



## STUDENT ATHLETIC HANDBOOK

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## **STUDENT ATHLETIC HANDBOOK**

### **I. INTRODUCTIONS**

#### **A. To the Parents**

This publication is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him or her to participate. By supporting policies that govern school competition for the school and the conduct and training for school athletes. Parents, team members and coaches can maintain a sports program with positive opportunities and experiences which foster the personal growth of all team members.

We in the athletic department believe that a properly managed sports program helps meet students' need for self-expression, mental alertness, and physical growth. Our obligation is to maintain a sound program to further students' emotional and physical maturity. The staff is committed to provide adequate equipment and facilities, well-trained coaches and fair contests with skilled officials.

Students who enlist in one of our sports programs make choices and commitments to certain responsibilities: self-discipline, self-denial and prescribed training habit. To remain on the squad, all students are expected to comply with the rules of training and conduct, to discipline their minds and bodies for rigorous competition and to recognize the rights of other team members.

Through communicating to you and team members the specific policies necessary for a well-organized sports program, the members of the athletic department ask you to join in a community of support for a sports program. This program is characterized by the willingness of all participants to compromise their mediocrity and distinguish themselves to achieve excellence.

### **PHILOSOPHY OF MIDDLE SCHOOL AND JUNIOR VARSITY ATHLETICS**

Middle school and junior varsity athletics provide a healthy and desirable attitude towards athletic participation. They present an environment in which students can begin to learn all of the positive elements that can be gained by participation in sports.

Middle school and junior varsity athletics provides the opportunity for students to prepare for participation on varsity teams. Such items as learning and refining skills,

sportsmanship, strategy, teamwork, competition, conditioning and maturity are necessary for athletes to advance to higher levels of competition.

Maximum participation by students is highly desirable. This participation is to be encouraged in both practice and in competition with other schools. Coaches are strongly encouraged to give each student the opportunity to participate in as many games as practical.

## **PHILOSOPHY OF VARSITY ATHLETICS**

The varsity athletic program at LCA encourages each team and school to represent itself at the highest possible standard at every level of competition.

The varsity athletic program is intended to provide those students possessing a high degree of skill and talent in sports the opportunity to perform in the sport of their choice.

The varsity athletic program is seen as not only a program benefiting a specific group of athletes, but as a program, which also provides an opportunity for all students to enjoy athletics as spectators as well as participants. It is through the athletic program that much of a school's spirit is generated.

### **B. To the Athlete**

Being a member of LCA athletic team is the fulfillment of a goal. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight it takes hard work of many people over many years. As a member of an interscholastic squad of your high school you have inherited a wonderful tradition: at tradition to win with honor. You are challenged to uphold this tradition and to bring honor tour athletes, our school and our community.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of your school, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them.

1. **RESPONSIBILITES TO YOURSELF:** These important responsibilities are to broaden yourself and to develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your academic studies and your participation in other extracurricular activities, as well as in sports, prepare you for your life as an adult.
2. **RESPONSIBILITES TO YOUR SCHOOL:** Another responsibility you assume as a team member is to maintain the reputation of your school. Your high school cannot maintain its position as having an outstanding unless you represent it well. By

participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on the athletic squad. The student body and citizens of the community know you. You are on stage: the spotlight is on you. The student body, the immediate community and outlying communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role you can contribute greatly to positive school spirit and community pride. Make LCA proud of you and your community and proud of your school by representing them through a positive performance and high character.

3. **RESPONSIBILITIES TO OTHERS:** When you have met all the training rules, have practiced to the best of your ability every day, and have played the game “all out” you have your self-respect, and your family can be justly proud of you.

The younger students in LCA system are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

4. Responsibility to the Lord, is only accepted by recognizing his continual presence with each athlete individually.

## **II. ATHLETIC PHILOSOPHY**

### **A. Statement of Philosophy**

The Legacy Christian Academy (L.C.A) Athletic Program provides a variety of experiences to aid the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

### **B. Athletic Goal and Objectives**

**OUR GOAL** - The student athlete shall become a more effective citizen in a democratic society and serve the Lord.

#### **OUR SPECIFIC OBJECTIVES – The student athlete shall learn:**

1. To work with others – In a democratic society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
2. To be successful – Society is very competitive. Learning to accept defeat comes by striving to win with earnest dedication and developing a desire to excel.
3. To develop sportsmanship – By accepting defeat with grace and dignity a person learn to treat others as he/she would like to be treated. Though participation in athletics, a student may develop desirable social traits; including emotional control, honesty, cooperation and dependability.

