



LINDSAY LANE
CHRISTIAN ACADEMY



ATHLETIC HANDBOOK

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In the context of athletic activity, the student is exposed to many spiritual concepts including the importance of self-discipline (I Cor. 9:27), respect for others (Eph. 4:32), proper use of God-given abilities (Matt. 25:14-30), striving for excellence (Col. 3:23), time management (Eph.5:16) and submission to authority (Rom. 13:2).

ACADEMICS

The athletes at LLCA are students first and foremost. Coaches work with teachers in helping the student-athlete succeed in the classroom. If a student has a scheduled after-school tutorial, the student will not be penalized for being late or missing practice. Students participating in athletics should anticipate the demands on their time and plan accordingly. Athletic participation should never be used to excuse incomplete assignments, missed tests, or tardiness. Student-athletes should be present and prepared for class regardless of game or practice schedule, other than a few early dismissals.

AFFILIATION

Varsity and junior varsity, and middle school teams are members of the Alabama High School Athletic Association (AHSAA). The Lions compete in the 1A division of the AHSAA. We attempt to schedule schools that are both competitive and limit traveling distances for non-region contests.

ASSISTANTS/VOLUNTEERS

When volunteers offer to assist, the head coach is required to obtain approval first from the Athletic Director. The head coach becomes responsible for proper training of the assistant, including making certain the assistant reads this handbook and the coaches' handbook and agrees to adhere to these policies.

ATHLETIC FEES

In order for LLCA to provide an athletic program, individual athletes must offset the cost through participation fees. Athletes are responsible to contribute \$75 per sport with a maximum of \$225 per year. Secondary sports during an individual season may be participated without this fee. Discount cards are one way the school offers to help all students wanting to participate be able to pay their fee.

AWARDS

Athletic awards are presented at the end of the school year at a ceremony sponsored by the booster club. Coaches present awards in categories they choose. The number of awards is limited; therefore, careful consideration is given to athletes selected. Each coach selects 3 awards plus the Outstanding Christian Character Award for each team. In addition, the Student-Athlete Academic Excellence Award, and the Male and Female Athlete of the Year Award, the highest award given each year, will be presented. Additional team and/or individual presentations or

recognition may be made at team parties at the conclusion of the season. Varsity letters and pins are awarded to high school athletes who meet the requirements for each individual sport.

Soccer: average play in half of all halves, or participate at every practice

Football: average play in half of all halves, or participate at every practice

Volleyball: average play in half of all matches, or participate at every practice

Basketball: average play in half of all quarters, or participate at every practice

Bowling: qualify for 90% of matches, or participate in every practice

Baseball / Softball: average play in half of all innings, or participate at every practice

Track & Field and Cross-country must participate in 90% of all meets and practices

Tennis and Golf: must participate in 90% of all meets and practices

Team support staff: must participate in 90% of all required team activities

Cheerleading: cheer at 90% of all required contest and participate in school spirit

BOOSTER CLUB

The Booster Club is composed of parents and other members of the community who are concerned with the promotion of athletics in our school.

All teams in the Athletic Program benefit from the Club's sponsorship of the following activities:

- Awards Ceremony each spring
- Purchase of team championship banners
- Purchase of championship plaques and trophies
- Fundraisers
- Purchase uniforms
- Financial assistance for team trips
- Financial assistance for attendance at a sports camp for students in need
- Sponsorship of various team tournaments
- Purchase of selected equipment needs
- Coaches Reception

All parents of LLCA Athletes should participate in some way with the booster club, as it functions to improve the program as well as sustain it without increasing individual sports fees charged to athletes. *The standard membership fee is \$25.* Different membership packages are available and can be found on the website under ATHLETICS> BOOSTERCLUB.

