

● 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.



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 / 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: _____

Stay Connected with us!



(727) 461-3311



www.lakesidechristianschool.org/athletics/



athletics@lakesidechristianschool.org
jcoffman@lakesidechristianschool.org



@thelcslions



linktr.ee/lakesidechristianschool



www.facebook.com/lakesidechristianschool



897 Sunset Point Road, Clearwater FL, 33765