4. To improve – Setting a goal and working to achieve it is characteristic of good citizens. An athlete established personal goals to enhance skills and works to meet them.
5. To enjoy athletics – Athletics must enjoy participation, acknowledge all of the personal rewards to be derived from athletics, and give sufficiently of themselves to preserve and improve the school's sports program. Good citizens appreciate the pleasures of their society and nation.
6. To develop – desirable personal health habits: To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits and to develop the desire to maintain this level of physical fitness after formal competition has been completed. Fit individuals are better able to contribute to society.

### **III. GOVERNANCES**

#### **A. The School Board**

The School Board is responsible for interpreting the needs of the school and developing policies in accordance with state statutes and mandates and in accordance with the education needs of the LCA student.

#### **B. LCA Athletics**

The primary role of LCA is to maintain rules and regulations that ensure equity in competition for the student athletes and a balance with other educational programs.

List of Leagues and Associations: NACA (National Association of Christian Athletes) and CCA (Christian Cheerleading Association)

### **IV. REQUIREMENTS FOR PARTICIPATION**

#### **A. Physical Examination**

A yearly physical examination is required. The physical must be completed by the physician and submitted to the coach prior to participation. The physical covers all sports for the entire year provided the examination occurred after May 1 of the preceding season. The form will be kept on file in the athletic office.

#### **B. Emergency Medical Authorization**

Each athlete's parents shall complete an Emergency Medical Authorization Card giving permission for treatment by a physician or hospital when the parents are not available. The card will be available at all practices and contests.

#### **C. Parental Acknowledgement of Athletic and Training Rules**

At the time a student has been selected for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics.

Each parent or guardian shall read all the enclosed material and certify that they understand the athletic eligibility rules and policies for the school district. This signed document will be filed in the athletic director's office. Refusal to sign the training rules will result in student's ineligibility to participate. See appendix for a copy of this form.

**D. Insurance**

The school district does not carry insurance to cover student athletic injuries, Parents sign an acknowledgment card stating they have purchased school insurance or possess a family insurance plan.

**E. Scholastic Eligibility of Athletes**

In order for a student to participate on an LCA athletic team each athlete must have satisfied all of the scholastic eligibility requirements prior to participation.

These regulations state that all athletes:

1. Cannot receive money or awards for playing.
2. Cannot sign a contract to play professional sports while they still maintain high school eligibility.
3. Cannot be 19 on or before August 1<sup>st</sup> of the current year.
4. Must pass five courses the previous semester and be currently taking five courses.
5. Must not have more than a total of eight consecutive semesters of eligibility after he/she enters the 9<sup>th</sup> grade for the first time.
6. Student must maintain a 2.5 average
7. Students who receive a "D" in a subject will be subject to reduced playing time and must meet with the Athletic Director to discuss their academic performance
8. Students who receive a failing grade will not be permitted to compete in games. They must meet with the Athletic Director to discuss their academic performance. Grades must improve to return to game competition.
9. Must abide by the school training rules.
10. Must attend school the day of the game, and must be in school by 10:00 am unless he/she has an administrative excuse or doctor's appointment and provides the school with a doctor's note.
11. Eighth grade students who become 14 years of age by September 1 are eligible for Freshman athletics at the high school they would attend.

**F. Risk of Participation**

All athletes and parents must realize the risk of serious injury, which may be a result from athletic participation. LCA will use the following safeguards to make every effort to eliminate injury:

- 1) A mandatory parent/athlete meeting prior to the first contest of the season to explain fully the athletic policies and to advise, caution, and warn parents/athletes of the potential for injury
- 2) A continuing education program for coaches to learn the most up-to-date safety techniques and skills to be taught in their sport.

#### **G. Financial Obligations and Equipment**

- 1) Uniforms- In general, uniforms are provided to all athletes. However, in some cases the athletes must purchase certain items. Such items become the personal property of the student.
- 2) Equipment- All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practice. Students must pay for all equipment not returned in good condition at the end of the season.