CHANGING SPORTS/ LEAVING A TEAM IN-SEASON

Whenever students enlist in the athletic program by joining a specific team, they assume a responsibility and commitment to that team and coach. Dropping out of a sport is discouraged. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. The dropping of a sport and subsequently transferring to another sport will not be allowed unless both coaches and the Athletic Director agree. An athlete who is dismissed from a team for disciplinary reasons (e.g. violation of the Code of Conduct, insubordination, excessive

unexcused absences etc.) will not be allowed to participate in another sport for the remainder of that sports season. Appeals due to unusual circumstances may be made to the Athletic Director.

COMPETITION (2018-2019 AHSAA members: 1A , 2A, 3A, 4A, 5A, 6A schools)

Ardmore High School	Priceville High School
Asbury High School	Randolph School
Athens Bible School	Saint Bernard Preparatory School
Clements High School	Saint John Paul II High School
Colbert Heights High School	Sheffield High School
Decatur Heritage Christian Academy	Shoals Christian School
East Limestone High School	Skyline High School
Elkmont High School	Tanner High School
Falkville High School	West Limestone High School
Madison Academy	Westbrook Christian School
New Hope Middle School	Westminster (Huntsville) School
Oakwood Academy	Whitesburg Christian Academy
Plainview High School	Woodville High School

DISCIPLINE

Coaches are employees of the school. Therefore, the coaches at practices, games, and road trips carry out all school policies and standards of behavior for students set forth by the administration. Disciplinary actions for misconduct are applied. The code of conduct clearly explains expectations for all student-athletes.

DRESS CODE

Appropriate apparel, as outlined in the student handbook, should be worn for all road trips, before and after games (exception for team warm-ups). Dress code policy applies unless teams travel to the game in uniform.

ELIGIBILITY

Athletic competition is a privilege at LLCA. Participation in interscholastic sports requires:

1. A current physical examination form on file with the school (available in office and online)
2. Participant Agreement, Consent, Release, and Venue
3. Concussion Form
4. NFHS Sportsmanship certificate on file at school.
5. Athlete Code of Conduct form

6. All athletes must have a minimum 70 average without an F in any class in order to participate with the team. Grades are checked 4 ½ weeks into the quarter. If a student is failing any subject they are given two weeks to bring that grade up. If they do not, they are ineligible until the end of the quarter. If any student is failing a class at the end of a quarter they are ineligible until progress reports at 4 ½ weeks into the new quarter. They may be reinstated if the grade is brought up to meet the requirements. An appeal may be made to the high school principal.

EQUIPMENT

All equipment used by athletic teams at LLCA is the property of the school. At the beginning of each season, the coach will be given an inventory of the equipment used. The care of the equipment is the responsibility of the coach. After each practice and game, a careful check should be made to ensure that all equipment is accounted for. If necessary, the equipment should go home with the coach, but not a student. No equipment may be loaned to students for personal or home use. Equipment and uniforms must be returned within one week of the final game.

FACILITIES

Extreme care and caution should be taken in the use of facilities that have been provided for students at LLCA. Coaches should enlist the help of athletes to ensure that every field and court is left in the condition in which it was found. Any student defacing or destroying property will be disciplined according to school policy. Activities by teams should be limited to the area specifically designated for the team's use. All other areas are off limits. Players are to be picked up at the end of practice time as posted on the schedule.

GAME ATTENDANCE POLICY

Except for illness, injury, or genuine family emergency, attendance is required at all games and team events. Team discipline may result for unexcused absences.

GAME DISCIPLINE

We will follow the AHSAA rules for technical fouls, yellow/red cards and ejections. All infractions are reported to the state office. If a player receives too many technical fouls, yellow cards, red cards, or ejections that player will not be allowed to play any sport for the remainder of that school year. Middle School also follows these rules.

GENERAL BEHAVIOR GUIDELINES FOR ATHLETIC CONTESTS

Coaches, players, and spectators are representing LLCA as well as the name of Christ during all public events. Therefore, compliance with the following guidelines will be expected from all participants.

