



# Athletic Handbook

2018-2019

Grounded. Watered. Flourishing.

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## **Lake Center Athletic Handbook**

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## **I. Purpose of Athletics**

Lake Center provides a variety of athletic opportunities for students to develop, test, and display their skills. These experiences are designed to promote several desired outcomes for the individual athlete and the school.

- A. To build a team that progressively works towards its potential and models excellence in its performance. This may occur in a variety of ways:
  - 1. Setting goals for each game and each season
  - 2. Developing a good work ethic
  - 3. Winning and losing in a Christ-like manner
  - 4. Displaying sportsmanship in practice and game situations
  - 5. Maintaining a positive attitude in victory or defeat
- B. To provide opportunities to develop into a disciplined and well-rounded individual. This may occur in a variety of ways:
  - 1. Experiencing goal-setting and achievement in relation to personal ability level
  - 2. Practicing respect for authority (the coach and referee)
  - 3. Learning poise and emotional control under pressure
  - 4. Learning leadership skills and taking initiative
  - 5. Demonstrating loyalty to the team, over individual aspirations
  - 6. Developing a positive attitude toward self and others
- C. To display God-given athletic talent and to witness our beliefs.
  - 1. Giving personal testimony
  - 2. Demonstrating Christ-like actions and words
- D. To create an atmosphere that supports the development of a successful athletic program. This may occur in a variety of ways:
  - 1. Involving parents, local community and students to work the concession stand, ticket sales, score board, etc.
  - 2. Encouraging the lower grades to participate in athletic activities outside of the school.
  - 3. Encouraging spectators to display positive emotions to players, referees, and coaches
  - 4. Promoting physical and mental fitness in physical education classes and in extracurricular activities.
- E. To develop an atmosphere where winning is not only measured by the final outcome, but by the development in each of the areas listed above.

## **II. Participatory vs. Competitive Approach to Athletics**

- A. A participatory approach to athletics is characterized by encouraging as many students as possible to play, building fundamental skills, and ensuring that everyone receives a fair amount of playing time. Intramural sports and sports clinics are participatory in nature.
- B. A competitive approach to athletics is characterized by the highest skilled players receiving the majority of attention and an emphasis on winning. To be clear, Christian principles and values are never sacrificed or compromised to win, but winning is a primary goal.
- C. Interscholastic teams from 8<sup>th</sup> grade through varsity are all competitive in nature. 7<sup>th</sup> grade teams often draw a balance between the two approaches.

## **III. Rules and Guidelines**

All student-athletes are required to follow the rules and guidelines listed on the following pages. These rules and guidelines will be written as a contract to be signed by the student and a parent/guardian. Each of these standards develop the Christian values of our school and provide structure and personal discipline necessary for team and individual success.

## A. Participation Regulations

### 1. General

- a. The student must be enrolled full time at LCCS and be in grades 7-12. All OHSAA eligibility guidelines must also be met. (For students transferring to LCCS after beginning 9<sup>th</sup> grade, refer to section 3 below.)
- b. The students must meet LCCS and OHSAA academic and behavioral standards for eligibility (outlined III.A.2 ).
- c. The student must have a physical exam conducted by a licensed medical physician within the previous 12 months before being allowed to practice or play in games. The official OHSAA form must be used and on file in the Athletic Office. (LCCS provides physical exams at the beginning of each school year for a nominal fee.)
- d. The student must participate in and meet the requirements of the coach during team tryouts. Exceptions can be made in cases of illness or a death in the family. If a student knows he/she will be absent from tryouts, (i.e. a missions trip), the student *must* contact and meet with the coach to demonstrate skills *in advance of the tryouts*.
- e. A parent of each athlete must attend the preseason orientation meeting for each season.
- f. An athletic fee is assessed for interscholastic sports and will be added to the family's bill.
- g. The student must attend a minimum of 4 full periods to be eligible to participate in a practice or game that day unless the practice or game is held on a day when classes are not scheduled (i.e. Saturday, in-service day).  
Lunch does not count.
- h. With the addition of Cheerleading; it is only being offered as a girl's sport until further review.