### **V. ATHLETIC CODES OF CONDUCT**

#### **A. Conduct of Athletes**

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of athletic department. The community, school, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration.

All athletes shall abide by a code of ethics, which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, immorality, or violations of law, tarnish the reputation of everyone associated with the athletic programs and will not be tolerated.

#### **B. Individual Coaches' Rules**

Coaches may establish additional rules and regulations with the approval of the athletic director for their respective sports. These rules pertaining to a particular sport must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violation of the team rules will also be in writing and shall be administered by the coach. Copies of all additional team rules by coaches are on file in the athletic director's office.

### **C. Appeal Procedure**

The initial notice of disciplinary action is given to the student and the parent in writing by the coach initiating the action.

### **D. Disciplinary Report During the Sport Season**

Parents are required to pursue issues involving athletics within the appropriate administrative channels. The first point of contact should be the coach, followed, if necessary, by the athletic director.

The head coach, in each sport, must keep a notebook of disciplinary actions taken on each athlete during the course of the season. The purpose of this notebook is to provide the athletic director with times, dates and the nature of the problems. This data can be used as supporting documentation should it become necessary to recommend an athlete's suspension or dismissal.

- a. Anytime during the course of a sports season when a coach must discipline an athlete he/she must make telephone contact with the parent and notify the athletic director. If telephone contact cannot be made, a letter must be sent to the parent with a copy to the athletic director.
- b. In the event that it becomes necessary to dismiss an athlete from a team the following procedures are to be followed:
  - i. The coach will communicate with the athletic director to give the reason for recommending the athlete's dismissal from the team.
  - ii. The athletic director will then inform the athlete, explain the charges, and hear the athlete's response to the charges.
  - iii. The athletic director will make contact with the parent.
  - iv. The athletic director will then make a decision. If the athlete is to be dismissed, the student and the parents of the athlete will be notified in writing.
- c. The parent(s) guardian or the student athlete, if 18 years old, may ask for a review of the decision of the athletic department to the principal within three working days. The request for review will require the following;
  - i. The written request must be presented to the principal within three working days of the initial ruling.
  - ii. The principal shall render a decision in writing within five days, to the student and his/her parents or guardian.

In the event that the athletic director is unavailable and circumstances warrant prompt action on a recommendation for dismissal of athlete, the principal or his/her designee may act in place of the athletic director. In such an instance any review shall be conducted by the Director of Secondary Education.

## **VI. BASIC ATHLETIC DEPARTMENT POLICIES**

### **A. Participation**

An athlete may participate in only school sponsored sport per season.

### **B. Equipment**

School equipment checked out by the student/athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation.

### **C. Missing Practice**

An athlete should always consult his/her coach before missing practice. Missing a practice or a game without prior approval of the coach or athletic director will result in disciplinary action.

### **D. Travel**

At no time will athletes be transported to or from athletic events in private cars unless prior arrangements have been made. Athletes may ride home from events with their parents/guardians. The parent/guardian must tell the coach or sponsor in person when they are leaving.

If at all possible a coach should be in the front of the bus and one in the rear to the bus during the trip.

The bus driver has the authority to maintain proper discipline while on the bus. Additionally, the bus driver makes the final decision in route of travel and is responsible for assuring all transportation procedures are followed.

1. Athletes will remain with their squad and under the supervision of the coach when attending away contests.
2. Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
3. All regular school bus rules will be followed.
4. Dress must be appropriate. Reference Attachment #2

### **E. College Recruitment Policy**

1. Selecting a college and making career plans are two of the most important decisions to be made by high school student-athletes and their parents. The student-athlete and his/her parents must initiate the efforts, assert themselves, and work primarily on their own behalf.
2. In the event an athlete should be contacted personally by a college recruiter, he/she an obligation to work through his/her coach and the athletic

department. The coach should be informed of such a contact as soon as possible. College recruitment information is available in the athletic office. NCAA standards are available in the athletic director's office.

3. Since 1994-95, students must go through the NCAA Clearing house. Applications for this process are located in the main office.

#### **F. Conflicts in Extracurricular Activities**

The athletic department recognizes that each student should have the opportunity for a broad range of experience in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.

An individual student who attempts to participate in several extracurricular activities will undoubtedly, be in a position of a conflict of obligations.

