



LCCDS ATHLETIC HANDBOOK



EST. 1969

 2018 - 2019 

LCCDS Athletic Handbook 2018-2019

This handbook explains the policies of the interscholastic athletic programs at LCCDS. Please understand it is not a right to take part in extracurricular activities, thus the athlete and his/her parents are required to abide to the rules written in this handbook.

Table of Contents

LCCDS Sports Mission Statement.....	2
Athletic Philosophy.....	2
Requirements for Participation.....	2
Academic Requirements.....	3
Conduct Requirements.....	4
Who is Eligible to Participate in LCCDS Athletics?.....	4
Transportation.....	8
Dismissal Rules for Event Days.....	9
Emergency and Health Information.....	9
Parental Involvement and Conduct Requirements.....	10
Student's Cell Phones.....	13
Practices, Games, Tournaments and Team Photos.....	13
Practice Rules.....	15
Uniforms.....	15
Awards.....	17
Sports Fees for 2018-2019.....	17
LCCDS Gymnasium Rules.....	18
Locker Room Rules.....	19

LCCDS Sports Mission Statement

We are a character-based program. We will develop and improve upon our skills, knowledge of the game, self-confidence, self-respect, respect of others at all times, good sportsmanship, self-discipline, and accountability. We believe that our success is not measured by victories. It is measured by the effort and conduct of every athlete, coach and spectator.

Athletic Philosophy

At LCCDS, we view sports as another tool to help develop the whole person. Through a student's participation in interscholastic sports, our goal is to further develop the student spiritually, mentally, emotionally, physically and socially. The emphasis of our program is based on dedication, desire, and effort, rather than just winning. Our programs are designed to teach students the importance of team work, discipline, resilience, sportsmanship, and grace under pressure. The real strength of our athletic program comes from believing that "giving one's best effort" is the foundation for success, not only in athletics, but in all aspects of life.

Requirements for Participation

1. Only students enrolled in LCCDS may participate in school athletic programs.
2. Students must meet academic and conduct standards. Please see the Conduct Requirements section below.
3. Updated FHSA Physical Forms must be on file in the athletic department.

4. FHSAA consent form must be on file in the athletic department.
5. Students and Parents must read the Athletic Handbook and sign the "Athletic Handbook Agreement" form.
6. LCCDS must have a notarized copy of the Emergency Release Form.
7. Permission slips for transportation must be turned in.
8. The designated sports fee for the sport in which the student is participating must be paid.
9. Parent(s) must attend any mandatory parent and coaching staff meeting scheduled for that particular sport.

It is LCCDS's policy to allow a two-week grace period for withdrawal from any sports program. The sports fee will be refunded if the coach or Athletic Director is notified within two weeks of the first practice date.

However, if the uniforms have been ordered to be personalized with the student's name, parents will be responsible for payment of that uniform.

All students must meet and maintain our academic standards and conduct requirements.

Academic Requirements

If a student fails to achieve a passing grade, his or her teacher and/or the Athletic Director may suggest that the student discontinue participation in school sports until such time that grades reach an acceptable level. **During the week of Mid-Term Exams and Final Exams there will be no Extra Curricular Activities for Middle**

School (7th and 8th grade) students. This includes but is not limited to sports.

Conduct Requirements

Students receive conduct marks in all classes. If the student receives a conduct mark of 3 or 4, the student will be suspended from participating in games. During this suspension the student is required to participate in practices and attend all games dressed in the school uniform. The student will be invited back to participate in games when the conduct marks have improved, and the student has received permission from the Head of School or the Assistant Head of School. If a student is suspended from school for a period of time, they are also suspended from all sports programs during that time.

Who is Eligible to Participate in LCCDS Athletics?

Fall Soccer: The program is open to 7th and 8th grade boys. If there is room available on the team, it will be open to 6th grade and possibly 5th grade. The season will run from mid-August to mid-October. Practices are held on Tuesdays and Thursdays from 3:30 to 5:00 at Puryear Park. Most games will be on Tuesdays and Thursdays, but there may be some scheduled for Mondays and Fridays. Transportation may be provided, depending on availability. The fee for the program is \$100.00. LCCDS will invoice your account.

