



# Lenawee Christian School Athletic Handbook & Code of Conduct



The Athletic Handbook and Code of Conduct is designed for student athletes and parents to understand the role of educational athletics at Lenawee Christian School. The basic goals of interscholastic athletics are defined and the policies and regulations necessary to achieve these goals are presented. It is imperative that both the athlete and parent have knowledge of this material.

The athletic program shall be conducted in accordance with existing Lenawee Christian School policies, rules, and regulations. While the school takes pride in winning, it does not condone winning at all costs. The school opposes any and all pressures that might lead to neglecting good sportsmanship and good health. At all times, the athletic program must be conducted in such a way that demonstrates it is an educational activity under the authority of God and our Savior Jesus Christ. Ultimately, it is our goal to bring God glory and establish a healthy community through the time and talents invested into these activities.

## Requirements for Participation

1. **Physical Examination:** A yearly physical examination is required and must be submitted to the high school office before a student can participate in practice and contests. The examination covers all sports for the entire school year provided it was administered after April 15. The form will be kept on file in the athletic department. A new physical must be on file annually and must be presented before any team involvement after August 1. *(Due to COVID-19, an MHSAA Health Questionnaire is acceptable for those who have a 2019/2020 MHSAA Physical form on file and new 2020/21 Physical is not required.)*
2. **Athletic Commitment Form:** Students and parents are offered two times each year to make a commitment to be part of the three seasons of school sports. Decisions regarding operating budget, schedules, and coach contract offers are based on the response to the athletic commitment form. Prior to any engagement with head coach in the specific sport, a form must be on file. Withdrawing a commitment will take place through clear communication between the family, the coach and athletic director.
3. **Emergency Medical Authorization:** Emergency Medical Authorization, included on the physical form, must be completed giving permission for treatment by a physician or hospital when a parent is not available (part of physical form). The information will be kept with the head coach for availability at all practices and contests. Please note that Lenawee Christian School does carry insurance (excess only) to cover student athletic injuries not covered by a family's primary insurance. The school must be notified within 20 days of an accident and forms sent to First Agency within 90 days of office visit. It is the responsibility of the student-athlete's family to initiate this process and follow timelines on insurance form. Forms can be found on our website at [www.lscougars.com](http://www.lscougars.com).

4. **Acknowledgement of Athletic Policies:** Each parent/guardian and student-athlete shall read the Athletic Handbook & Code of Conduct and certify that they understand the athletic eligibility rules and policies of Lenawee Christian School including but not limited to attendance, eligibility, behavior and academics. This document must be signed by student-athlete and both parents and returned to the high school office prior to any participation in a scrimmage or a game.
5. **Scholastic Eligibility:** In order to participate in Lenawee Christian School athletics, each athlete must meet the academic requirements as stated in the Student/Parent Handbook, and meet the MHSAA minimum requirements which are found LCS Student/Parent Handbook.
6. **Equipment Responsibilities:** All athletes are responsible for the proper care and security of equipment and uniforms issued to them. School furnished equipment is to be worn only for contests and practice. All equipment and uniforms not returned in good condition at the end of the season will be subject to a financial penalty that will be applied to the student's account.

## **Athletic Program Objectives**

**Hear the Roar...** The following seven statements help capture a picture of what we value and hope to see in our actions and words, as students seek to follow and pursue God within their various activities representing the school and our Lord.

- C     We will seek to live with our lives CENTERED on Christ...**  
"Whatever you do work at it with all your heart as working for the LORD, not for man."  
Colossians 3:23
- O     We will seek to live putting OTHERS first...**  
"Whoever wants to become great among you must be your servant. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many"  
Mark 10:43, 45
- U     We will seek to live and compete UNIFIED in spirit and purpose...**  
"Bear with each other and forgive one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity." Colossians 3:13-14
- G     We will choose to live with a GROWTH mindset...**  
"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." Romans 12:1-2
- A     We will choose to ACCEPT responsibility...**  
"Instruct the wise and they will be wiser still; teach the righteous and they will add to their learning." Proverbs 9:9

**R We will choose to RESPECT others...**

“Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, whoever rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves.” Romans 13:1-2

**S We will choose to STRIVE toward our full potential for the glory of God...**

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.” I Corinthians 9:24-25

**See the Paw Prints...** As others observe our students, fans, and our coaches, it is our goal that we have left this kind of imprint on the minds and hearts of those in attendance. This is accomplished by the grace of God in our lives as we daily pursue Him, and purposely reject the things of this world.

