

Lighthouse Christian Academy - Athletic Handbook



Middle School/ High School Athletic Handbook

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Lighthouse Christian Academy - Athletic Handbook

TABLE OF CONTENTS

| | |
|-------------------------------------------------------------|----|
| Introduction..... | 4 |
| Mission/Vision Statement | 4 |
| Athletic Department Core Values | 4 |
| Our Coaches..... | 4 |
| Our Parents..... | 5 |
| Our Athletes..... | 5 |
| Our teams..... | 5 |
| Our Athletic Department | 5 |
| PHILOSOPHY..... | 6 |
| ATHLETIC DEPARTMENT EXPECTATIONS, PRACTICES & POLICIES..... | 6 |
| Eligibility for Interscholastic Participation..... | 7 |
| Transportation..... | 8 |
| ATHLETE CODE OF CONDUCT..... | 8 |
| Athletic Conduct and Discipline..... | 9 |
| Athletic Disciplinary Actions..... | 11 |
| Anti-Bullying Policy..... | 13 |
| Locker Room Policy..... | 13 |
| Attendance at Practices and Games..... | 13 |
| Attendance at School..... | 14 |
| Handling Problems/Solving Disputes..... | 14 |
| No Quit Policy..... | 14 |
| Playing Time Policy..... | 14 |
| GENERAL INFORMATION | |
| Schedules..... | 15 |
| School Equipment..... | 15 |
| Team Fundraising Projects..... | 16 |
| Extracurricular Conflicts..... | 16 |

Lighthouse Christian Academy - Athletic Handbook

COMMUNICATION

General Info.....17

Cancellations.....17

Weekly Newsletter.....17

General.....17

Participation Requirements.....17

Pre-Season Parent Meetings.....17

Parent Responsibilities for Each Team.....17

Addendum I.....18

Addendum II.....20

Lighthouse Christian Academy - Athletic Handbook

INTRODUCTION

The Lighthouse Christian Academy Athletic Handbook serves as a guide for coaches, student-athletes, and parents concerning policies that govern interscholastic athletics at Lighthouse Christian Academy.

The Coach of an athletic team reports to the athletic director and is primarily responsible for the compliance by his/her team members to the rules, regulations, and policies governing athletics at Lighthouse Christian Academy. The athletic director will administer these rules and regulations as they relate to inter-team and inter-coach relationships.

Sound reasoning, good judgement, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Interscholastic athletics is a voluntary program. Students are not obligated to participate and participation is not required for graduation. Thus, competition in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the high school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

Thank you for your participation in our athletic program. May God bless you as you use your God-given athletic abilities and desire to serve Him in this integral part of school life.

VISION STATEMENT

The vision at Lighthouse Christian Academy is to empower our students to empower our students to impact our culture by identifying and fulfilling their God-given purpose as Christians with Godly character influencing their world.

MISSION STATEMENT

Lighthouse Christian Academy desires to partner with parents/guardians to provide children a positive and challenging academic experience in a truly Biblical environment administered by a well-trained loving Christian staff.

ATHLETIC DEPARTMENT CORE VALUES

1. Christ
2. Responsibility
3. Integrity
4. Trust
5. Teamwork
6. Enthusiasm
7. Respect

Lighthouse Christian Academy - Athletic Handbook

OUR COACHES

The coach is the living curriculum for the student athlete. Coaches at Lighthouse Christian Academy are the most significant components of the athletic program. They always have the responsibility to model Christ-like behaviors and attitudes.

In order to be an effective coach and role model, LCA coaches must also be thoroughly knowledgeable in their sport, capable of detailed preparation, able to motivate athletes, able to make adjustments during competition, and work effectively under the authority of the Athletic Director and school administration. Our coaches take seriously the opportunity they have to mold young lives for Christ.

OUR PARENTS

Parents of student athletes have a responsibility to both their child and to the team. Without strong parental support the student athlete will not be able to achieve his/her greatest potential and/or the team may suffer. It is important that parents provide positive reinforcement and understand their role as being part of the team. Parents, as well as players, should be supportive and encourage coaches and teammates at all times.

Parents are not coaches and learning to trust coaches is a key step to learning the value of the life lesson experiences athletics provides. It is also important that parents honor the Lord when attending athletic events. In order for LCA's athletic program to be successful, coaches, student athletes, and parents must make a firm commitment to glorify God at all times.

OUR ATHLETES

LCA's athletes should be diligent in preparation, give 100% at all times, demonstrate personal discipline, be respectful in all situations, maintain self-control, show humility, and aggressively pursue excellence regardless of the score, opponent, time, referee, or situation. The ultimate and final responsibility rests upon the shoulders of the student athlete, for it is the student athlete who is accountable to his/her parents, coach, and the Lord.

OUR TEAMS

Our teams should in all things strive to:

1. Glorify God
2. Play Hard
3. Have Fun

OUR ATHLETIC DEPARTMENT

Is committed to:

1. Discipleship of our coaches and student athletes.
2. Outreach to opposing teams and fans and to the larger community outside of Lighthouse
3. Preparation of student athletes for both competition and life with Christ as our model.