### 2. Academic Standards

- a. The student may not have received more than one F, an F and a D, or more than two D's in all courses combined that grading period.
- b. A student enrolling in 7<sup>th</sup> grade for the first time is eligible for the 1<sup>st</sup> grading period. Thereafter, students in grades 7 & 8, and the first grading period of grade 9, must not have received more than one F, an F and a D, or more than two D's in all courses combined during the immediately preceding grading period. The last grading period of the year is used to establish eligibility for fall sports.
- c. Summer school and other educational options may not be used to substitute for failure to meet the academic standards during the last grading period of the year.
- d. The eligibility or ineligibility of a student continues until the start of the 5<sup>th</sup> school day of the next grading period, at which time the grades from the immediately preceding grading period become effective. Exception: eligibility or ineligibility for the 1<sup>st</sup> grading period begins with the start of the fall sports season.

### 3. Transfers

- a. Transfers must follow OHSAA Bylaws. Please visit [www.OHSAA.com](http://www.OHSAA.com) bylaw 4-7.

## B. Substance Abuse Guidelines

1. All athletes will refrain from drinking alcoholic beverages, using tobacco products, vapor cigarettes, and any involvement in illegal behavior.
2. All athletes will refrain from using recreational drugs (i.e. marijuana, cocaine, hallucinogenic, etc.).
3. All athletes will refrain from using any medication/drug solely for performance-enhancing purposes (i.e. steroids).
4. All athletes will use any over-the-counter or prescription medicine as directed by parent or prescribing physician and abide by LCCS procedures if medication is administered on school grounds.
5. Under no circumstance will a coach or other LCCS personnel supply, recommend, or permit the use of food supplements.
6. Violation of these guidelines will result in a minimum of a two week suspension from the team and can result in dismissal from the team. The consequence will be determined by the

coach, A.D., and possibly a school administrator. Repeat violations will result in a mandatory dismissal from the team.

**C. Practice and Game Attendance**

1. Attendance at all scheduled games and practices are required.
2. Absences can be excused by the coach only and should be done in advance of the absence. Unexcused absences will be disciplined at the discretion of the coach. Discipline can include missing game time, even an entire game. Three or more unexcused absences within a season is grounds for dismissal from team.
3. In most cases, athletic events after 6:00PM on Wednesdays will not be permitted due to church services. However, due to league participation and requirements, there will be rare occasions where we do have events after 6:00PM. No practices or games will be scheduled on Sundays.
4. Absences from practices held during Christmas and spring breaks will likely affect a players standing on the team and hence playing time; however, such absences are not grounds for team discipline.
5. Practices may be scheduled on Saturdays and other weekdays with no classes.

**D. Tryouts**

1. Tryouts may or may not be held for all interscholastic teams. Tryouts must occur after the start date established by OHSAA.
2. Coaches will inform students of the approximate roster size.
3. Coaches consider skill ability, attitude, commitment, work ethic, and ability to be a team player in determining which students make the team.

**E. Music and Personal Electronic Devices**

1. Use of electronic devices during school hours are strictly prohibited.
2. Coaches are responsible for monitoring music played before or during athletic contests. Christian music and appropriate secular songs are allowable if they've been approved by the Athletic Director.

**F. Transportation**

1. All students will travel to and from games in school provided transportation. Athletes may be excused if transported by parent or guardian with permission of the coach. Under no circumstances are students permitted to drive themselves to an away game.
2. Conduct of athletes on the bus is the responsibility of the coach. Therefore, the coach will need to ride on the bus and observe the following guidelines. The driver is the final authority on all matters while on the bus.
3. Bus Rules
  - a. Only participants are permitted to ride the bus. Exceptions need Athletic Director approval.
  - b. Sit on seat, feet on floor, face front, keep aisle clear
  - c. Do not eat, chew gum or drink
  - d. Speak in low/moderate tones
  - e. Obey all safety and "general" rules
  - f. Boys sit with boys, girls sit with girls
  - g. The bus must be clean of trash and debris before exiting

**G. Uniform Regulations and Dress Code**

1. Students must receive permission from a coach to remove equipment, uniforms or balls from the equipment room.
2. It is the student's responsibility to keep the uniform in good condition. A student will be charged the full cost of the uniform if not returned or if damaged.
3. Uniforms are to be laundered at the school. When uniforms are laundered at each athlete's home the uniforms tend to wear out faster and the color of jerseys fade at different rates. If a uniform must be washed at home, do not use bleach or dry in the dryer.

