



**ATHLETIC HANDBOOK**

**2025 - 2026**

## **LCCDS Athletics Mission Statement**

We are a character-driven program. Our mission is to foster the development of athletic skills, game knowledge, self-confidence, self-respect, and respect for others. We emphasize good sportsmanship, self-discipline, and personal accountability. Success is not solely measured by wins and losses, but by the effort, integrity, and conduct of every athlete, coach, and spectator.

## **Athletic Philosophy**

At LCCDS, we view athletics as a vital part of educating the whole person. Participation in interscholastic sports provides opportunities for students to grow spiritually, mentally, emotionally, physically, and socially. Our program emphasizes dedication, desire, and effort. Through athletic competition, students learn the values of teamwork, discipline, resilience, sportsmanship, and composure under pressure. The strength of our program lies in the belief that giving one's best effort is the foundation for success—not only in athletics, but in all areas of life.

## **Requirements for Participation**

- Only students enrolled at LCCDS are eligible to participate in school athletic programs.
- Students must meet all academic and conduct standards. Please refer to the **Academic** and **Conduct Requirements** sections below for details.
- Parents/guardians must complete all required online forms via [AthleticClearance.com](https://AthleticClearance.com) and receive a confirmation email indicating that the student has been cleared for participation. Detailed instructions are available on the Athletics page of the LCCDS website: [www.lccdayschool.com/student-life/athletics.cfm](https://www.lccdayschool.com/student-life/athletics.cfm).

*Note: Paper forms are not accepted in order to streamline and expedite the clearance process.*

- Students may not participate in any games or competitions until they have been officially cleared through Athletic Clearance.
- A **notarized Emergency Medical Release Form** must be on file with LCCDS before the student may participate in any athletic activity.

**The sports participation fee is \$150 per team. LCCDS allows a two-week grace period for withdrawal from any athletic program. To receive a refund, the coach or Athletic Director must be notified within two weeks of the team's first practice. If a uniform has already been ordered specifically for the student, parents will be responsible for the cost of the uniform, even if the student withdraws. All students must meet and maintain the academic and conduct standards outlined in the Middle School Handbook to remain eligible for participation.**

## **Academic Requirements**

At LCCDS, a "student-athlete" is a student first and an athlete second. Any student-athlete earning a grade below a C in any class will be ineligible to participate in LCCDS team sports. During this period, the student will not be permitted to practice or compete, allowing them to focus on improving their academic performance. Eligibility may be reinstated once the student is maintaining a grade of C or higher in all classes. Additionally, no games will be scheduled for Middle School students (7th and 8th grade) during Mid-Term and Final Exam weeks, although teams may still hold practices during those times.

## **Conduct Requirements**

Student-athletes receive conduct marks in all classes and are expected to represent the LCCDS community with integrity while participating in sports. Students who exhibit unsatisfactory conduct in school or demonstrate poor sportsmanship during athletic events will be suspended from all LCCDS sports programs. This suspension includes both games and practices. Examples of unsatisfactory conduct may include in-school suspensions, visits to the administrative office, removal from class, or repeated “silent lunches.” Poor sportsmanship may include taunting, use of foul language, or a lack of support for teammates or coaches. Reinstatement may occur once the student has demonstrated consistent improvement in conduct and receives approval from the Head of School or Assistant Head of School.

## **Eligibility**

LCCDS participates in two primary athletic conferences: the Florida Lutheran Athletic Association (FLAA) and the Gulf Coast Independent League (GCIL), which govern many of our sports. Other sports may be managed independently by the host location. Each participating school is required to submit team rosters to the appropriate league or association. According to FLAA and GCIL rules, Varsity teams may include students in 6th through 8th grades, while Junior Varsity (JV) teams are limited to students in 6th grade or below. Students in 7th or 8th grade are not eligible to participate on JV teams. In addition, the total number of participants on each team must comply with the roster limits set by the respective conference or host organization.