Lighthouse Christian Academy - Athletic Handbook

4. Stewardship of our resources.
5. Pursuit of athletic excellence

PHILOSOPHY

LCA Athletics are founded on the teaching and principles of God's Word. Biblical principles and the corresponding philosophies may differ substantially from schools with other philosophies. Such differences, however, do not necessitate unworkable relationships. Instead, our philosophy of athletics should provide an opportunity for others outside the Lighthouse community to visualize actions and principles that are quite unique in today's society. The LCA athletic program is a wonderful opportunity to minister to the non-Christian community through exemplary actions, Christ-like attitudes, and a high level of individual and team athletic skill. The challenge for our athletes, parents, and coaches is to adhere to the Colossians 3:17 mandate. "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him".

The priorities of athletic participants are established by the administrator and athletic director on the mission of the school. The priorities are:

1. All participants must honor the name of our Lord and Savior, Jesus Christ and seek to glorify God in word and deed.
2. The Lord's Holy Name and reputation of His collective agent, Lighthouse Christian Academy, must be preserved and protected at all costs.
3. The spiritual, psychological, and physical well-being of the individual athlete must take precedence over any individual or team athletic accomplishment. Athletics at Lighthouse Christian Academy is one primary means of accomplishing the school's mission. Spiritually, this mission seeks to glorify God through the discipleship of students, the pursuit of excellence and outreach to opposing athletes and fans.
4. Athletic excellence and accompanying awards should be taught and established as appropriate goals for any athlete or team.

The hierarchical order of the preceding priorities is extremely significant.

Athletic Department Expectations, Practices, and Policies

Eligibility for Interscholastic Participation

All student athletes at Lighthouse Christian Academy must be exemplary members of the student body. Therefore, standards of academic achievement have been adopted in order for student athletes to establish and maintain eligibility.

1. **Academics** – Lighthouse Christian Academy academic standards are high. These standards acknowledge that academic achievement takes precedence over athletic participation. These standards, as well as specific eligibility/ineligibility information are as follows:
 - a. Each student athlete will be assigned a letter grade(see Lighthouse school handbook) as an evaluation for each class taken. Grades in all classes will count and will be weighted equally.

Lighthouse Christian Academy – Athletic Handbook

Additionally, online classes must be approved by the MHSAA/NCAA regulations and a grade must be recorded for the class at quarter and semester.

- b. Each student athlete is assumed to be eligible for athletic participation until a declaration is made by the principal or the athletic director.
 - c. For the purpose of ineligibility declaration, a student's quarterly grades and semester grades will be the sole basis of consideration. Midterm grades can help a student regain eligibility but may not be used to declare ineligibility.
 - d. Any failing grade ("F") (at quarter or semester), a quarterly composite grade point average of less than 2.0 or an incomplete (INC) will render a student athlete ineligible.
 - e. Once a student athlete is declared ineligible due to academic shortcomings, the period of ineligibility will last until the next formal, written student academic evaluation (i.e., midterm grades) occurs. At that time, the entire academic record of the ineligible athlete will be re-evaluated. The academic criteria applicable for the quarterly grading periods (no "F's" and a minimum grade point average of 2.0) will also be the standard of re-evaluation at the time of the midterm update. After the grades have been re-computed for the midterm update, any ineligible student regaining eligibility status (no "F's", a minimum grade point average of 2.0 and no incompletes) will be immediately allowed to compete as a team member per recommended IHSA guidelines. If, however, an ineligible student athlete does not re-establish eligibility at the time of the midterm report update, that student athlete may be dropped from the team. Furthermore, if a student athlete is declared ineligible at a quarterly grading period, regains eligibility at the time of the midterm update, and subsequently is declared ineligible at the next quarterly grading period, that student athlete will be dropped from the team. In other words, any time a student athlete is ineligible twice during the same athletic season (defined as the time tryouts are held until the last interscholastic contest is completed), that student athlete will be dropped from the team.
 - f. In the event a student athlete has met all academic standards but drops significantly in academic performance during a time period when he/she is in no immediate danger of being declared ineligible, the coach has the authority to institute measures of accountability to help the student athlete get back on track.
 - g. The appeal procedure relative to any academic problems/policies is similar to the one addressing athletic eligibility decisions. Decisions may be appealed by approaching the coach first, and if appropriate the High School Administrator.
2. **Conduct** – Each student athlete is expected to conduct his/her life in accordance with the standards and principles set forth in God's Word. This includes adhering to all appropriate LCA standards of student conduct. Violations of the Student Code of Conduct could affect participation in athletic activities. It is also expected that student-athletes will conduct themselves at, during or after practices and contests in ways that would glorify the Lord in all that they do or say.
 3. **Trying out for the Team if Ineligible**— A student athlete who is ineligible for athletic participation at the time team tryouts are held will be allowed to try out for the team. It should be clearly understood, however, that the possibility of that student athlete not regaining eligibility status at the time of the progress report update and the probability that the student athlete will miss some interscholastic competition and, therefore, perhaps adversely affect team performance and team accomplishment, will be a major consideration on behalf of the coaching staff when selecting team members.
 4. **Remaining on the Team After Being Declared Ineligible**- Remaining on a Team After Being Declared Ineligible – It is entirely possible that a student athlete will be eligible when trying out for a team, will make the team, and will become ineligible after making the team, either before or after the season has started. If this occurs, the student athlete will, of course, be ineligible for the prescribed period of time. If this student athlete fails to re-establish