Students have the responsibility to reduce the likelihood of frequent conflicts by being cautious about joining too many organizations. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from the activity.

When a conflict arises, the sponsors/coaches will attempt to work out a solution. If a solution cannot be found the principal will make the decision based on the following considerations:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. When each event was scheduled.
5. Talk with parents.

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by either the faculty sponsor/coach.

#### **G. Attendance**

1. Each school is responsible for establishing team rules regarding practice schedules and excused and unexcused absences from practice. Students are expected to abide by the rules established for each team.
2. In order to participate in an athletic activity or practice on any given day an athlete or manager must report to school by 10:00 am and must remain in school that entire day. Exceptions may be made for doctor or dental appointments or reasons excused by the principal or his designee.

3. Attendance exceptions will also be made based on the students class enrollment schedule. This exception is based on seniors who have a limited number of classes on campus. These students need to meet with the Athletic Director before the season begins.

#### **H. Release Class**

Athletes must see their teacher the day before the classes they will miss because of an athletic contest. All work shall be made up at the convenience of the teacher.

#### **I. Grooming and Dress Policy**

A member of an athletic team is expected to be well groomed. Appearance, expression and actions always influence people's opinion of athletes, the team and the school. Once a member of a squad, the athlete has made a choice to uphold certain standards expected of athletes in this community. See attachment 2.

#### **J. Vacations Policy**

Vacations by athletic team member during a sport season are discouraged. Parents/athletes wishing to take a vacation during the season should consult the athletic director and coach.

#### **K. Squad Selection**

In accordance with our philosophy of athletics and our desire to see many students as possible participate in the athletic program, coaches are encouraged to keep as many students as possible. Coaches will determine the maximum number of athletes they will have on their roster. Time, space, facilities, equipment personal preference and other factors place imitations on the most effective squad size for any particular sport.

The following policy will be used as a guideline for bringing up J.V. players to dress for post-season varsity tournaments and will be followed by all varsity coaches.

In the case of injury or ineligibility to one or more varsity players when the only substitute that has the necessary skills to play the position is a J.V. player, the coach may promote him/her to the varsity team. The number of players that will be moved up will be commensurate with the number of ineligible or injured varsity players.

#### **L. Cutting Policies**

Choosing the members of athletic squads is the sole responsibility of the coaches of those squads.

Prior to trying out, the coach shall provide the following information to all candidates for the team: Date of try-out period, criteria used to select the team, practice commitment for the team members, and game commitments. When a squad cut becomes necessary, selected candidates will have competed in a minimum of three practice sessions and performed in at least one intra-squad practice. All students trying out for the team will be informed by a letter if he/she did or did not make the squad. No list will be posted. Coaches will discuss and encourage alternative possibilities for participation in the sport or other areas in the activities program.

#### **M. Reporting of Injury**

All injuries, which occur while participating in athletics, should be reported to the athletic trainer/coach. If the injury required medical attention by a doctor or treatment center, an injury report form must be completed. Once a physician treats an athlete, the athlete must obtain the doctor's permission to return to the activity.

#### **N. Locker Room Regulations**

1. Roughhousing and throwing towels or other objects are not allowed in the locker room. Hazing of other players is not allowed.
2. All Showers must be turned off. The last person to leave the shower room is expected to check all showers.
3. No one except coaches and assigned players are allowed in the locker room.
4. No glass containers are permitted in the locker room.
5. All spiked or cleated shoes must be put on and taken off outside of the gym and room. No metal or hard plastic cleats or spikes are allowed in any other part of the school building.

### **VII. ATHLETIC AWARDS POLICY**

Requirements for earning a letter have been established. Athletes are to be informed of these requirements prior to the season. These requirements will add more meaning and significance to earning a letter and prevent many problems that arise after the awards program.

Special athletic awards shall be given to those teams who win their district championship, regional championship, and/or a state championship. The coach and the athletic director will determine the type of award.

#### **A. Varsity Letter Requirements**

The varsity award shall be presented to an athlete who satisfies the participation requirements, completes all team obligations and receives the recommendation of the coach.