Girls Volleyball

The program is open to 6th-8th grade students. Each grade level will have a team. 7th and 8th grade teams are Varsity level and 6th grade is Jr. Varsity level. The season will run from mid-August to mid-October. Practices for the Varsity teams are on Tuesdays and Thursdays from 3:10 to 4:30 in the LCCDS Life Center. Jr. Varsity practices are on Mondays and Wednesdays from 3:10 to 4:15 in the LCCDS Life Center. Most games will be on Tuesdays and Thursdays, but there may be some games scheduled for Mondays and Fridays. Transportation is not provided. The fee for the program is \$100.00. LCCDS will invoice your account.

Coed Golf:

The program is open to 7th-8th grade students. If there are not enough students to field a team, we will open the program to 6th grade students. The season will run from late August to mid-October. Practices and matches are held at Cypress Links and Twin Brooks. Practices are on Mondays and Fridays from 3:30 to 4:30. Matches are held on Wednesdays from 4:00 to 6:00. Transportation will be provided to the matches on Wednesday. Parents are required to pick students up at the golf course. The fee for the program is \$100.00. LCCDS will invoice your account.

There are programs offered throughout the year at Cypress Links for LCCDS students.

Coed Tennis

The program is open to 6th-7th grade students. The Middle School Tennis Challenge begins with four weeks of clinics at North Shore Park. Transportation will be provided to and from these clinics. The program then moves to The St. Petersburg Racquet Club for match play and continuing clinics on Friday from 3:30-5:00. We begin in mid-September and ends in early December. Transportation will be provided to the Club and parents are required to pick students up at the courts. The fee for the program is \$100.00. LCCDS will invoice your account.

We offer a Jr. Panther Tennis Program later in the year, which is open to 5th grade students.

Coed Cross Country

The program is open to 5th-8th grade students. The program runs from October to mid-December. Practices are held on LCCDS campus on Monday and Wednesday afternoons, immediately after school. The fee for the program is \$50.00. LCCDS will invoice your account.

Girls Basketball

The program is open to 6th-8th grade students for the Varsity team. The season runs from November to mid-February. Practices are held on Mondays and Wednesdays from 3:10 to 4:15 in the LCCDS Life Center. Most games will on Tuesdays and Thursdays, but there may be some scheduled for Mondays and Fridays. Transportation may be provided,

depending on availability. The fee for the program is \$100.00. LCCDS will invoice your account.

An instructional program may be offered to 5th grade girls. The dates TBA.

Boys Basketball

The program is open to 7th-8th grade students for the Varsity team 5th-6th for the Jr. Varsity team. The season runs from November to mid-February. Practices are held on Mondays and Fridays.

Transportation may be provided, depending upon availability. The fee for the program is \$100.00. LCCDS will invoice your account.

Coed Track and Field

The program is open to 5th-8th grade students. The program runs from early February to mid-March. Practices are held on Tuesdays and Thursdays from 3:10 to 4:00 on the LCCDS campus. The 6th-8th grade students participate in three local meets and the 5th-8th grade students all participate in The Central Florida Lutheran Athletic Association Track Meet in Ocala. 5th grade students must agree to participate in the Ocala meet to be a team member. The fee for the program is \$75.00 for 6th-8th grade students; \$50.00 for 5th grade students. LCCDS will invoice your account.

Girls Spring Soccer

The program is open to 6th-8th grade students. The program runs from early March to early May. Practices are held on Tuesdays and

Thursdays at Puryear Park from 3:30 to 5:00. Games are on Tuesdays and Thursdays. Transportation may be provided, depending on availability. The fee for the program is \$75.00. LCCDS will invoice your account.

Boys Flag Football

The program is open to 7th-8th grade students. The program runs from early March to early May. Practices are held on Tuesdays and Thursdays at Puryear Park from 3:30 to 5:00. Games are on Tuesdays and Thursdays. Transportation may be provided depending on availability. The fee for the program is \$75.00. LCCDS will invoice your account.

Transportation

Transportation to practices and games may be provided by the LCCDS school bus. This is determined by the needs of each individual team. **Car pool arrangements must be made by the team member's parent, prior to the day of the event. Please do not call the school office to make last minute transportation arrangements!**

When a student rides the bus to an event, all electronics must be kept in their backpack and secured under the seat in front of them. When arriving at the venue, students picked up by their parents take all their belongings with them. Once on the field, the coach will determine a safe area to store all belongings. Students that will be returning to the school on the bus may leave their belongings on the bus.