Lighthouse Christian Academy - Athletic Handbook

eligibility at the completion of the first period of ineligibility (progress report update), the student athlete may be dropped from the team.

5. **Practicing With the Team If Ineligible**-Practicing with the Team if Ineligible – Generally speaking, ineligible student athletes should be spending time correcting situations that rendered them ineligible. Therefore, it would be advised for student athletes not to be practicing with the team on a regular basis and they cannot accompany the teams to interscholastic contests. There are times, however, when coaches need these student athletes at practice for the sake of team continuity. The discretion of the coach, with the concurrence of the Athletic Director, will dictate the necessity and frequency of the attendance of a student athlete at practice. At no time will an ineligible student athlete be permitted to miss school to practice or accompany his/her team on an athletic trip.

Transportation

1. All Varsity team members are expected to ride with the team to and from contests when transportation is provided. The mode of transportation will be by the LCA van or bus.
2. Students may be released to their parents after an away contest with verbal or written consent to the coach. Students may be released to another adult only with verbal or written consent from their parent.
3. At no time should students ride with a student driver without written or verbal consent of their parent.
4. Coaches are responsible to stay with student athletes returning from off campus events at night until all students have been picked up. Likewise, a coach must remain at an away event until all students have been picked up.

ATHLETE CODE OF CONDUCT

All high school and middle school student athletes will adhere to the following code of conduct. A violation can result in suspension or expulsion from an athletic team.

Athletic Conduct and Discipline

All student athletes shall adhere to the Athletic Code of Conduct. Any violation or misconduct shall be subject to the disciplinary measures contained herein, above and beyond those rendered by the appropriate High School authority. It should be noted that the athletic code of conduct both includes and is in addition to the High School/Middle School Code of Conduct. The following Lighthouse Christian Academy athletic code of conduct rules are in accordance with the MPSSAA. The conduct of participants in athletics at Lighthouse Christian, in or out of school, year-round, shall be as follows:

1. Not to reflect discredit upon our school, teammates, coaches, or Jesus Christ.
2. Not to create a disruptive influence on the discipline, moral or educational environment in our school. Any such misconduct violating these principals shall be subject to disciplinary measures above and beyond the high school code of conduct. The Athletic Director under direction of the School Administrator shall enforce all rules and regulations as described in the Code of Conduct for athletes. All rules regarding behavior and /or training as outlined in the MPSSAA regulations apply. The Code will be enforced by the coach of each sport during the year.

Student-Athletes are expected to demonstrate the following behaviors and characteristics:

- Integrity in the keeping of one's word, speaking the truth, carrying out responsibility and respecting authority

Lighthouse Christian Academy – Athletic Handbook

- Respect for self, Lighthouse Christian Academy, coaches, officials, fans and the property of others
- Courtesy extended in all relationships – athlete to athlete or athlete to coach, stewardship of the property, supplies, and equipment of LCA, as well as wise stewardship of any personal items
- Reconciliation through Biblical and appropriate repentance and forgiveness when offenses have been committed or received Student-Athletes are expected to refrain from the following behaviors and characteristics:
 - Tardiness to practices or competitions
 - Careless and/or reckless behavior
 - The inappropriate use of cellular phones, cameras and other electronic devices, especially while in the locker room areas
 - Inappropriate public displays of romantic affection (i.e. kissing, excessive hugging)
 - Profanity and vulgar or offensive speech and/or gestures
 - Inappropriate use of social networks or media outlets (i.e.: Facebook, twitter, blogs, Instagram, snapchat, etc....)
 - Dishonesty in any form, including lying, theft, or cheating
 - Gambling
 - Rebellious or disrespectful attitude
 - Flagrant disrespect and disobedience
 - The possession and/or distribution of pornographic materials and information, including the distribution of sexually suggestive material via cell phones, cameras, computers, or “sexting” of any kind. The LCA definition of sexting is the act of sending, receiving or forwarding sexually explicit or suggestive messages, photos or images via cell phone, computer, or other digital or electronic devices.
 - Harassment or bullying in any form, verbal, physical and/or sexual in nature. Sexual harassment includes all acts of a sexual nature, whether verbal or physical, which are unsolicited, unwelcome, inappropriate, and/or demeaning, which interfere with an individual’s performance, or create an intimidating, hostile or offensive atmosphere. Physical harassment includes threats or intimidation of any nature, or inappropriate verbal or physical conduct which creates a hostile, offensive, or fearful environment. Examples of threats or intimidation include, but are not limited to, provoking a fight, fighting, bullying, acts that inflict injury or damage, and/or acts intended to control by fear and/or intimidation. (see bullying policy)
 - Hazing in any form (please see specific area on hazing policy)
 - The use and/or possession of tobacco, vape pens / E cigs or any associated items, alcoholic beverages, illegal drugs, and the abuse of prescription medication. Violations of this policy may also result in random drug testing, per Lighthouse Christian Academy procedures, at the expense of the student. (please see specific reference to consequences below)
 - Immoral sexual conduct
 - Use or possession of weapons and/or dangerous items on school premises or at any athletic event (i.e., guns, knives, explosive devices, etc.)