1. Actions and comments by coaches, participants, and spectators should be positive and encouraging. See Ephesians 4:29-32

2. Verbal abuse and/or inappropriate language toward athletes, spectators, or referees are not acceptable. The Athletic Director will determine whether or not such abuse has occurred. Generally, Ephesians 4:29-32 and Galatians 5:22-24 will be the standard.

3. Coaches should demonstrate Christ-like decision making when coaching a game, and consider how a large margin of defeat might impact the players, fans, and coaches of the opposing team.

4. A player's conduct judged to be improper by the coach, or Athletic Director may result in immediate removal from the game, as well as further disciplinary action. Sportsmanship-related technical fouls, yellow cards, penalties, ejections, etc. may result in a removal from the game for a first offense. Additional offenses will result in game suspensions and possible removal from the team. Coaches must report, to the Athletic Director, all occasions when they or a team member receive an official reprimand for sportsmanship violations (technical, yellow card, ejection, etc.).

5. Coaches, fans, and athletes should keep in mind Phil. 2:14-16: "Do everything without complaining or arguing, so that you may be blameless and pure children of God, without fault in a crooked and depraved generation, in which you shine like stars in the universe as you hold out the word of life." Derogatory or demeaning chants or cheers are not appropriate.

6. In summary, we expect all LLCA Participants to perform for an audience of one...Jesus Christ.

HEAT AND HUMIDITY POLICY

Heat and Humidity - Coaches must closely monitor athletes when temperatures are 90 degrees or above, especially on high humidity days. Frequent breaks for water, rest, and shade will be given when the heat index is high. Athletes should notify the coach of a history of any heat related illnesses so that coaches may observe them. Coaches follow recommendations made by health officials in taking precaution in protecting athletes.

INCLEMENT WEATHER GUIDELINES FOR ATHLETICS

Generally when LLCA is closed for inclement weather, all athletic activities will be suspended. Check the school website for updates. Coaches will contact each team member if other plans are made for practice or games.

MISSED ACADEMIC TIME FOR ATHLETICS

The LLCA policies for pre-arranged absence apply to athletics. Athletes are to discuss early dismissals in advance with teachers and complete those assignments on time. Teachers work with students to give them assignments early so that they do not fall behind. The Athletic Director, not the coaches, will establish the time that students will be released from class for participation in games. These times are posted on the schedule and on the website.

PARTICIPATION PHILOSOPHY

Participation in athletics at LLCA is open to every student but conditioned upon meeting the criteria of academics, character, and athletic skill necessary to compete. While all are expected to play hard in the spirit of competition, there is a different emphasis at each level.

Youth Teams (grades 1-6) The athlete is provided a learning experience and opportunity for basic individual skill development. Team concepts of play are introduced. Participation is emphasized as well as winning. Each athlete will be allowed to reasonably participate contingent on his/her attitude and participation in practice. *(Exception: each athlete will not be assured participation in tournament play).*

Middle School (grades 7-8) / Junior Varsity (grades 7-11) The athlete improves skills while learning team concepts that are more complex. At this level of increased physical development and better competition, there is an emphasis on winning and participation. An effort is made to see that all players participating in practice will participate in games. This does not imply equal playing time for all. Playing time will vary according to the level of competition, and to levels of readiness for competition, and is subject to each player's attitude.

Varsity (grades 7-12) The athlete is advanced in skill and physical development. Emphasis is placed upon individual and team potential. The athlete's playing time is determined by how it will best serve the team. When making cuts, the coach is responsible to evaluate each prospective athlete based on objective criteria. Communicating, with each individual, specific reasons why he/she did not make the team will enable the student to target areas for improvement. The coach is also responsible for evaluating each athlete as to his/her role on the team. There are no guarantees regarding playing time on any level. The coach is the sole judge on who should start and how much playing time each player should receive. The coach will make all cuts within the first week of practice. Prior to announcing the final rosters and cuts, the coach must meet with the Athletic Director. The coach is to ensure that cuts, made in compliance with these guidelines, are in the best, long-term interests of the program.