**B. Lettering Criteria That Pertain to All Sports**

1. An athlete whom moved from one level of competition to another will letter at the level of the highest competition, proved the athlete have met combined requirements.
2. A coach will have the prerogative to award a letter to a senior who has not met the seasonal requirements.
3. Any athlete who was a started or played regularly and was thereafter injured may be awarded a letter if in the coach's judgment, he/she would have met the lettering requirements.
4. In a sport where state tournament play is sponsored, athletes may letter if they have become a starter; play 75% of the quarters, innings matches or score team points in individual competition in tournament play, regardless of other lettering criteria.
5. The athlete must complete the season in good standing with the school and coach.

**VIII. REQUIREMENTS FOR PARTICIPATION**

**A. Physical Examination**

A yearly physical examination is required. The physical forms must be completed by the physician and submitted to the coach or athletic department prior to participation. Theie physical covers all sports for the entire school year provided the examination occurred after May 1 of preceding season. The form will be kept on file in the athletic office.

**B. All Athletes must sign and return form – Read the Athletic Handbook. See attachment #1**

**C. All Athletes must sign the Student Athletic Handbook Guidelines for Grooming and Hygiene. See attachment #2**

**D. Cheerleader athletes must sign the Cheer Team Rules/Guidelines form. See attachment #3.**

**E. All athletes must sign Basic Rules/Guidelines form. See attachment #4**

**F. LCA Athletic Participation Form - Every athlete is required to fill out the LCA participation form yearly. Attachment #5**

**G. All Athletes and Parents/Guardians must sign the Boosters involvement form.**

Athletic Handbook - All Students need to sign and all students will be given the athletic handbook.

1. All decisions concerning an athlete's or manager's eligibility to participate in the athletic program will be made by the school administration subject to Virginia State rules.
2. All Athletes and managers are to abide by all school rules for student conduct, They are to conduct themselves at all times in a manner that brings credit to themselves as athletes and as representative of LCA while participating in or traveling to and from athletic events. RULES BECOME EFFECTIVE THE FIRST DAY of TRYOUTS/PRACTICE.
3. The athlete must report athletic injuries to the coach or athletic trainer immediately upon occurrence. Failure to report injuries will result in the athlete's parents assuming responsibility.
4. Athletes and managers must travel to and from contests with their team, unless prior approval is given by the coach or school administrator.
5. Each school is responsible for establishing team rules regarding practice schedules and excused and unexcused absences from practice. Students are expected to abide by the rules established for each team.
6. Any athlete or manager who is participating in the athletic program and who becomes involved in a situation which is detrimental to the team and/or school can expect disciplinary action. Action will be in accordance with school behavior for students; deemed appropriate by the coach and local school administration and school board.
7. In order to participate in an athletic activity or practice on any given day, an athlete or manager must report to school by 10:00 am and must remain in school the entire day or until 1:00 pm. Exceptions may be made, see student athletic handbook.
8. Any athlete or manager receiving a detention will be subject to disciplinary conditioning on the day served or at the coaches discretion and will forfeit one half of the next game.
9. Any athlete or manager receiving suspension for violation of school rules will be ineligible to practice or play in a scheduled event on the day or days he/she is serving the punishment. Upon return, student is subject to disciplinary conditioning determined by the coach
10. Any athlete or manager who uses or possess tobacco, drugs, or alcohol or is involved in immoral behavior during sports season, will be dismissed from the team. No Exceptions
11. Any athlete or manager may resign from a team any time before the first game, match or meet without sacrificing his or her eligibility for any other sport during the season.
12. When an athlete or manager resigns or is dismissed from a team after the first game, match or meet, he or she will be ineligible to participate in the school athletic program until the team from which he or she resigned or was dismissed has concluded all activities for the season.
13. Any athlete who is rejected from a game by an official during the regular season will automatically be suspended for at least one subsequent game. The coach and administration may take additional disciplinary measures in accordance with school rules. A second violation in the same sport shall carry a minimum two contest suspension.
14. An athlete may not participate in more than one sport per season.
15. An athlete must maintain an overall "C" average with no "F's".
16. At no time shall a parent approach a coach or the team area before, during or after a game to protest a grievance. All grievances must be directed to the Athletic Director or a School Administrator in a manner appropriate for discussion.

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Athletes, managers, and parents must sign and return this form to the coach.