Lighthouse Christian Academy - Athletic Handbook

It is a privilege to represent our school and our Lord participating in interscholastic athletics. We are different at LCA, in that, our number one priority is to glorify God in everything we do. This is a tremendous responsibility, one that our student athletes should recognize at all times.

All student athletes shall adhere to the Athletic Code of Conduct as fully detailed in the Athletic Handbook. Any violation or misconduct shall be subject to the disciplinary measures contained herein, above and beyond those rendered by the appropriate Middle/High School authority. It should be noted that the Athletic Code of Conduct both includes and is in addition to the Middle/High School Code of Conduct.

| Athletic Disciplinary Actions | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|---------------------------------------------------------------------------------------------|
| Please note that the Athletic disciplinary actions below are in addition to the Middle/High | | |
| Code of Conduct Discipline Procedures | | |
| Types of Violations | Occurrence | Disciplinary Action |
| TYPE "A1" OFFENSES | | |
| Use or under the influence of alcohol or illegal drugs and the abuse of prescription medication. | 1st | Minimum 1 game suspension – (See drug policy for other consequences). |
| | 2nd | 50% of contest season, carried over to the next sports season if necessary. |
| Possession or distribution of alcohol or illegal drugs Immoral sexual conduct Possession/Distribution of pornographic materials, sexting. Inappropriate use of cellphones, cameras, or other devices resulting in the invasion of privacy or sharing of sexually explicit materials Felonies , misdemeanors, thefts | 1st | 50% of the contests for that season, carried over to the next sports season if necessary. |
| | 2nd | Suspended from athletics for 365 days. |
| Carryover will be determined by the Athletic Director in conjunction with the School Administrator | | |
| TYPE "A2" OFFENSES | | |
| Harassment or bullying in any form, physically, mentally and/or sexually in nature. Hazing in any form. Careless/reckless behavior resulting in property of physical damage. | 1st | 30 % of the contests for that season, carried over to the next sports season, if necessary. |
| | 2nd | Suspended from athletics for 365 days. |

Lighthouse Christian Academy - Athletic Handbook

| Carryover will be determined by the Athletic Director in conjunction with the School Administrator | | |
|----------------------------------------------------------------------------------------------------|-----------------|--------------------------------------------------------------------------------------------------------------------------------------|
| TYPE "B" OFFENSES | | |
| Careless/reckless behavior. Inappropriate displays of affection. | 1 st | 10 % of the contests for that season, carried over to the next sports season, if necessary. |
| Profane or vulgar speech/gestures Dishonesty in any form including lying, theft, or cheating. | 2 nd | Minimum 30 % of the contests for that season. Service project opportunities are not an option for 2 nd type "B" offenses. |
| The use and/or possession of tobacco including e-cigs, vapes, etc. | | Suspended from athletics 365 days. |
| School suspensions not addressed in specific categories. | 3 rd | |
| Carryover will be determined by the Athletic Director in conjunction with the School Administrator | | |

Anti-Hazing Policy

Hazing in any form is neither tolerated nor consistent with any spiritual, educational or athletic goal at Lighthouse Christian Academy.

"Hazing" refers to any activity expected of someone joining a student organization that humiliates, degrades, or risks emotional and/or physical harm, regardless of the person's willingness to participate.

Hazing activities generally considered: physically abusive, hazardous, and/or sexually violating. The specific behaviors or activities within these categories vary widely among participants, groups and settings. Typical hazing practices would include: personal servitude; sleep deprivation; restrictions on personal hygiene; yelling; swearing; insulting new members/rookies; being forced to wear embarrassing or humiliating attire in public; consumption of vile substances or smearing of such substances on one's skin; brandings; physical beatings; binge drinking and drinking games; sexual simulation and sexual assault.

Any activity that intimidates or threatens the student with ostracism that subjects a student to extreme mental stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school is considered Hazing.

Any activity that causes or requires the student to perform a task that involves violation of state or federal law or Lighthouse Christian Academy policies or regulations is considered hazing.