## **Athletic Code of Conduct**

All privilege comes with responsibility. Participating in one of the school’s athletic teams is a privilege and involves personal responsibility. We believe strongly in the concept that these students are a representative of our school. As students represent Lenawee Christian, they also bear and represent the name of Christ. We expect our students to be mindful of what this representation means. Any conduct that results in dishonor to the athlete, team, or school will not be tolerated. Acts of unacceptable conduct tarnish the reputation of everyone associated with the athletic program.

When a student voluntarily participates in interscholastic athletics, he/she agrees to abide by the Athletic Code of Conduct throughout his/her athletic career. The Code of Conduct begins with a student’s first day of participation in interscholastic athletics and continues through their date of graduation and is in effect during vacation breaks, summer recess and off-season times.

**1. Tobacco, Alcohol, Drugs and Vaping:**

The use, possession, solicitation, or transfer of any controlled substance is prohibited. This prohibition shall include tobacco, alcohol, illegal drugs, misuse of over-the-counter or prescription medications, drug paraphernalia, look-alike drugs, and inhalants. Students should not be present with any controlled substances and must immediately (within 15 minutes) leave a party or gathering where there is evidence of underage drinking or illegal drug use.

**Athletic Suspensions:**

**A. Possession (No Consumption) or Presence with illegal/controlled substances**

**1st Offense:**

Self-Report: 10% of season/practice expected. Loss of special awards.

Non-Self Report: 20% of season/practice expected. Loss of special awards.

2nd Offense:

One season / Practice at coach's discretion.

3rd Offense:

Prohibited from participating in all athletics. (End of Career)

**B. Consumption**

1st Offense:

Self-Report: 15% of season (practice at coach's discretion). Loss of special awards.

Non-Self Report: 30% of season (practice at coach's discretion). Loss of special awards.

2nd Offense:

One calendar year from date of discover/suspension. No practice.

3rd Offense:

Prohibited from participating in all athletics. (End of career)

2. **Social Media:** Lenawee Christian School recognizes that social networking websites such as Facebook, Twitter, Instagram, Snapchat, TikTok, etc. are a popular way for students to communicate and network with others. Information, pictures, and other content contained on a student-athlete's profile page, however, may have implications for his/her personal safety and image, the image of his/her teammates and coaches, the image of Lenawee Christian School, school policies regarding conduct, as well as future career and professional opportunities. Students are reminded that pictures and information posted on the internet via the social media of their choice are public information. Pictures or information from these sources that describe or document behavior that are brought to the attention of the school and which reasonably suggest that behavior violating school policy has taken place is subject to further investigation and verification by the school. Any school policy violations that are documented as a result of such an investigation will result in appropriate disciplinary action by the school and could result in consequences such as detention, suspension from school or suspension from practice, a dgame or the team.
3. **Hazing:** All student-athletes should treat their fellow teammates with the utmost respect at all times. Absolutely no hazing is allowed. Consequences will be determined by administration based on the situation.
4. **School Discipline:** Any student-athlete referred to the office of the principal or dean of student development and found in violation for a school rule may be denied the privilege of participation in all athletic activities for a period determined by the principal and athletic director. (Example: Excessive or unserved detentions, multiple discipline conversations with administration.) *"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."* (Heb. 12:11)
5. **Fighting or Flagrant Unsportsmanlike Conduct:** Fighting, taunting, or displaying any sort of poor sportsmanship will not be tolerated. Any athlete who receives a technical, red card, or ejection will meet with their coach to discuss the circumstances that led to

this situation and lessons learned from the experience. The school may assign discipline to a player for these actions.

