



*Lehigh
Christian
Academy*

EDUCATION'S FIRM
FOUNDATION

**Athletic Handbook
2006 - 2007**

Philosophy of Interscholastic Athletics at LCA

The Interscholastic Athletic program at Lehigh Christian Academy shall strive to achieve the application and reinforcement of the following scriptural principles:

Teamwork - Romans 12:4-6

Each of us is given different gifts or talents that, when brought together through teamwork, become greater and even more effective for both the athletic team and God's kingdom. We must learn to recognize and appreciate our own talents as well as the unique gifts and talents of others.

Respect for Authority - Romans 13:1

We are to have a spirit of timidity and respect for those God has sovereignty placed in authority over us.

Glorification of Christ with our Bodies - Philippians 1:20

God has entrusted us with healthy, strong bodies which we are to use to glorify Christ as they are the temple of the Holy Spirit.

Appropriate Motivation - Col 3:23, 3:27

Proper motivation in athletics can be a key element to having the proper motivation in life. Our motivation is not to be for worldly rewards or self-serving achievements. Rather, we are to work at all things with our heart as working for the Lord.

Fellowship - Hebrews 10:24-25

As Christians we are to meet together to share our gifts, to uplift and encourage one another. Athletics provides opportunity for gathering, enjoying, uplifting, and encouraging one another.

Perseverance - Hebrews 12:1 Galatians 6:9

We are instructed not to give up when the situation seems hopeless, the struggle gets hard, or when we tire and grow weary.

- Any uniforms assigned to a student that are not returned to the Athletic Director by the last day of school will result in replacement costs being billed to the student's family. This applies event if the uniform is lost or stolen.
- Check with the coach to determine what type of practice gear should be worn
- There is still a dress code at practices; modesty (no short shorts or tank tops) will be enforced and shirts should have not inappropriate messages or wording.
- God has blessed us with the facilities that we have. Take care of what we have been given. Never misuse the facilities and don't tolerate the misuse by anyone else.

Lehigh Christian Academy Sports Programs

Fall

Co-ed soccer

Girls Volleyball

Girls Cheerleading

Winter

Boys Basketball

Girls Basketball

Girls Cheerleading

Spring

Co-ed Track

Injuries and return to play

Players are to report all injuries to the coach immediately. Injuries that receive prompt medical attention will allow the athlete to return to competition quicker. Injuries requiring a visit to any medical personnel will require a release note from that medical personnel before the athlete will be allowed to participate with the team again.

Insurance

All participation in any athlete event has the risk of injury. Therefore, the school strongly recommends that all students be covered by a medical insurance policy. The school does not provide accident insurance.

Uniforms, Equipment and Facilities

- Uniforms and equipment are provided on a loan basis and are to be worn only when authorized by the coach
- Only uniforms issued by the athletic department will be permitted to be worn during games
- All uniforms/equipment are the responsibility of the athletes during the season and must be returned at the conclusion of the season
- At the end of the season, students will hand in their uniforms to the coach or athletic director. Students handing in the uniforms to any other person take the risk of not getting credit for handing it in. Leaving it in an office does not qualify as handing it in.
- Students handing in the uniform/equipment more than 2 weeks after the final game will be charged a late fee of \$5 per week until the uniform/equipment is returned.

Instead, we are told to rely upon the Lord and throw off all that hinders and run the race with perseverance and not become weary in doing good for at the proper time we shall reap the harvest.

Sacrifice - Romans 12:1

Through athletics students learn to be self sacrificing in much the same way we are called to sacrifice ourselves daily and lay aside our desires to follow Christ.

Sportsmanship - Romans 13:10 Luke 10:27

Through sportsmanship we reflect God's love and let our testimony shine even in difficult situations. We demonstrate this by showing that our opponent is not our enemy and that we have a bond far greater than that of sports. Through sportsmanship we demonstrate our common bond and love in Jesus Christ.

Description of program

Each season, based on interest, various interscholastic sports programs are offered to all middle school students at Lehigh Christian Academy. These sports teams will provide abundant and unique opportunities for application of the many Christian principles taught at the school. Athletics serve as a critical place to instill these Biblical principles and integrate God's word into our actions through this application. Athletics also provide the opportunity to be "in the world" and yet be of Christ and to be a testimony to those around us.

The teams will practice 3 to 4 days a week prior to the beginning of league play. After league play begins, these teams will usually play 2 games a week and practice 1 or 2 days a week. These games and practices will be Monday to Friday with an occasional Saturday game. The school will provide uniforms as designated by the Athletic Department. At the start of each season, practice and game schedules will be provided. After away games the teams will sometimes stop for dinner and the students will need to provide money for their meals.

Athletic Department Policies

Participation

Lehigh Christian Academy embraces a "No Cut Policy". Simply stated, this means that all students that desire to participate in a sport will be members of a team regardless of ability or experience. However, it is important to understand that being a member of a team does not assure playing time for all members. Rather, it does assure exposure to the unique opportunities for application of Christian principles, to discover and develop God given

will also have the opportunity to advance to the varsity team through diligent practice. And varsity players will have to maintain their varsity level status through diligent practice and play during games. The flow of players between the varsity and junior varsity teams will be determined by the coaching staff and athletic director.

All players attending games must play in those games unless they are being disciplined. During practice times, all players will be given equal opportunity to improve their skills.