Hazing in any form will not be tolerated at Lighthouse Christian Academy and will result in disciplinary actions. There may be other disciplinary consequences as well administered by the Coach, Athletic Department, High School Principal, Superintendent and/or the board of directors.

Lighthouse Christian Academy - Athletic Handbook

Anti-Bullying Policy

Bullying in any form is neither tolerated nor consistent with any spiritual, educational or athletic goal at Lighthouse Christian Academy. Bullying in any form will not be tolerated and will result in disciplinary actions.

Locker Room Policy

Just as participating in interscholastic athletics at LCA is a privilege, so too is the use of all athletic facilities and equipment. Great care should be taken to be respectful of all facilities, equipment and resources that the Lord has provided.

Any misconduct or disrespect involving athletic facilities or equipment will be considered an "Other Code of Conduct Violation" and will be considered a Type "B" offense as set forth in the Athletic Disciplinary Actions section of the Athletic Handbook. As such, a 1st offense will result in the student athlete not being allowed to participate in 10% of the contests for that season, carried over to the next sports season, if necessary.

In order to promote a safe, respectful environment as it relates specifically to the use of locker rooms, it is our policy that a coach must be present in the locker room immediately prior to, during (if appropriate) and after all athletic practices and contests.

Attendance at Practices and Games

Each member of a Lighthouse Christian Academy Athletic team must assume the responsibilities associated with such a position. The athlete has an ethical obligation to the team and the school. This obligation includes regular attendance at practices and athletic contests. Commitment to Lighthouse teams should come before any club or outside team. If a practice or competition is missed due to outside commitments, there will be consequences for missing the Lighthouse practice or competition.

It is possible, of course, that emergency situations may arise (e.g., illness, death in a family, etc.) that render it impossible for an athlete to attend a practice session or an athletic contest. Absences should be few and far between and arranged with the coach as early as possible.

When athletic team practices occur on school vacation days all varsity athletes are expected to be in attendance. If a conflict arises and the athlete may have to miss a practice it is of utmost importance that the athlete communicates this with the coach immediately knowing that consequences may follow. Summer and off-season activities are strongly encouraged but cannot be required by coaches.

Each team member must practice a minimum of ten (10) separate days prior to the first contest. If they are moving from one season to the next within the same school year a team member must practice a minimum of five (5) times. If a student athlete misses five (5) to ten (10) consecutive days of practice/contests, he/she is required to participate in four (4) practices before returning to contest play. If a student athlete misses more than ten (10) consecutive days of practices/contests, he/she is required to participate in six (6) practices before returning to contest play. Absences from practice sessions or athletic contests will be handled in the following manner:

| ABSENCE FROM PRACTICE | |
|-------------------------------------------|-------------------------------------------------------|
| Excused absence | No action |
| Unexcused Absence 1 st offense | Conference with coach and discipline of athlete |
| Unexcused Absence 2 nd offense | Suspension from the next interscholastic contest |
| Unexcused Absence 3 rd offense | Dismissal from the team (Athlete forfeits all awards) |

Lighthouse Christian Academy - Athletic Handbook

| ABSENCE FROM ATHLETIC CONTEST | |
|---------------------------------------------|-------------------------------------------------------|
| Excused Absence | No action |
| Unexcused absence – 1 st offense | Suspension from the next two interscholastic contests |
| Unexcused absence – 2 nd offense | Dismissal from team (Athlete forfeits all awards) |

Attendance at School

A student athlete must attend school on the days of an athletic practice and contest in order to participate in that practice or contest. Some specific circumstances are as follows:

1. Students who are absent from part of the school day and are granted a non-illness related excused absence (e.g., a dental appointment) will be allowed to participate in the practice or contest that day.
2. Student athletes must attend at least half (the start of Block 3) of the school day unless it is due to an excused absence. A student athlete may not participate in practices or games if they did not attend half of the school day.
3. Any unexcused absence from school, regardless of if it is only for a partial day, will render an athlete unable to participate in the day's events. This would include in school suspension or skipping class.

No Quit Policy

If a high school or middle school student is selected for a position on one of the Lighthouse athletic teams, it is important that he/she makes a firm commitment to that team. Therefore, quitting a team after being selected is strongly discouraged. If any student athlete quits a team after the first contest, that student athlete is prohibited from trying out for another Lighthouse School team or extracurricular activity during the same season. The student will be obligated to pay for any player pack items that were ordered, and at least 50% of the participation fee. Furthermore, quitting a team in one season will impact a student's ability to participate in a sport the following season. A student athlete also will not be allowed to work out or practice with the next season's sport, until the team that they quit has finished their season. This includes post-season playoffs.

Playing Time Policy

While it is true that our coaches and administrative personnel believe it to be important to broaden the experience of Lighthouse Christian Academy athletes, and that broadening is enhanced by playing time, it is also an important goal of the Lighthouse Christian Academy athletic program to strive toward excellence. Therefore, no minimum per game playing time provisions or minimum numbers of athletic meets in which athletes must compete are established at any level. Playing time decisions are left up to the individual coaches.