The bus will be locked, and students cannot return to the bus without a coach, or the driver, accompanying them.

Dismissal Rules for Event Days

Students must be out of the building, waiting in car line, promptly, for pick-ups to practices and games. If the student has a practice or a game, he/she must wait at car line until called by the Coach, or the assigned teacher takes the team to the locker rooms to dress out.

After dressing out he/she goes immediately into the gym.

If a student has a late game, he/she may go to study hall until 4:15, followed by aftercare (study hall and aftercare fees apply).

Occasionally, a coach may invite the team to watch a game/practice prior to their own event, in which case the coach would be the supervising adult.

Students who remain at school for an athletic event following carline dismissal must remain on campus under adult supervision at all times. Students may not leave campus. This includes going to the neighborhood market. When students are waiting for their parents to pick them up after a sports event, they must stay with their coach and team.

Emergency and Health Information

All coaches will have a binder with emergency release forms and a copy of the schools Allergy/Medication folder. Please make sure all of the information is up to date. All coaches must be aware of any allergies

and/or special needs. They should also have any medication that your student may need in case of an emergency.

If a student has taken a leave of absence from the team due to an injury, the coach must have approval from the Athletic Director before that student may participate in games or practices. Parents are required to give a written statement, or a doctor's note, to the Athletic Director stating that the student is cleared to participate again after an injury.

Parents Involvement and Conduct

Parents and their support are crucial to our athletic programs. Every team requires a team parent to handle many of the "behind the scene" details. Please consider becoming a team parent. In addition, offering your time to assist coaches with practices, games, carpooling, or even providing water or snacks is greatly appreciated.

Many of our sports programs are at an introductory level. For many students, it may be their first opportunity to try a new sport. We encourage all staff, participants, and families, to be supportive and encourage "first time" participants. If your student would like to enter a higher level of competition or is considering trying out for a high school team, we encourage parents to enroll them in camps and/or join other teams in our community.

There may be a time when we pair your student with more experienced or less experienced players. Often this is due to lack of participants. It may also be a situation created by the coach to be used as a learning opportunity for all of the team members. Please be patient and supportive.

Students often forget their uniforms, parts of their uniforms, or equipment for games and practices. If your student has a tendency to misplace or forget things, please assist him/her in preparation for his/her sport.

Below are guidelines for LCCDS parental involvement and conduct requirements.

Soccer and Flag Football

We ask that parents stay on the spectator's side of the field before and during games. Parents are invited to join the team and the coaches at the end of the game for a brief team meeting. Team members are required to clean up all trash on the field and assist the Coach carrying the equipment off the field.

Volleyball and Basketball

We ask that all parents remain in the spectator's area, unless previous arrangements have been made with the coach. We often need assistance with keeping the scoreboard and books. **If you would like to volunteer to assist in any way, please contact the coach or Athletic Director.** After home games, all team members are required to put away all equipment and stack the chairs set up for the team.

Golf

Parents are welcome to walk the course with a group of our student golfers. The rules of The First Tee of St. Petersburg state that the parents SHOULD NOT be coaching. Please leave the coaching to the LCCDS Coach and the instructors of the program. All parents must remain on the cart path.

Tennis

All parents may attend tennis clinics. Parents are also welcome to attend matches at The Racquet Club of St. Petersburg. The Racquet

Club runs this program and has their own set of rules, which we must follow. Parents are asked to only help the players keep score and direct the players in the correct rotation on the court when in matches. The rules state that the only people allowed to call the ball in or out are the players.

Cross Country

We encourage any parents to help with practices and to participate in race events. It is difficult for all students to keep the same pace and we never want a student running alone. **Please contact the Coach or Athletic Director if you would like to participate in a race or practice runs.**

Track and Field

During track meets only the coaching staff and team members are permitted on the track and center field where events are taking place. If you would like to volunteer to help with a certain event, please contact the Coach and the track meet host will assign you to an event to oversee.

Please be respectful of our Coaching Staff. They give a great deal of their time and energy to our programs. Without their commitment, some of our programs would not exist. If you are unhappy with a coach's decision, have a concern in regard to your student's playing time, or have other questions/concerns, please schedule a meeting with the Coach. Please do not approach the coaches during or after a game. There are too many distractions at this time to conduct a proper meeting between a parent and a coach. Any discussion must be held off site of the scheduled event, preferably at LCCDS with the parent, Coach and Athletic Director.