4. Males are to wear shirts at all times.
5. Modest sleeveless shirts may be worn.
6. All shorts must be modest and in good taste.
7. Spandex shorts/pants are not permitted unless shorts or pants are worn over the spandex.

#### **H. Injuries**

1. Report all injuries to the coach or athletic director
2. Special physical needs should be reported to the coach (asthma, allergies, etc.).
3. Only coaches, teachers and parents are to administer first aid equipment from the medical kit.

#### **I. School Discipline**

1. Students who serve detention will be eligible on these days when their assigned time is complete.
2. Students who are assigned in-school suspension become eligible the day following the end of the suspension.
3. Students who are assigned out-of-school suspension are ineligible each day of the suspension and will become eligible the day following the end of the suspension.
4. Students placed on probation by school administration may be ineligible for practice or competition subject to athletic guidelines.
5. Time missed due to suspension or detention is unexcused and subject to team discipline.

#### **J. Two-Sport Athlete**

When a student athlete wishes to participate in two sports during the same season, the following guidelines will govern his/her time.

1. The student athlete must designate which sport is his/her primary sport. It would be preferred that the primary sport be the team sport when the two sports are an individual vs. team sport.
2. Both coaches must agree to share the student/athlete.
3. When a conflict arises, the student/athlete will go to the activity of his/her primary sport.
4. This guideline would not apply to out of season activity in one sport.

#### **K. Quitting or Not Completing Season**

1. An athlete who has been removed for disciplinary reasons or does not finish the season in good standing with the team or coach:
  - a. Forfeits his/her awards or honors.
  - b. Cannot participate in another sport until the current sports season is complete.
2. The beginning of a season is defined by the OHSAA. A season ends with the last scheduled game for JH, JV teams and with elimination from the OHSAA Tournament for Varsity teams.

#### **L. Hazing & Sexual Harassment**

1. Hazing is defined as to persecute or harass with meaningless, difficult, or humiliating tasks. Students are not permitted to participate in hazing, or initiation, type activities of any kind.
2. Sexual Harassment is defined as unwelcome sexual advances, request for sexual favors, and other verbal, visual or physical conduct of a sexual nature.
3. Students with knowledge of hazing or sexual harassment need to report the activity to the coach, AD, or Principal as soon as possible.
4. The full school policy on sexual harassment is available upon request in the school office.

### **IV. Parental Issues**

#### **A. Fees and Expenses**

1. An athletic fee is assessed for students participating on a team. The fee must be paid in full by the date noted on the bill. Fees not paid on time may result in the student being declared ineligible for games until the fee is paid.
2. Equipment: Some sports require more equipment than others. Below is listed typical equipment that students must supply for each sport. Please plan accordingly for such expenses.