6. **Coaches' Rules:** Coaches may establish additional rules and regulations for their respective sport with the approval of the athletic director. These additional rules will be stated in writing and explained fully at the start of the season.
7. **Missing Practice:** An athlete must consult with the coach before missing practice. Missing practice (or a game) without good reason will be dealt with by the coach. Please avoid scheduling any appointments or events during practice or contests. Communicate any planned absences as soon as possible.
8. **Travel:** All athletes must travel to and from out-of-town athletic contests in transportation arranged by the athletic department unless previous arrangements are made by the parent. Athletes will remain with their team under the supervision of the coach until the end of the contest. Unless there is an exceptional situation, athletes are not to leave a contest early. Parents must sign their student out, if they plan to take their student home directly from the contest. Athletes may return home with another parent as long as a transportation permission form is completed and given to the coach. (This form is available at [www.lcscougars.com](http://www.lcscougars.com)).
9. **Grooming and Dress Policy:** An athlete shall dress presentably at all times, such as on trips, at assemblies, and banquets. Only uniforms issued by the school will be worn for contests. Athletes must follow sport-specific jewelry and uniform rules. During all training sessions, school dress policy is the expectation. Male athletes must wear a shirt during training no matter the temperature. Shirts with cut off sleeves must not expose sports bras. *After each workout, students are expected to take clothing home and wash it.*
10. **Conflicts with Co-curricular Activities:** The athletic department recognizes that all students should have the opportunity for a broad range of experiences and co-curricular activities and will attempt to schedule school events in a manner to minimize conflicts. Students have the responsibility to avoid continuing conflicts. They must also immediately notify the coaches involved when a conflict arises. Students who participate on non-school teams must communicate with the school coach to determine an agreed upon schedule for the season and to avoid MHSAA violations. In general, school sports take precedent over non-school sports or activities.
11. **School Attendance:** Students must be in attendance at least 75% of the school day (M–10:30 am; T,W,TH,F – 9:45am) in order to participate in a contest or practice. Students missing a half or full day of school to participate in an athletic contest must fill out a prearranged absence form in advance. All work should be made up according to school policy. If a detention should be served on the day it is given, the student may be ineligible for practice or competition on that day. Final authority for infractions of this rule will rest with the principal. Students who are suspended from school are not allowed to play or practice during the suspension.
12. **Vacation Policy:** Taking a vacation during a sports season is discouraged. In the event of an unavoidable absence for a vacation, an athlete must communicate with the coach

well in advance and be willing to assume consequences related to his/her status on the team (as a starter, if applicable).

**13. Dropping from a Team:** Quitting is an unacceptable habit. A student-athlete who quits a team may lose the privilege of participating in athletics. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

- a. Consult with the head coach.
- b. Consult with the athletic director.
- c. Check in all equipment & uniforms.

**14. Reporting of Injury:** All injuries should be reported to the head coach in a timely manner. If the injury requires medical attention by a doctor, the athlete must obtain the doctor's written permission and support from athletic trainer to return to the activity. Lenawee Christian School athletes may seek evaluation from the 3DPT Athletic Trainer by appointment. Re-entry to practice and games after an injury that required medical oversight will happen collaboratively with parent, coach, student-athlete, athletic trainer, and athletic director if necessary.

## **Philosophy of Winning and Participation**

Winning is one of the goals of the Lenawee Christian School Athletic Teams, within the following guidelines of the different levels within the program.

**Middle School:** Participation in middle school athletics is an introduction to interscholastic sports. Skill development, sportsmanship, and team philosophy are important goals at this level. LCS will attempt to provide an opportunity for all students to participate. Playing time will be offered to all good standing and eligible team members during each contest, but not equally. Sixth graders are eligible to participate in cross-country and track, and may be eligible to participate in soccer, volleyball, basketball when numbers are limited on the seventh grade teams.

**Junior Varsity (JV):** This is a transition period between the middle school and varsity competition. The level of intensity at practice as well as in contests will be increased. The commitment and dedication to the team and sport also must increase. The athlete will be given the opportunity to earn playing time through the demonstration of increased skills at practice, dedication to the team, and team-oriented attitude and effort. Every attempt will be made to give each team member playing time, but playing time is not guaranteed and will not be equal for each player. There may be tryouts and cuts depending on the number of student-athletes interested each season.

**Varsity:** Varsity level athletic teams are the pinnacle of the LCS athletic program. To be a part of a varsity team is an honor in itself that must be earned. At this level there is no guarantee of playing time. The intensity of the competition will determine when the best athletes will be on the field, court, track or course. There may be tryouts and cuts depending on the number of student-athletes interested each season. A healthy team represented by effort, attitude, skill development, and a unified spirit is expected. The goal is to place the very best student-athletes on the varsity teams and be competitive at the district, regional, and state level.

