

# Lutheran Church of The Cross Day School



**Athletic Handbook 2021-2022**

**4400 Chancellor St. NE  
St. Petersburg, FL 33703  
727.522.8331**

## LCCDS Athletic Handbook 2021-2022

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.....	2
Conduct Requirements.....	2
Who is Eligible to Participate in LCCDS Athletics.....	3
Transportation.....	4
Dismissal Rules for Event Days.....	4
Emergency and Health Information.....	4
Parental Involvement and Conduct Requirements.....	4
Student’s Cell Phones.....	6
Practices, Games, Tournaments and Team Photos.....	6
Practice Rules.....	6
Uniforms.....	7
Awards.....	7
Sports Fees for 2021-2022.....	7
LCCDS Gymnasium Rules.....	8
Locker Room Rules.....	8

### **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. 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**

- Only students enrolled in LCCDS may participate in school athletic programs.
- Students must meet academic and conduct standards. Please see the Conduct Requirements section below.
- FHSAA Physical Forms for the current school year must be on file in the athletic department.
- FHSAA Consent and Release from Liability Certificate form for the current school year must be on file in the athletic department.
- Students and Parents must read the Athletic Handbook and sign the "Athletic Handbook Agreement" form.
- LCCDS must have a notarized copy of the Emergency Release Form.
- Permission slips for transportation must be turned in.
- The designated sports fee for the sport in which the student is participating must be paid.
- 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 per the Middle School Handbook.**

### **Academic Requirements**

If a student fails to achieve a passing grade of C or above, his or her teacher and/or the Athletic Director will suggest that the student discontinue participation in school sports until such time that grades reach an acceptable level of C or above. During the week of Mid-Term Exams and Final Exams there will be no games scheduled for Middle School (7th and 8th grade) students. Teams may still hold practices.

### **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?**

### **Girls Volleyball**

The program is open to 6th-8th grade students. 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 Mondays and Wednesdays from 3:30 to 5:00 in the LCCDS Life Center. Most games will be on Tuesdays and Thursdays, but there may be some games scheduled for Mondays, Fridays, and some weekends. Transportation is not provided. The fee for the program is \$100.00. LCCDS will invoice your account.



### **Coed Golf**

LCCDS participates in the First Tee St. Petersburg Middle School Golf Program. 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 5:00. Matches are held on Wednesdays from 4:00 to 6:00. Transportation may be provided to the matches on Wednesday. Parents are required to pick up students at the golf course. The fee for the program is \$100.00. LCCDS will invoice your account.



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

### **Coed Tennis**

The program is open to 6th-8th grade students. The Middle School Tennis Challenge begins with four weeks of clinics at North Shore Park. 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 end in early December. Transportation will be provided to the Club and parents are required to pick up students at the courts. The fee for the program is \$100.00. LCCDS will invoice your account.



### **Boys Basketball**

The program is open to 7th-8th grade students for the Varsity team and 6th for the Jr. Varsity team. The season runs from November to mid-February. Transportation may be provided, depending upon availability. The fee for the program is \$100.00. 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. Transportation may be provided, depending on availability. The fee for the program is \$100.00. 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 prompt for pick-ups to practices and games. If the student has a practice or a game, he/she must wait to be 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 Aftercare (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 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.

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.

## **Parental Involvement and Conduct Requirements**

### **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.

### **Playing Time**

Playing time is determined at the discretion of the coaching staff and is not guaranteed. It is based on a variety of factors, including but not limited to, a lineup for each competition that will lead to success on the field or court. Playing time is often a complex determination. It includes the coach's opinion, the athlete's ability, the athlete's potential, the team's needs, game strategy, momentum of the game, subs available, and the team's needs for the future. The coach will not be required to defend his/her thought process or conclusions in these determinations, and it is improper for a parent to make such a request. 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 - 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. 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 team shirt/jersey to school. 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 part. 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, 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**

- 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.
- Arrive on time.
- Give the coach your full attention and no talking or bouncing balls while the coach is speaking.
- When the coach blows the whistle, all action stops immediately.
- Never insult teammates. Only positive, supportive statements to others are allowed.

- Use appropriate language only. No outward displays of anger are permitted.
- Bring a refillable water bottle to practices. No soda or sugary drinks are allowed. Snacks are permitted.
- If your team has been issued practice jerseys, wear them to practice.
- When practice is over, team members must clean up all trash and assist the coach with equipment.
- Students must be picked up PROMPTLY after practice sessions.
- Always check with the Coach before leaving the field or an away game venue.

## **Uniforms**

### **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.

### **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.

## **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.

## **Sports Fees for 2021-2022 Season**

<b>Girls Volleyball</b>	<b>\$100.00</b>
<b>Coed Middle School Tennis</b>	<b>\$100.00</b>
<b>Coed Middle School Golf</b>	<b>\$100.00</b>
<b>Boys Basketball</b>	<b>\$100.00</b>
<b>Girls Basketball</b>	<b>\$100.00</b>





### **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.
- 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.
- 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 you notice that any of the equipment is damaged or malfunctioning, please report it to a coach right away.

*This beautiful Carlson Family Life Center was built for you!  
Please be respectful and follow the basic 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 or shelving.
- Do not hang from the curtain bars or doors.
- At all times, please respect the privacy of all other students!
- Do not 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.
- 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.*



**2021-2022 Athletic Handbook Acknowledge Agreement**  
Please print, fill out and return this form to the Middle School Office

*I have read, understand, and will follow the procedures, policies and responsibilities as outlined in the 2021-2022 LCCDS Athletic Handbook.*

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

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

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

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_