- a. Volleyball – socks, shoes, kneepads
  - b. Soccer – shin guards, socks, cleats
  - c. Cross Country – shoes
  - d. Golf – clubs, golf shoes, practice balls, greens fees for tryouts
  - e. Basketball – shoes, practice jersey
  - f. Softball – glove, cleats, socks
  - g. Baseball – cleats, socks, glove,
  - h. Track & Field – track shoes
3. Miscellaneous Expenses: Through the course of every season students will occasionally need some money. The most common need is during away contests students may need money for dinner.
- B. Donations
1. LCCS has been blessed immensely over the years with donations of athletic equipment from parents. Parents considering donating equipment are encouraged to speak with the AD. Coaches do not have the authority to accept a donation.
  2. When LCCS receives offers to supply new uniforms, warm up jerseys, etc., the school keeps the following principles in mind:
    - a. In sports where both a girls and a boys team exist, the school desires that both gender teams have similar equipment, uniforms, warm-ups, etc. For example, should someone offer to supply new uniforms for the boys varsity basketball team, the school will likely not approve unless the girls varsity team is also to receive new uniforms.
    - b. The school wants to see the varsity teams with the nicest equipment. Jr. high and freshman teams should not have something the varsity does not have. The school wants students to look forward to competing at the varsity level.
  3. Parents often want to speak with other parents to raise the needed funds for a donation. Please do not approach anyone for such cause without speaking to the Athletic Director first.

## V. Parent/Coach Relations

- A. What the coach expects from parents
1. Be committed to the responsibilities of the team and the team guidelines
  2. Totally support (in word and actions) the Coach's philosophy and all of their decisions.
  3. Refrain from coaching your son/daughter during the season.
  4. Demonstrate Christ-like behavior when being a spectator.
- B. What the parents should expect from the coach
1. Individual communication to the athlete concerning his status on the team
  2. at time of cuts, during the season, at end of season
  3. Organized practice and game schedules that are adhered to
  4. Commitment to developing athlete in their walk with Christ.
- C. Plan for Communication
1. Appropriate concerns to discuss with coach include the treatment of your child, ways to help improve your child, concerns about athlete's behavior
  2. Issues not appropriate to discuss include playing time, team strategy, play calling, other athletes.
  3. If you have a concern please call the Athletic Office for an appointment with the coach 330-877-2049. PLEASE DO NOT ATTEMPT TO CONFRONT A COACH BEFORE OR AFTER A CONTEST OR PRACTICE. These times can be emotional and tend not to promote resolution. After this attempt, a call to the Athletic Director would be the next step.
- D. Appeals Process
- In cases where the student and parent feel that they wish to appeal a decision made by a coach, the following process must be adhered to:
1. Please make sure of the facts of the situation.
  2. The first level of appeal must be directly with the coach.
  3. The second level of appeal is a meeting with the Athletic Director. Hopefully, the A.D., coach, parent, and student can come to a fair resolution. (In cases where the A.D. is the coach, the second level of appeal is a meeting with a school administrator.)

## **VI. Admission**

- A. All LCCS students are encouraged to attend home contests free of charge.
- B. Adult fans will be required to pay admission to home contests. Season passes are made available.
- C. Lake Center faculty, staff, administrators and immediate family members are not obligated to pay admission fees.

## **VII. Athletic Awards**

- A. Varsity Letter:
  - 1. Varsity Letters are awarded to senior high athletes that meet select criteria for each sport.
  - 2. Students lettering in multiple sports or in multiple years will only receive one Letter. Multiple Letter awards will be presented in the following fashion.
    - a. 1<sup>st</sup> year: LC Letter with appropriate sport pin. (If student has received a Letter in another sport, only the pin will be awarded.)
    - b. 2<sup>nd</sup> year: service bar
    - c. 3<sup>rd</sup> year: Plaque
    - d. 4<sup>th</sup> year: Blanket
  - 3. Criteria by sport:
    - a. Soccer/Golf/Volleyball/Cheerleading/Baseball/Softball/Track & Field: compete in at least 50% of varsity contests and coach's discretion.
    - b. Basketball: compete in at least 50% of varsity contest quarters and coach's discretion.
    - c. Cross Country: compete in at least 75% of varsity contests and coach's discretion.
    - d. Students that serve as team statisticians, managers, or other helpers are eligible for a Varsity Letter after serving for 3 years and with a recommendation by the coach.
    - e. Junior High Participants will be awarded a participation certificate for successfully completing a season.