I have read, understand and agree to abide by LCA rules and regulations for students participating in middle and high school athletic activities. **ALL RULES BECOME EFFECTIVE THE FIRST DAY OF TRYOUTS/PRACTICE.**

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date Signed

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date Signed

Student athletic Grooming and Hygiene policy. This includes students enrolled at Legacy Christian Academy, Home School students playing on Legacy teams, and students from other schools participating on Legacy teams.

1. Christian modesty in dress is important to the image being promoted by LCA.
2. The coaches will determine the appropriate dress standard for students traveling to games. The policy will be determined in consideration of the distance that will be travelled on road trips. Modesty will always be distinctive in any attire that is allowed.
3. No gothic or extreme jewelry or makeup is allowed on our athletes. No black nail polish shall be worn. Extreme styles not covered in our documentation will be defined by the Athletic Director as to their appropriateness.
4. Faddish hair styles on boys or girls have to be approved by the Athletic Director. Hair colors should be in the natural category. Faddish colors like pink, green, extreme red, purple, violet, indigo, blue, etc. are not allowed. Any haircut styles showing baldness or strange styling are not allowed. The athletic director has the right to determine if any coloring, combinations of colorings, or cutting styles not mentioned above are allowable or not. Any temporary hair designs for the purpose of unity for a cause are to be approved at the discretion of the Athletic Director.
5. Good hygiene practices are to be practiced.
6. Clothing should be neat, clean, not frayed, or have holes in the garments.
7. Girls are not to wear clothes designed for boys and boys are not to wear clothes designed for girls.
8. No body piercings jewelry other than earrings are allowed other than pierced earrings on girls only. The girl's earrings need to be modest in size. Students should wear as little jewelry as possible for safety purposes. During athletic competition no jewelry is allowed to be worn.
9. No visible tattoos should be observable to public view. Temporary tattoos for team spirit purposes must be approved by the Athletic Director.
10. Fake finger nails cannot be worn during athletic competition.

Athlete's Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

## Legacy Cheer Team Rules/Guidelines

1. All behavior is to glorify God – Act in a Christ Like manner in class and in public.
  - o **TEAM VERSE – JOB 41:17 - They are joined one to another, they stick together, that they cannot be sundered.**
2. Practice starts at designated time; be there 15 minutes early to stretch and be ready to start on time.
3. Team FIRST – No individuals are to put themselves first before team goals.
4. Grades First; anyone below a 2.5 or with an F will not cheer until grades are pulled up.
5. We support each other; gossiping and talking about each other will result in disciplinary action.
  - o Disciplinary action will be taken and can be immediate grounds for dismissal from the team.
  - o Any disrespect shown from cheerleader or parent to coaches or other cheerleaders will be immediate grounds for dismissal.
  - o All behavior is to honor and glorify God at practice, Social Media, School and at games. If it is determined by the coaches that the behavior is not being followed this will be immediate grounds for dismissal from the team.
6. Disciplinary Actions for missed practices: Too many missed practices will result in more conditioning and/or missed games. If you need to miss a practice for Dr. Appointment or family emergency please inform the coaches. (Please note when you miss practices, it affects the whole team)
7. As Competitions get closer, practice locations may change, parents will be notified on the cheerleading Facebook page, email, and the girls will be informed at the practice.
8. When girls go to games and/ or practices they are required to wear their warm-ups, and will be notified which practice shirt to wear.
9. When riding to games girls will sit in front of the bus with coaches and boys will sit in the back of the bus.
10. Cheer sneakers are not to be worn outside. If possible please bring a second pair of shoes to wear if we go outside.
11. LCA Cheer will be doing fundraising and the cheerleaders who show up for the fundraiser will be the ones to receive the credit... This money is used for competition fees etc.
12. Parents' consent to pictures being used for marketing and on social media for the Cheer Program.

Please be sure to read and return this signed by Cheerleader and Parent by first practice.