PHYSICALS

All students participating in athletics must have record of a current physical on file with the athletic department. The physical is good for one year from the date of the physical. Copies of the physicals and insurance information will be given to each coach in case of an injury or medical emergency. SportsMed/ Encore on Hwy 72, just east of the main campus provides physicals on one Saturday each May for \$5 which is donated back to the athletic department. Each individual is responsible to arrange a physical.

PRACTICE

Consistent practice or attendance at scheduled practices will be required for participation in all sports. In general, students will be considered “excused” from practice only for sickness/injury, doctor/dental appointments, and family emergencies. Students are expected at every practice and should make every effort to notify coaches of their need to be absent for any of these circumstances. Attendance should be kept at every practice. Any athlete who misses a practice the day before a game may lose his/her starting position and the coach may limit their playing time at his/her discretion. Repeated absence from team practices or meetings may be cause for removal from the team. It is expected that LLCA Athletes commit to their LLCA team above and before “outside” activities. For example, if a LLCA practice or game conflicts with a city league game, it will not be an excused absence to miss a LLCA practice or game. Coaches may use their discretion in allowing practice to be missed for other situations when the student asks for permission in advance. Team members with an unexcused absence should not expect to play in the next game. The Athletic Director, in cooperation with coaches, will determine practice venues and times. Because of limited facilities that must be shared, flexibility is required. No practices are to be scheduled for weekends or holidays without the approval of the Athletic Director. As a general rule teams do not practice on Wednesdays. Practices should not extend beyond two hours for varsity teams and 1 1/2 hours for JV and middle school teams. All practices must be over by 4:30 on Wednesdays. Coaches should wait until the last player has left before leaving the practice site. At the beginning of the season, coaches should communicate to team members expectations for performance and attendance. Students must be present at school in order to participate in that day's practice or game. A student must be present a total of 4 1/2 hours of class time to be counted present. Any exceptions must be made by the Athletic Director.

SENIOR NIGHT

Senior night is usually designated on the last regular season home game of each sport. Coaches have the option to start seniors on this night. Due to the locations of home games and attendance, all athletes who are seniors will be honored as well as their parents, between the varsity games on “senior night” during basketball season.

SCHEDULES AND NOTIFICATIONS

All athletic schedules will be available on the website at www.lindsaylanechristianacademy.org. Parents may sign up to receive e-mail or text notification of schedule changes and athletic related events throughout the year.

SPORTSMANSHIP

Athletes and coaches at LLCA are to be exemplary in their display of sportsmanship during games and practices. Team members should congratulate opponents after a game with a handshake. Physical and/or verbal abuse aimed at an opponent, official, coach, or teammate will result in immediate discipline by the coach, and possibly, the administration. Taunting and/or inappropriate language directed toward an opponent or teammate is not acceptable. All

spectators are expected to follow these guidelines. An athlete ejected from a contest is automatically suspended for the next game but may sit on the bench. A coach that is ejected from a game may not sit on the bench the next scheduled contest. All ejections are to be reported to the athletic director by the following day. An athlete who has a grievance with the coach or another player should attempt to resolve the problem with that individual first, in private, and in accordance with Biblical principles. Matters of disagreement should be kept confidential. If the situation remains unresolved, the athletic director should be informed.

SPORTS OFFERED

Boys

JV & V Cross-country
Junior High Football (2018)
MS Basketball
JV Basketball
Varsity Basketball
Varsity Bowling
Varsity Indoor Track
MS Baseball
Varsity Baseball
Varsity Golf
Youth Football
JV & V Outdoor Track
Elementary Baseball
Elementary Basketball

Girls

JV & V Cross-country
JV & V Cheerleading
MS Volleyball
JV & V Volleyball
MS & V Basketball
Varsity Bowling
Varsity Indoor Track
JV Softball
Varsity Softball (2018)
Varsity Golf (2018)
Varsity Tennis
JV & V Outdoor Track
Elementary Volleyball
Elementary Softball