## **Nondiscrimination Policy**

### **Student**

Lake Center Christian School admits students of any race, color, and national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, or national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

### **Employment**

Employment at Lake Center Christian School is open to qualified individuals who are Christians of good character, without regard or reference to race, gender, national or ethnic origin, color, age, or disability. Lake Center Christian School is a religious educational ministry, permitted to discriminate on the basis of religion. All prospective and current employees must agree with Lake Center Christian School's mission statement, and they must be willing to conduct their lives in conformity with the school's statement of faith and the school's declaration and agreement to ethical and moral integrity

## **MISSION STATEMENT**

Lake Center Christian School assists Christian families and their churches in equipping students for lifelong learning and service to Christ. Lake Center Christian School offers an accredited Preschool-12 education which is centered in Jesus Christ.

## **STATEMENT OF FAITH OF LAKE CENTER CHRISTIAN SCHOOL**

**GOD.** We believe there is one God, infinitely perfect, eternally existing in three persons: Father, Son and Holy Spirit. God reveals Himself through the Bible and through His creation.  
(Genesis 1:1, 26; Deuteronomy 6:4; Mark 12:29; 1 Corinthians 8:6; 2 Corinthians 13:14)

**God the Father.** We believe in the Father as revealed in Scripture, a person of the triune Godhead. In His wisdom and compassion He sent His Son for the salvation of the world. His Son Jesus Christ claimed and addressed Him as His Father. He is a Father in a personal relationship to all who confess and follow Jesus Christ as Savior and Lord.  
(Genesis 1:1, 26; Psalm 104: 148; Matthew 28:19; Mark 12:29; John 1:1-4, 14, 18; 2 Corinthians 13:14; 1 Timothy 2:2-4)

**God the Son, Jesus Christ.** We believe that Jesus Christ was God in human flesh, at once fully divine and fully human. We believe in His virgin birth, His sinless life, His miracles, His vicarious (substitutionary) and atoning death on the cross, His bodily resurrection, His ascension to the right hand of the Father, His present ministry of intercession and His personal return in power and glory.  
(Colossians 1:15; Isaiah 7:14; Matthew 1:18-25; Luke 1:26-35; John 1:14-18; 5:16-29; Philippians 2:6-11; 1 Peter 2:24-25; 1 Timothy 2:5-6; Hebrews 1:1-14; 1 Thessalonians 4:16-18)

**God the Holy Spirit.** We believe the Holy Spirit is God present and active in the world. He convicts of sin and ministers comfort, assurance, guidance and victory. He enables the Christian to pursue a life of faithful discipleship in obedience to Jesus Christ.  
(Psalm 139:7-12; John 14:16-17; 16:7-8, 13-14; Romans 8:9; 1 Corinthians 6:19; Ephesians 4:30; 1 Thessalonians 5:19; Ephesians 5:18; Galatians 5:16; Galatians 5:22-23)

**THE BIBLE.** We believe the Bible, both Old and New Testaments, to be the Word of the living God, divinely inspired, inerrant and infallible. The Scriptures are the complete revelation of God's will for the salvation of humanity, and the Divine and final authority for Christian faith and life.  
(Luke 24:27; John 5:39; Acts 28:23; Romans 15:4; 1 Corinthians 2:10-14; 2 Timothy 3:16-17; 2 Peter 1:19-21; Hebrews 4:12; Matthew 4:10; 5:17-18; John 17:17; 10:34-35)

**CREATION.** We believe that God created the universe and that He sustains it by His power.  
(Genesis 1:1-17; 2:7-25; 3:1-24; Hebrews 1:1-3; Colossians 1:16-17; Psalm 104:30; Psalm 19:1; 33:5-6; 104:24; Isaiah 40:26, 28)

**HUMANITY.** We believe that human beings were created in the image of God but rebelled against God, and are therefore fallen, lost, and estranged from their Creator, under the sentence of death, and in need of salvation. We believe in the resurrection of all people: those who are

saved to everlasting blessedness with the Lord, and those who are lost to eternal separation from God.