Starting a Season Late

A student may begin participation in a sport after the official start of the season **if the Athletic Director and head coach deem the reason for the late start acceptable.**

Lighthouse Christian Academy - Athletic Handbook

- If team **cuts were made**, the late student must complete a **three-day tryout period**. If the student is determined by the coach to meet the athletic standards of the team, he/she may be added to the roster.
- **No current athlete will be removed from the team to make room** for a late addition.

While it is strongly encouraged that any student joining late completes **several practices** before participating in a contest, the final decision rests with the **head coach**, in **consultation with the Athletic Director** if needed. The coach must be confident that the athlete is:

- **Athletically ready**
- **Conditioned and prepared**
- And that it is **safe** for the athlete to participate in competition

For students transitioning directly from one LCA sport season to another (e.g., fall to winter), coaches are encouraged to allow a short **acclimation period**, though this is not required.

If a student **transfers into Lighthouse** after a season has begun, they will be considered a **new student** with new opportunities, and may be permitted to try out at the coach's discretion.

Multiple-Sport Policy

To fully accomplish the mission statement of LCA Athletics we, the coaches and athletic administrators, must encourage all of our student athletes to participate in multiple sports. A multiple sport athlete has two to three times the opportunity to develop Christian friendships, Christian character, competitive experience, and reap the benefits of cross training, etc. than a single sport athlete.

If a student athlete approaches a coach or athletic administrator about his/her thoughts on the pros and cons of being a multiple sport athlete, it is our job to carefully give the student athlete an objective evaluation of his/her options. Never should a coach discourage participation in other sports. Coaches should share as much information with the student athlete as possible to help him/her make the best-informed decision he/she can make.

Off-Season Practice Policies - When a student athlete makes a commitment to participate in a team sport, he/she is making a commitment to the team to be at his/her best/peak performance at all times during the season. The student athlete is also facing the challenge of maintaining his/her academics at the highest level possible. Therefore, it is vital that coaches communicate and come to some agreement that is in the best interest of our student athletes.

These activities include:

- Open Gyms, Scrimmages, Pick-Up Games
- Conditioning
- Weight Training
- Skills Practices

Lighthouse Christian Academy - Athletic Handbook

· Drills

Student athletes may choose to participate in non-LCA off-season sports outside the LCA campus. This is permissible, but “club” sports must take a backseat to the athlete’s LCA team when it comes to schedule conflicts.

Schedules

The scheduling of all athletic events and practices is determined by the Athletic Director in cooperation with each coach. The coach will issue a schedule to the students and parents as soon as possible in each season. If practice is understood to be every day, there may not be a printed practice schedule issued. Athletic contests are rarely scheduled on Wednesdays. Athletic practices may be scheduled on Saturdays, but there will never be any practice on Sunday. On occasion an athletic event may be scheduled on a day or weekend when school is out on vacation. When this is determined to be necessary, the dates will be given out as far ahead as possible and all athletes are expected to be in attendance.

School Equipment

1. Students are responsible for all equipment issued to them. Athletic uniforms are supplied for the sole purpose of athletic participation. This equipment is not to be used for any other purpose.
2. When the season is over, all equipment and uniforms are to be returned to the coach who will keep inventory of all items issued to the team. The coach will then submit the end-of-season inventory list to the Athletic Director in a timely manner following the season.
3. The parent is responsible for the dollar replacement cost of any lost or damaged school issued equipment or uniforms.
4. Uniform budget will be allocated and reviewed by the Athletic Director according to a rotation schedule.

Team Fundraising Projects

All team fundraising projects must be presented to and approved by the Athletic Director and the school Administration. Forms are available from the Athletic Director. Only after the project has been approved is the team allowed to go ahead with the fundraiser.

Extracurricular Conflicts

If a conflict arises involving an athletic contest and an event related to another school activity, the coach and teacher/sponsor will discuss whether accommodations can be made to allow the student to participate in both events. If an agreement cannot be reached in this manner, the student and parent(s) will decide how best to proceed keeping the best interest of the student in mind. Teachers and coaches may assign alternative work/tasks in place of the missed event. No additional or punitive penalties may be assessed beyond the loss of benefits (e.g., grades, participation) inherent in the event itself. It is understood that post-season contests/performances will take priority over regular in-season contests/performances.

Scholastic Athletic Offerings

| <u>Fall</u> | <u>Winter</u> | <u>Spring</u> |
|----------------------|----------------------|----------------------|
| Girls’ HS Volleyball | Boys’ Bowling | HS Track |

Lighthouse Christian Academy - Athletic Handbook

| | | |
|----------------------|------------------|-------------|
| Girls' MS Volleyball | Girls' Bowling | MS Track |
| Coed MS Soccer | Boys' Basketball | MS Baseball |

Cancellations

It is necessary, at times, to cancel games and practices at the last minute due to inclement weather. Please do not call the school on these days! We will update cancellations on the school Facebook page. If it is a home game cancellation the Athletic Director will try to make a decision by 2:30 pm if at all possible. If it is an away event, the opposing athletic director makes the cancellation decision. As soon as we receive that information the website will be updated.