## Sports Offered

COUGAR ATHLETICS - SPORT SEASON SUMMARY								
Season	Sports	6th Grade	7th Grade	8th Grade	Freshman	Sophomore	Junior	Seniors
Fall	Cheer		Y	Y	Y	Y	Y	Y
	Cross Country	Y	Y	Y	Y	Y	Y	Y
	Golf (Girls)				Y	Y	Y	Y
	Football		Y	Y	Y	Y	Y	Y
	Soccer (Boys)				Y	Y	Y	Y
	Soccer (Coed)	NCO (P)	NCO	NCO				
	Volleyball	P	Y	Y	Y	Y	Y	Y
Winter	Basketball (Boys)	P	Y	Y	Y	Y	Y	Y
	Basketball (Girls)	P	Y	Y	Y	Y	Y	Y
	Cheer				Y	Y	Y	Y
	Hockey (Coop)*				Y	Y	Y	Y
Spring	Baseball				Y	Y	Y	Y
	Golf				Y	Y	Y	Y
	Soccer (Girls)				Y	Y	Y	Y
	Softball				Y	Y	Y	Y
	Track & Field	Y	Y	Y	Y	Y	Y	Y

P = If there are not enough 7th and 8th grade students involved, there may be opportunities for 6th grade students.

Y = These sports are available for students in this grade.

NCO = Not currently offered for upcoming school year.

\* Hockey is offered through Lenawee United, a cooperative program with Addison, Adrian, Blissfield, Clinton, LCS, Onsted, and Tecumseh.

### **Sport Requirements:**

An MHSAA Sports Physical completed by April 15 of previous year must be completed and on file in the high school office prior to any sport involvement.

A Seasonal Athletic Commitment form must be on file in the high school office prior to any sport involvement.

\*\* Due to COVID-19 and MHSAA Health Questionnaire is another option for those who have a MHSAA Physical Form on file from 2019/2020.

## Resolving Athletic Issues

If parent or student-athlete have a concern to discuss with a coach:

1. Encourage the athlete to discuss his or her own problems first with the coach.
2. Call the coach to set up an appointment.
3. Do not attempt to confront a coach before or after a contest. These can be emotional times for both the parent and the coach. It is expected that you wait at least 12 hours before discussing an issue. (The general principle is to sleep on your thoughts and feelings and set up a meeting after you have rested, prayed, and reflected. Proverbs 21:23)

If the meeting with the coach did not provide a satisfactory resolution:

1. Call and set up an appointment with the Athletic Director (438-8836) to discuss the situation.
2. At this meeting, the appropriate next step can be determined.

Any problem or dispute should be handled in a biblical manner by applying the “Matthew 18 Principle”. This principle encourages the offended party to go directly to the one with whom he/she has a problem. If the situation is not resolved, the offended is encouraged to seek a solution by speaking to the next person in authority. In simple terms, an athlete or parent should

approach the coach first, the athletic director second, the administrator third and as a last resort the LCS School Board. It is absolutely necessary to follow this chain-of-command.

## **Dual Participation**

Students can participate in more than one sport or co-curricular program each season. In such a case, the student-athlete, his/her parents, the coaches, and athletic director must meet to discuss and design the practice/contest schedule for the athlete. A primary and secondary sport must be designated. Any potential conflicts in the student's schedule must be considered and presented. The Athletic Commitment form, when used properly, will communicate to administration when dual participation is requested.

## **Physical Education and Participation**

All student-athletes who are in PE must participate in all activities during class, regardless of after school practices or game commitments. If modifications need to be made, the student or parent should speak with the instructor.

## **Uniform Policy**

All school issued uniforms and equipment are to be used for athletic contests and practices ONLY. These items are not to be worn in PE class, in school, in the community, or at home. The only exception is if an entire team wears their school-issued apparel for a special occasion approved by the coach. Lost or damaged items may result in a fine.

Game Day Accessory Items: Any intentionally visible accessory clothing item or sport specific equipment will be white in color. (Exceptions: baseball arm sleeves will be red, medical devices are exempt.) We do not regulate shoe and sock color. All game-day wear must comply with MHSAA standards and coaches' expectations.

As a general guideline, high school teams will not exceed \$100 of additional clothing expenses for warmups or team gear. Middle school team will not exceed \$25 of additional clothing expenses for warmups or team gear.