TRANSPORTATION

LLCA provides safe vehicles for transportation of teams to select games. Players must travel with the team when provided. Two exceptions may be made by notifying the coach: (1) a player may ride home with his/her parents after the game; or, (2) a player may return with another parent provided his/her parents have granted written permission. The coach should monitor the students on the bus/van. Any inappropriate materials including ipods or other electronic devices containing immoral music brought on a road trip will be confiscated. For all games where school transportation is available, the coaches should always travel with each student's emergency medical form. **The trash must be emptied and vans returned clean each trip.**

TOURNAMENTS

LLCA athletic teams have the opportunity to participate in tournaments that sometimes require an overnight stay. Student-athletes are responsible for the cost of accommodations. The coach, before departure, should collect funds from the students in order to reimburse the school.

UNIFORMS

In most cases uniforms are the property of LLCA. An inquiry regarding a donation or the purchase of uniforms by anyone other than the booster club should be referred to the Athletic Director. At the beginning of the season, the coach will be given an inventory form on which to record the athlete's name and the uniform number assigned. The coach and the athletic director will keep a copy of the form. Athletes are responsible for the care of the uniform; they should follow the manufacturer's instructions for cleaning after each use. An athlete who damages or loses a uniform must pay the replacement cost for that uniform. Uniforms are not to be altered or tailored by the athlete. Athletes are to wear the complete uniform provided by the school at games. They should not be worn to school, practice, or used for other recreational activities. Athletes are to be in complete uniform for team pictures, which are made each season. The dates for team pictures are given well in advance. All uniforms are to be cleaned and returned to the coach within one week of the final game of the season. The goal of the uniform is unity. With that in mind, we expect our athletes to dress in such a way as to promote unity over individuality. Practice jerseys should be worn when available.

LLCA ATHLETIC CODE OF CONDUCT

Students who are selected for the privilege of membership on teams should conduct themselves as responsible representatives of the school. In order to assure this conduct, coaches enforce a Code of Conduct. As recognized representatives of their school, members are expected to exhibit appropriate behavior in or out of uniform, on or off campus. Individual and team success in all sports results from commitment. The extent to which athletes are able to make such commitments reflects their maturity as well as their dedication to their school, family, team and the Lord. We ask the student athletes and parents to read and agree to the following pledges:

As an athlete at LLCA, I pledge:

1. To abide by expectations set forth in the school and athletic handbooks and by reflecting my team's values of commitment and hard work.
2. To have the inner strength to be fair and Christ-like during athletic events and to be accountable for my actions.
3. To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice.
4. To understand that my commitment to the team requires success in academics as well as athletic activities.
5. To reflect maturity by expressing my thoughts intelligently and appropriately.
6. To have the determination to do the right thing even when others do not.
7. To find transportation and be on time to all practices and team events.

As a student athlete, I know I am a role model. I will refrain from engaging in all types of disrespectful behavior. I know the behavior expectations and hereby accept the responsibility and privilege of representing LLCA as a student athlete.

Name of Athlete _____ Date _____
Signature of Athlete _____

PARENT'S PLEDGE

As a parent of an athlete at LLCA, I pledge:

1. To be a role model, keeping in mind that school athletics are an extension of the classroom, offering learning experiences for the students.
2. To show respect for all coaches and athletes and express my thoughts and ideas intelligently and appropriately. Before or after a game is not an appropriate time to express concerns to the coach. If needed, I will schedule a time to talk to a coach in private. I also understand that criticizing a coach in front of my child undermines my authority as well as the coaches and takes away from my child's experience on the team.
3. To show good sportsmanship and respect for the opposing players, coaches, spectators at all home and away athletic events. My behavior is a reflection of the school. Using inappropriate language and taunting are inconsistent with good sportsmanship.
4. If I have an issue with a policy or employee of the school, I will follow Biblical principles of addressing this issue with the appropriate person.

Parent's Signature _____ Date _____

(This form needs to be signed and turned in one time. One is sufficient for siblings.)