Pre-Season Physicals

A sports physical is required prior to an athlete being able to participate in sports in any manner. If the completed form is not returned the player can not practice or play in games.

Pre-Season Parent Meetings

All parents of student athletes are required to attend a pre-season meeting with the coaching staff of that sport. The meeting shall be held before the first contest. Parents will be informed of all rules of Lighthouse Christian Academy.

Parent Responsibilities for Each Team

Along with the necessary financial costs, parents should be aware of the necessary service/costs associated with athletic participation in their athlete's sport. This participation which is required of all parents includes, but is not limited to, the following: team devotions/prayer, concession sales, transportation, basic clean-up assistance at home contests, special events/tournaments, and others as directed or requested by that team's coach. At your parent meeting the coach will have sign-up lists available. For the success of each team, it is imperative that parents sign up for at least one area.

1. Administrative
 - a. Concessions
 - b. Scorekeeper
 - c. Field/Gym tear down after games
 - d. Fundraising

Addendum 1

Lighthouse Christian Academy - Athletic Handbook

Anti-Bullying Policy

The administration, faculty and staff of LCA believe that all people are created in the image of God, and so have intrinsic worth, value and dignity. We believe we have a responsibility to provide a respectful, safe and healthy school environment and an obligation to promote mutual respect and acceptance for our students. We recognize that love and respect are the foundation for our relationship with God and others, and that Scripture establishes the standard of how we demonstrate love and respect toward all students. Therefore, we will not tolerate behavior that infringes on the safety and dignity of any student. Bullying is never acceptable and is strictly prohibited. Such conduct is contrary to the behavior, values and principles taught by our Savior and are disruptive to the educational process.

The State of Maryland defines bullying as any overt, unwanted, repeated acts or gestures, including verbal or written communications or images transmitted in any manner (including digitally or electronically), physical acts committed, aggression, or any other behaviors that are committed by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate, or harm the targeted student and create for the targeted student an objectively hostile school environment that:

- (1) Places the targeted student in reasonable fear of harm to the targeted student's person or property; (2) Has a substantially detrimental effect on the targeted student's physical or mental health.
- (3) Has the effect of substantially interfering with the targeted student's academic performance; or
- (4) Has the effect of substantially interfering with the targeted student's ability to participate in or benefit from the services, activities, and privileges provided by the school.

Lighthouse Christian Academy will not tolerate any behavior that is considered bullying, intimidation, or harassment of another student(s). Such behavior includes, but is not limited to.

Physical - direct physical contact including pushing, hitting, shoving, biting, hairpulling, scratching, spitting, tripping, damaging or stealing victims' property, locking person in room, mean faces, rude gestures, initiating or forcing inappropriate touching

Verbal assaults - name calling, put downs, racist remarks, teasing, threats, spreading rumors, sending inappropriate (violent, sexual, malicious, etc.) notes or pictures in any medium, (cell phone, internet, etc.)

Social - ostracism, exclusion, ignoring, being unfriendly, alienating, social isolation, rumor spreading, damaging someone's reputation

Psychological - acts that instill a sense of fear or anxiety, aggressive or menacing gestures

Students who choose to initiate and/or participate in bullying activities of any kind will be subject to intervention and/or disciplinary action. Consequences can include loss of designated school privileges and opportunities, suspension, expulsion or legal action by the police and/or courts.

Procedures to be followed for Suspected or Reported Bullying Behavior:

- Staff, student or parent reports the incident and suspected behavior immediately to a school staff member who will ensure that the incident is reported to the appropriate school administrator
- Appropriate school personnel will immediately investigate the incident and follow the established guidelines for investigation, intervention and notification of parents of all parties
- Bring resolution to the incident in a timely manner and inform all parties involved as to findings and action to be taken

Lighthouse Christian Academy - Athletic Handbook

Addendum II

High School/Middle School Conduct and Discipline

As an expression of LCA's mission, the high school and middle school discipline policy is intended to support the discipleship process for students, and to serve as a reflection of Jesus Christ and as an extension of the home. As such, the primary purpose of the discipline process is to produce growth in students while maintaining an environment of learning and order, providing support to parents, and reflecting Scriptural principles of conduct and influence.

In keeping with this purpose, the Scriptural principles that provide the foundation for the discipline policy are as follows:

- The responsibility of parents for the education of their children. (Deuteronomy 6:6-9)
- Submission to authority. (I Peter 2:13-17)
- The principle of reaping and sowing. (Galatians 6:7-8)
- Confrontation, restoration, and separation. (Matthew 18:15-17)

Under the guidelines of these Scriptural principles, the goal of Lighthouse Christian Academy through the disciplinary process is to:

- Work alongside parents within the process of discipline.
- When possible, involve the spiritual authority and influence of a family's church affiliation.
- Provide an environment of order and respect that promotes an atmosphere conducive to learning.
- Apply necessary and appropriate consequences for choices.
- Guide in the restoration of relationships with Jesus Christ and with LCA, its employees, and its students.
- Use relational influence to produce spiritual growth, correction, and right choices.
- Do so in a context that seeks the best interest of both the involved parties and the student body as a whole.