(Genesis 1:26-27; Romans 3:10, 23; John 3:3; John 3:16; 2 Corinthians 5:1; Matthew 25:46; 2 Thessalonians 1:7-10)

**SALVATION.** We believe that regeneration by the Holy Spirit through the redeeming blood of Jesus Christ is absolutely essential for the salvation of lost and sinful people. Only those who repent and believe in Jesus Christ, are born again of the Holy Spirit, receive the gift of eternal life and become the children of God. This salvation is by God's grace and not a result of human effort.

(John 1:12; 3:16-18, 36; John 5:24; Acts 13:38-39, 4:12; 16:31; Romans 3:23; 6:23; 4:1-5; 10:9-10; Ephesians 2:8-9)

**THE CHURCH.** We believe that the church, the "body of Jesus Christ," is composed of all those of every nation who through saving faith have entered into a vital relationship with Jesus Christ as Savior and Lord. God has committed to the church the task of making Jesus Christ known throughout the world. We believe that local congregations of baptized believers exist to equip the body of Christ by worship, prayer, teaching, fellowship and service.

(Matthew 18:15-17; 28:18-20; 1 Corinthians 1:2; 12:12-28; 7:17; Ephesians 1:22-23; 4:11-16)

**MARRIAGE and FAMILY.** We believe Lake Center Christian School is a religious institution providing an education in a distinct Christian environment, and believe that our biblical role is to work in conjunction with the home to mold students to be Christlike. We believe that the term "marriage" has only one meaning and that is marriage sanctioned by God which joins one man and one woman in a single, exclusive union as delineated in Scripture<sup>1</sup>. On those occasions in which the atmosphere or conduct within a particular home is counter to or in opposition to the biblical lifestyle the school teaches, the school reserves the right, within its sole discretion, to refuse admission of an applicant or to discontinue enrollment of a student. This includes, but is not necessarily limited to, living in, condoning, or supporting sexual immorality<sup>2</sup>; practicing homosexual lifestyle or alternative gender identity<sup>3</sup>; promoting such practices; or otherwise having the inability to support the moral principles of the school. We believe that every person must be afforded compassion, love, kindness, respect, and dignity. Hateful and harassing behavior or attitudes directed toward any individual are to be repudiated and are not in accord with Scripture, nor the doctrines of this religious Christian institution<sup>4</sup>.

1 – Genesis 1:27; Genesis 2:24; Ephesians 5:31-32.

2 – Genesis 1:27; 2:24; Ephesians 5:31-32; Malachi 2:15; 1 Corinthians 7:3-4; Hebrews 13:4;

Exodus 20:14; Matthew 5:27-38; 1 Corinthians 6:9-10, 18; Ephesians 5:3; 1 Thessalonians 4:3-4.

3 – Leviticus 20:13a; Romans 1:26-27; Matthew 19:4-6).

4 – 2 Chronicles 19:6-7; Romans 12:10; Philippians 2:3; 1 Peter 2:17.

**THE CHRISTIAN LIFE – THE WAY OF LOVE.** We believe that the way of love<sup>1</sup> and reconciliation<sup>2</sup> as fulfilled by Jesus Christ is God's way for His people. The people of God are called to value all human life as sacred<sup>3</sup>, alleviate suffering, confront injustice<sup>4</sup>, work for peace in all relationships<sup>5</sup> and live as responsible stewards of the earth's resources. We believe that parents are responsible to train each child diligently in God's truth<sup>6</sup>. We believe in respect of and

obedience to the institution of government, as long as its decrees do not violate the Word of God<sup>7</sup>.

1 - John 13:34; 1 John 3:16-17; 4:20-21; Amos 5:15; Matthew 22:34-40; Matthew 5:44.

2 - 2 Corinthians 5:18-20.

3 - Psalm 139:13-16; Exodus 21:22-25.

4 - James 2:14-17; Acts 11:29-30.

5 - Romans 14:17-19; Psalm 34:14; 2 Corinthians 13:11; 2 Timothy 2:22.

6 - Proverbs 3:5-6

7 - Matthew 22:16-21; Romans 13:1-7; 1 Peter 2:13-17; Titus 3:1; Daniel 3; 6; Acts 5:20.