At all times, for all sports, unless requested by a coach, side line coaching from parents is prohibited. Please leave all coaching to the appointed Coaches. Any constructive criticism between you and your child should take place off the field, court or practice area. Also, please note that negative feedback from our supporters towards our own players or the opposition's players are a poor reflection on our school, students and families. Please praise your students for all their efforts. Be there when your child looks to the sideline for a positive role model.

In many situations, parents and coaches may feel that the referee's call may not be appropriate. However, **AT ALL TIMES**, please be respectful to all officials and their calls.

Please avoid placing too much pressure on your child in regard to performance or playing time. Our sports programs are designed to create a positive learning experience for all students. In all of our sports, please focus on the celebration of team work, fellowship, family and fun.

Students Cell Phones

Students are allowed to have their cell phone in their backpack or sports bags. Phones may be turned on and used after the coach dismisses the team members.

Practices, Games, Tournaments, and Team Photographs

Practices and games will be announced at the beginning of each sport season. Students and parents may check the athletic calendar on the school website. Parents will be notified ASAP of any changes.

If the weather is threatening, we will make a decision at 1:00 pm to cancel or to play in the scheduled practice or game. LCCDS will notify parents via a blast email by 2:00 pm; however, if a storm

moves in suddenly, we will send an email, text, or phone call to each family to confirm the cancellation.

Practices are mandatory and are only excusable with an email or a phone call from a parent to the coach or Athletic Director.

A mandatory sit-out of one game will be required if the student, or parent, fails to contact the Coach or Athletic Director prior to a practice or a game absence.

When developing a team, unity is essential. Unexcused absences may result in lack of playing time in games and tournaments. In order to participate in a practice or a game, a student must have been present for at least four hours of school that day. Students are encouraged to attend all practices and work with their parents on good time management skills. On game days, student athletes **must** wear their full sports uniform to school. This does not include cleats for soccer and football, but for all other sports, please wear the appointed shoes. The volleyball team must wear their team jersey and **PE shorts**. No golf hats may be worn on campus.

Many of our tournaments may be out of town and held on weekends. It is a great experience for the students to participate in these events. There is always a fee associated with these tournaments and many hours of planning on the hosting school's end. If you agree to let your student participate, please **DO NOT** back out at the last minute!

Team photos and individual photos are taken every year for our yearbook and our website. **If your student is not attired in their full uniform, including shoes (cleats for soccer and football) they will not be included in the team photograph.** LCCDS will contact every family in regard to the photo date, so everyone will be prepared.

Practice Rules

1. If you are unable to attend practice, please contact the coach or Athletic Director at the beginning of the school day. **DO NOT** notify the coach or Athletic Director at dismissal time, or shortly before practice is scheduled to start.
2. Arrive on time.
3. Give the coach your full attention and no talking or bouncing balls while the coach is speaking.
4. When the coach blows the whistle, all action stops immediately.
5. Never insult teammates. Only positive, supportive statements to others are allowed.
6. Use appropriate language only. No outward displays of anger are permitted.
7. Bring a refillable water bottle to practices. No soda or sugary drinks are allowed. Snacks are permitted.
8. If your team has been issued practice jerseys, wear them to practice.
9. When practice is over, team members must clean up all trash and assist the coach with equipment.
10. Students must be picked up **PROMPTLY** after practice sessions.

Always check with the Coach before leaving the field or an away game venue.

Uniforms

Soccer: LCCDS will provide the jerseys. Students must provide black soccer shorts or the assigned PE shorts, black soccer socks, shin guards and cleats. It is recommended that the student purchase an extra pair of soccer socks.

Soccer players are also required to purchase their own #5 soccer ball. Please bring it to all practices.

For practice, please wear loose fitting shorts and t-shirts. Shin guards and cleats are required.

Volleyball: LCCDS will provide the jerseys. Students must provide black shorts, **black kneepads** and appropriate athletic shoes. Volleyball players are also required to purchase an official size volleyball. Bring it to all practices and games. For practice, please wear spandex or loose-fitting shorts and t-shirts. Kneepads are required.

Basketball: LCCDS will provide red jerseys, white jerseys and shorts. Students must provide socks and basketball shoes. For practice, please wear loose fitting shorts and t-shirts. Red jerseys are worn for *AWAY* games and white jerseys are worn for home games.