## **Athletic Fees**

An athletic fee will be issued to all middle school, junior varsity, and varsity student-athletes as a charge to their student account within two weeks of teams being finalized. These funds assist the school to provide transportation and cover operation costs involved in school athletics. If a student chooses to participate in three or more sport seasons, there will be no fee assessed after the second season.

Athletic Fees:

Middle School: \$70/season (No charge for third season)

High School: \$95/season (No charge for third season)

8/21/2020

## **Admission**

Adult: \$5 per day (65 and older are free)

Students: \$5 per day (LCS students are free if they present their ID card)

Season Passes are available at the High School Office

Family: \$200

Individual: \$125

(Each individual must present the pass at time of entry.)

## **Athletic Booster Club**

The athletic booster club exists to promote the athletic programs and raise funds to help offset expenses that are beyond the operational budget of the teams. It is the goal of the athletic program to have at least one parent representative involved in the club for each varsity sport at the school. The club meets monthly and holds 2-3 major fund-raising events annually. Craig Anderson, Athletic Director is current acting president of the club. Phone number: (517) 438-8836

## **Traditions vs. School Expectations**

Over the course of many years, different parent groups have created traditions of planning locker treats and pre-game team meals. – **We are evaluating how to manage this important tradition. Once school starts, we will finalize the requirements.**

Although this is a welcomed experience for the student-athletes and coaches, it is not an expected practice. This is a tradition that past parents created and is supported by the athletic department, but it is not an expectation. Each group of team parents is encouraged to discuss how they want to handle their season and keep this tradition off the coaching staff.

### **Locker Decorations**

- Only one decoration on the outside of a locker at a time and must be held to the locker by a magnet.
- Signs should not be up for longer than the length of the current season.
- Signs should all be the same/similar (name/# should be the only difference).
- Signs should have a clean/quality look to them.
- Signs must fit on the front of the locker and not be oversized.
- Tape will not be used to place signs on lockers.
- Exterior locker signs for individuals, birthdays, etc. are not allowed.

## **Parent Code of Conduct**

As a parent, I will keep interscholastic sports in perspective. I understand the Vision Statement of the Lenawee Christian School is to help students grow in their relationship with Jesus Christ, to strive toward their full potential, and to see students live a life of influence. I also understand the Mission of the school is to integrate biblical truth to life. This applies to how we present ourselves during contests.

I will be supportive regardless of the results of a game. I understand that sometimes more can be learned from losing a game than winning.

8/21/2020

I understand that I am a representative of Lenawee Christian School and Jesus Christ by choosing this christian school environment and will show good sportsmanship.

I understand that Cougar Athletics is a learning environment that extends beyond the classroom of Lenawee Christian School. I commit to submit myself to God as we participate in competition and trust Him through challenges that we will face through this season of competition.

I will be supportive of my player, his/her teammates, and the coach. I will only make positive comments during training or games. I will not speak disparagingly about other players or coaches.

I will allow the coach to do his/her job without interference. I will not coach my child (or other players) from the sidelines. If I have a concern over decisions made by the coach, I will not complain to other parents nor will I approach the coach to discuss the matter immediately after a game or training session when emotions may run high. (*I realize meetings like this do not promote resolution.*)

I will call the coach after a cooling off period (12 hours) and make an appointment to privately discuss my concerns. (*I understand that it is not appropriate to discuss playing time, team strategy, play calling or other student-athletes with the coach.*)

If, after speaking with the coach, I am not satisfied with the outcome, I may speak with the Athletic Director. If questions or concerns persist, I understand that a meeting involving the coach, the Athletic Director and myself may be able to take place.

I will respect our opponents and their parents demonstrating hospitality to visiting teams and be a good guest at away contests. I will only make positive comments to or about opposing players. I will interact with the parents in a positive way that reflects well on the team, the school, and the Lord. I will not argue or respond to inflammatory conduct from other parents.

I will respect the referees and their decisions. I will not criticize, yell at, or approach them.

I will strive to live out a respect for authority in front of my child.

I will encourage other members of my family to follow this Code of Conduct.

Please take 30 minutes and watch this 3D Coaching Video:

<https://3dinstitute.com/3d-parenting-video/>

***“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”***

**Ephesians 4:29**

**Sign the page below and return to the Athletic Office.  
This is due to the office prior to the first competition each school year.**