Name: \_\_\_\_\_

Signature of Cheerleader: \_\_\_\_\_

Signature of Parent: \_\_\_\_\_

## LCA Athletics Basic Rules and Guidelines

1. All Behavior is to glorify God - Act in a Christ Like manner in class and in public. First and foremost, we represent God and should strive to glorify Him in all we do. **1 Corinthians 6:20 "For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's"**
2. Seniors will carry the responsibility of helping the coaches ensure practices start and finish with prayer. This is a vital part of the program and one that often be forgotten in the rush of things. **Matthew 18:20 "For where two or three are gathered in my name, there am I in the midst of them"**
3. Practice will start promptly at designated times. This means everyone needs to be there, on the field, and ready to start stretching. It is imperative everyone be on time. Tardiness will result in individual conditioning drills, decided on by the coaching staff. **Ecclesiastes 3:2 "A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted"**
4. Coaches will be referred to as Coach and their name, not just their name. This is important in establishing the authority of the team. Repeated reminders will result in team conditioning drills, so each player needs to "police" each other. **Matthew 8:9 "For I am a man under authority, having soldiers under me: and I say to this man, Go, and he goeth; and to another, Come, and he cometh; and to my servant, Do this, and he doeth it"**
5. Unexcused missed practices and lateness to games cannot be tolerated. We need each player to commit to the team. After one unexcused miss, coaches will decide on individual conditioning. As we become a more competitive program, it will be imperative to have everyone at practice, so we aren't constantly repeating ourselves and can continue to develop players. **Job 5:8 "I would seek unto God, and unto God would I commit my cause"**
6. Teams travel together. . **Psalms 133:1 "Endeavoring to keep the unity of the Spirit in the bond of peace"**
7. Anyone removed from a game will be punished for conduct detrimental to the team and will be suspended from the next game and will be subject to the coach's conditioning. Repeated instances will result in a player losing athletic eligibility. **Proverbs 22:15 "Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him"**
8. Team always above individual. If you see a teammate struggling in any aspect of practice or life, please alert a coach and allow us to address. **John 13:34 "A new commandment I give unto you, that ye love one another, as I have loved you, that ye also love one another"**

Player's Signature: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_

## **LCA Boosters**

As we enter the new season of Legacy Athletics, we want to thank you for supporting your student-athlete's participation in our programs. We are proud of the opportunities we provide, but also want to be transparent about what makes those opportunities possible—and what is expected from families as part of the athletic community.

**Participation in our Boosters Program fundraising efforts is a mandatory requirement.**

Each athletic program receives an initial operating budget from the school. However, those funds are limited and do not cover the full costs associated with running a quality sports program. To bridge that gap—and to **repay the portion of funds allocated by the school's general budget**—we rely heavily on organized fundraising through the Boosters Program.

This support covers essential needs such as:

- Uniforms and equipment
- Facility improvements and maintenance
- Travel and tournament expenses
- End-of-season awards and recognition
- And importantly, reimbursing the school for upfront costs provided to each team

We understand that everyone's capacity to give looks different. Families are expected to support fundraising efforts through **direct contributions, securing sponsorships, and volunteering at Booster events**. Clear options will be provided so every family can meet this requirement in a way that works for them. Boosters generates funds through a variety of events including home games (gate, concessions) and community events (Apple Blossom, Yard Crawl). Sign up sheets will be available.

We believe strongly in keeping our athletic programs accessible, competitive, and well-resourced. **Your participation is not optional**—it is a core part of being a member of our athletic community. Without full engagement, we cannot sustain the level of programming our students deserve. This is not only a call to action for parents but to your students as well, they need to be encouraged to participate.

For more information about this season's Booster events, fundraising calendar, volunteer opportunities or if you would like to be part of the Boosters team, please contact Joe Herbaugh, LCA Athletic Director, at [athletics@lcava.org](mailto:athletics@lcava.org)

The Boosters are more than just a fundraising group, it's a fellowship. A community of families, friends, and supporters working together to invest in the success and growth of our students and the athletic program. Thank you for helping us build something great—on and off the field.

Parent signature: \_\_\_\_\_

Student signature: \_\_\_\_\_

## Addendum To Handbook

### Coaches

1. Responsible for Collecting Fees and Forms
2. Submit needs of program to Athletic Director Prior to April 1<sup>st</sup>- All Purchases must be approved
3. All uniform selections must be reviewed by Athletic Director
4. Make every effort to assist in transportation
5. Budget will be submitted to school board for approval by April 15<sup>th</sup>

### Fundraising

1. Approved by Athletic Director then submitted to Admissions Director for approval and placed on calendar
2. Coaches are expected to assist in fundraising