Code of Conduct

In order to best fulfill the goals of the discipline process, Lighthouse Christian Academy has established a Code of Conduct that defines expected student behavior and establishes the procedure and process for addressing disciplinary matters. Please be aware that student conduct and behavior outside of LCA can affect a student's standing at LCA as well as the reputation of LCA, therefore it is the expectation of the administration that students adhere to the code of conduct at all times. It is therefore also understood that violations of the code of conduct both inside and outside of school, including breaks from school, may be addressed as a disciplinary concern by the administration. Students are specifically considered to be under school jurisdiction at any time at which they are under the direct supervision of Lighthouse Christian Academy and its employees, including when riding a school bus or attending a school function or activity.

Students are expected to demonstrate the following behaviors and characteristics:

- Integrity in the keeping of one's word, speaking the truth, doing one's own work, carrying out responsibility (doing assignments adequately and on time) and respecting authority.

Lighthouse Christian Academy - Athletic Handbook

- Respect for self, Lighthouse Christian Academy and its employees and students, and the property of others.
- Courtesy extended in all relationships – student to student or student to teacher/staff.
- Stewardship of the property, supplies, and equipment of Lighthouse Christian Academy, as well as wise stewardship of personal items.
- Preparation for class and readiness to learn.
- Reconciliation through Biblical and appropriate repentance and forgiveness when offenses have been committed or received.

Students are expected to refrain from the following behaviors and characteristics:

- Tardiness to class
- Failure to conform to the expected dress code
- Careless and/or reckless behavior (i.e., throwing objects, running in halls, driving recklessly, etc.)
- Disruptive behavior that impedes the educational process
- The use of cellular phones and other electronic devices during school hours
- Inappropriate public displays of romantic affection (i.e. kissing, excessive hugging)

Profanity and vulgar or offensive speech and/or gestures

- Dishonesty in any form, including lying, theft, cheating, and plagiarism (Note: indication of cheating on any assignment will result in zero for the assignment; this guideline applies to the person copying as well as to the person knowingly supplying the material to be copied)
- Gambling
- Rebellious or disrespectful attitude
- Flagrant disrespect and disobedience
- Skipping class, leaving campus without permission, or truancy
- Vandalism, including that which would be directly toward the personal property of school employees
- The possession and/or distribution of pornographic materials and information, including the distribution of sexually suggestive material via cell phones and computers, or “sexting.” The Lighthouse Christian Academy School definition of sexting is the act of sending, receiving, or forwarding sexually explicit or suggestive messages, photos, or images via cell phone, computer, or other digital or electronic device.
- Harassment in any form, both physical and/or sexual in nature. Sexual harassment includes all acts of a sexual nature, whether verbal or physical, which are unsolicited, unwelcome, inappropriate, and/or demeaning, which interfere with an individual’s performance, or which create an intimidating, hostile or offensive atmosphere. Physical harassment includes threats or intimidation of any nature, or inappropriate verbal or physical conduct which creates a hostile, offensive, or fearful environment. Examples of threats or intimidation include, but are not limited to, provoking a fight, fighting, bullying, acts that inflict injury or damage, and/or acts intended to control by fear and/or intimidation. Please see the anti-bullying section for more information.

Lighthouse Christian Academy - Athletic Handbook

- The use and/or possession of tobacco, vape pens / E cigs or any associated items, alcoholic beverages, illegal drugs, and the abuse of prescription medication.

- Immoral sexual conduct

- Use or possession of weapons and/or dangerous items on school premises (i.e., guns, knives, explosive devices, etc.)

The following violations of the Code of Conduct will result in an automatic suspension from school, pending a more thorough investigation of the matter, and may result in withdrawal or expulsion. In addition, any code of conduct violation that also potentially involves a criminal offense or a violation of state laws (i.e. use of illegal substances, distribution of stolen goods or pornographic materials, sexting, possession of weapons on school premises, vandalism, truancy, etc.) may require Lighthouse Christian Academy to involve law enforcement officials.

- The use and/or possession of tobacco, vape pens / E cigs or any associated items, alcoholic beverages, or illegal drugs, and the abuse of prescription medication

- Immoral sexual conduct

- Pregnancy

- Possession of weapons &/or dangerous items on school premises

- Repeated dishonesty

- Flagrant disrespect and disobedience

- Leaving campus without permission

- The possession and/or distribution of pornographic materials and information, including sexting

- Harassment in any form, both physical and/or sexual in nature

- Vandalism

- Continued willful disobedience, misconduct, disrespect