Eligibility

Lehigh Christian Academy is a participating member in the Christian Athletic Middle School Association (CAMSA) and must adhere to their rules that establish the following eligibility requirements.

- The student may not have reached their 15th birthday prior to September 1st of the school year.
- The student may not play more than four seasons beyond the 4th grade
- The student may not play if they have completed the academic studies in grades 5 to 8.

Athletic Participation Form

All students wishing to participate in interscholastic athletics at Lehigh Christian Academy, and their parents, must complete and hand in an Athletic Participation form to the coach or athletic director. This must be done prior to participating in any practices or games. Please read the form carefully and fill in all the blank spaces. Any student with an incomplete form will not be allowed to participate in any practices or games.

attending the games may take their athlete from the game after notifying the coach.

- Players unable to be picked up on time may be asked to leave the team if they are not able to make other arrangements.

Academic Standards

All students participating in athletics at Lehigh Christian Academy must maintain academic integrity by keeping an overall grade point average of a C with no more than one F or two D's in their core subjects. Failure to do so will mean suspension from the team until their academic integrity is restored. The athlete's grades will be monitored on a weekly basis to determine eligibility. Upon academic suspension or re-instatement, the athlete's parents will be notified by letter.

Team Composition

As stated earlier, Lehigh Christian Academy has a "No Cut Policy". As the Lehigh Christian Academy student population continues to grow, team sizes will vary from year to year depending on interest. Therefore, based on the number of athletes participating in a sport, each year team composition will be one of the following:

- The traditional team, where all players practice and play in all games.
- A varsity and a junior varsity team. The player composition of these teams will be determined by the coaches prior to the start of regular season play. Those players selected for the varsity team will play in all games. Those on the junior varsity will get the opportunity to play if the opposing team also has a junior varsity team. All players will practice together allowing the junior varsity players the opportunity to continue to develop their skills. The junior varsity players

talents, to experience/demonstrate teamwork, and to glorify Christ with our bodies. There is also the opportunity to demonstrate proper motivation, fellowship, perseverance, sacrifice and sportsmanship.

Student participation on an athletic team is considered to be a privilege and with this privilege comes certain responsibilities. All athletes have been given their talents by the Lord and should strive to develop these talents to serve the Lord. Each athlete must remember that spectators, officials and other players get a chance to see the Lord as you play. Because of this you should strive to honor the Lord in all you do.

When an athlete becomes a member of a team, individual goals are replaced with team goals. Each player has a vital role on the team from the leading scorer to the substitute that replaces him/her. Each player needs to seek the Lord to determine their role and then to do their best to honor the Lord in that role.

Attendance: School & Class

- You must be in school on the day of a game or practice to participate. If a student misses all or part of a day of school, special permission must be requested from the Principal to participate in athletics that day.
- In case of early dismissal for games or practice, the Athletic Director will notify all teachers. When dismissed from class, students will be quiet and respectful of the other classmates. The student should inform the teacher at the beginning of class if they will be leaving early. The student is responsible for all assignments missed.
- You will attend all classes regularly and be on time. Tardiness and cutting will not be tolerated.

Attendance: Practices and Games

- Athletes are expected to be at every practice and game. Failure to be there will affect participation in games and if the problem is serious enough, may result in dismissal from the team. If a player is injured or ill they need to report to the coach. The coach will excuse the player if appropriate.
- Practices and games during vacation times are not mandatory but are encouraged. Players will be given practice and game schedules at the beginning of the season and are responsible to notify the coach in advance of days missed. Players may be disciplined for failing to notify a coach.
- Being late to practice will result in discipline by the coach unless the player had previously notified the coach.
- Athletes are not permitted to leave practices or games early unless they have previous approval from the coach.

Detentions

Athletes who are given detentions must personally notify the coach and serve the detention at the scheduled time. The athlete will miss that part of the practice or game. The athlete should expect discipline from the coach for time missed from the team.

Code of Conduct for Athletes

- All athletes are expected to conduct themselves as ladies and gentlemen on and off the playing field or court. They are representing their team, coach, family, LCA and ultimately God.
- Fighting or other forms of physical or verbal abuse to teammates, opponents, coaches, spectators or officials will

result in disciplinary action and/or rejection from the activity at hand. This may also include expulsion from the next game or the rest of the season.

- Any athlete found vandalizing or stealing school equipment or uniforms will be expelled from athletic competition for the rest of the school year. This includes any opponent's facility or equipment.

Travel

- All athletes must travel to and from athletic events in the transportation provided by the athletic department.
- Athletes will remain with their team and under the supervision of the coach at all times
- Athletes that miss the bus will not be allowed to participate in the contest unless they have previous approval from the coach.
- Parents will not transport athletes unless they have previous approval of the Athletic Director or coach.

Student pick up times

Because we recognize the importance of family time for both our students and coaches, it is important that all students be picked up from practices and games in a timely manner. Due to safety issues, coaches must remain until the last student has been picked up. Therefore it is not fair to expect coaches to continually wait for players to be picked up late.

- On practice days, all athletes must be picked up with in 10 minutes of the end of practice. If there is a problem please make other arrangements.
- On game days, all athletes must be picked up with in 10 minutes of the return time. Athletes and parents will be provided with a schedule indicating return times. Parents