Track: LCCDS will provide a track t-shirt for the student to keep. Students must provide black shorts (running or soccer style), socks and running shoes. For track practice, please wear loose fitting shorts and t-shirts.

Tennis: LCCDS will provide tennis shirts for the competitive season. Students must provide appropriate shorts, socks and athletic shoes. Tennis players are required to purchase their own racquet.

Golf: Students must wear their red LCCDS uniform shirt and uniform khaki shorts or pants to practices. LCCDS will provide golfers with a hat and a golf shirt for matches. Golfers are required to have their own golf clubs and golf balls.

Girls Spring Soccer: LCCDS will provide the soccer jersey. Students must provide black soccer shorts, shin guards, and cleats. We recommend buying two pairs of socks. Soccer players are also required to purchase their own #5 soccer ball and bring it to every practice and game.

Cross Country: LCCDS will provide a cross country t-shirt. Students must provide running shorts and running shoes.

Flag Football: LCCDS will provide jerseys. Students must provide shorts and cleats.

Awards

Students who participate in sports for the first time receive a chenille paw. They receive a pin for each sport they participate in. They will receive a bar pin for each subsequent season they participate in a certain sport. LCCDS hosts a "Paw and Pin" ceremony in the Life Center toward the end of the school year to celebrate our LCCDS athletes.

Sports Fees for 2018-2019 Season

Boys Fall Soccer	\$100.00
Girls Volleyball	\$100.00
Coed Middle School Tennis	\$100.00
Coed Middle School Golf	\$100.00
Coed Cross Country	\$50.00
Boys Basketball	\$100.00
Girls Basketball	\$100.00
Coed middle School Track	\$75.00
Coed 5th Grade Track	\$50.00
Girls Spring Soccer	\$75.00
Boys Fag Football	\$75.00

LCCDS Gymnasium Rules

- Please wipe your feet before entering.
- No heels or cleats on the gymnasium floor.
- Students may be in the gym only when there is a teacher or coach present.
- Use inside voices. There are students in the building learning.
- Please ask permission from a coach to enter the locker rooms to access the restrooms, and always have a friend with you.
- Only the coaches on duty have access to the storage areas and the controls for the gym equipment. Please do not enter the closets or touch any of the wall switches.
- Water is the only beverage allowed in the gym. Please no sports drinks in the gym.
- Please use the water fountain in the gym. Do not use the one in the hallway where the class rooms are located.
- All students and guests are invited to gather on the campus patio to enjoy their snacks, but there is **NO FOOD PERMITTED IN THE GYM!**
- Absolutely no hanging or dunking on the basketball rim or net is allowed!
- Bleachers are for sitting. Do not run up and down, or under the bleachers.
- The window shades in the lobby and gym should only be operated by a LCCDS staff member.
- If part of your activity is bouncing balls off the wall, please **DO NOT** target any of the fixtures on the walls.
- If you notice that any of the equipment is damaged or malfunctioning, please report it to a coach right away.

This beautiful Life Center was built for you! Please be respectful and follow the basis rules of the LCCDS Campus.

Locker Room Rules

- Please be certain that a teacher or coach is present before entering the locker room.
- When in the locker room, feet must remain on the floor.
- Do not climb on benches, cubbies, vanities and shelving.
- Do not hang from the curtain bars or doors.
- Gently open and close the changing room curtains when entering and exiting.
- At all times, please respect the privacy of all other students!
- Do not open the changing room curtain on fellow students or make inappropriate comments while in the changing areas.
- Please store all of your belongings in one cubby and take all of your belongings with you when your class or event is over. Teachers are not responsible for belongings left behind.
- All cell phones and electronic devices must be locked in the hall lockers, not left in the cubbies.
- White boards in the locker rooms are to be used by teachers and coaches only!
- Do not write, draw or scratch any surfaces in the locker room.
- Do not touch items that don't belong to you.
- Always pick up after yourself and never leave trash behind.

LCCDS reserves the right to add/change policies or information to the Athletic Handbook at any time during the school year. In the event an addendum becomes necessary, parents will be notified through blast email.

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Please print and return the form below to the LCCDS Middle School office by Monday, September 24, 2018

Athletic Handbook Acknowledge Agreement

Yes, I have read and agree to the rules stated in the Athletic Handbook

Parent Name_____

Parent Signature_____

Student Name_____

Student Signature_____

Date_____