## **Tryouts**

Before each season, most teams will hold tryouts. Depending on the size and level of the team (Varsity or Junior Varsity), tryouts may be limited to specific grade levels. Only students who attend tryouts will be considered for team placement. Participation in tryouts does not guarantee selection. Team rosters are determined solely by the coaching staff, and all selection decisions are final.

## **LCCDS Athletic Programs**

LCCDS strives to offer as many sports as possible. As sports are added, this Handbook will be updated, and families will be notified how to sign up and participate. At the time of printing this document, these are the current sports available at LCCDS:

### **Fall**

Girls Volleyball

Co-Ed Golf

Boys Soccer

Co-Ed Tennis

### **Winter**

Girls Basketball

Boys Basketball

Co-Ed Bowling

### **Spring**

Girls Soccer

Boys Flag Football

Boys Baseball

Co-Ed Track & Field



## **Transportation**

**LCCDS does not provide transportation to practices or games.** Parents are responsible for arranging transportation or carpools for their student-athletes. Please note that some sports may hold practices and home games off campus. All transportation arrangements must be made in advance of the event day. The school office cannot accommodate last-minute transportation requests.

## **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 always remain on campus under adult supervision. 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. Please make sure all 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.

## **Parental Involvement and Conduct**

Parents and their support are vital to the success of our athletic programs. While some coaches are staff members, many are volunteers, and without parental involvement, many sports would not be possible. Every team needs help, whether it be coaching or assisting as scorekeepers, line judges, or in other roles. If you are interested in volunteering, please contact the coach or Athletic Director.

Sideline coaching from parents is prohibited unless specifically requested by a coach. All coaching should be left to the appointed staff. Constructive feedback between parents and their children should happen off the field, court, or practice area. Negative comments directed at opposing players or even our own athletes reflect poorly on our school community. Please encourage and praise your student-athletes for their effort and be a positive role model when they look to the sidelines.

Parents and coaches may sometimes disagree with referees' calls, but it is important to remember that officials are among the hardest roles to fill in athletics, and their presence is essential for the game to happen. Respect for officials and their decisions is required at all times. Please avoid putting undue pressure on your child regarding performance or playing time. Our athletic programs are designed to provide a positive learning environment focused on teamwork, fellowship, family, and fun.

## **Volleyball and Basketball**

For volleyball and basketball home games, parents play a crucial role in supporting our teams. We ask

that all parents remain in the designated spectator areas unless prior arrangements have been made with the coach. Parent volunteers are often needed to help keep the scoreboard and maintain the official scorebooks. Specifically, volleyball games require volunteers to serve as line judges. After home games, all team members are responsible for putting away equipment, stacking team chairs, and moving bleachers.

## **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 parents SHOULD NOT be coaching. Please leave the coaching to the LCCDS Coaches and the instructors of the program. All parents must remain on the cart path.

## **Tennis**

All parents are welcome to attend any tennis clinics and matches held at The Racquet Club of St. Petersburg. Since the Racquet Club runs the program, we must adhere to their rules. Parents are encouraged to assist players by keeping score and helping them follow the correct rotation during matches. However, only the players are permitted to call balls in or out.

## **Playing Time**

Playing time is determined at the sole discretion of the coaching staff and is not guaranteed. Coaches consider many factors when deciding lineups for each competition, including their professional judgment, the athlete's ability and potential, team needs, game strategy, momentum, available substitutions, and long-term development. Coaches are not required to justify their decisions, and it is inappropriate for parents to request explanations regarding playing time. We ask parents to respect the coaching staff, who dedicate significant time and energy to our athletic programs—without their commitment, many programs would not exist. If you have concerns about your student's playing time or other related questions, please schedule a meeting with the coach and Athletic Director. For the sake of proper communication, please do not approach coaches during or immediately after games, as those times are not conducive to productive conversations. Meetings should be held off-site, preferably at LCCDS, with the parent, coach, and Athletic Director present.

## **Practice & Games**



Practice and game schedules will be announced at the start of each sports season. Students and parents can access the athletic calendar on the school website, and parents will be notified promptly of any changes. Practices are mandatory and may only be excused with prior notification to the coach or Athletic Director via email or phone call from a parent. Unexcused absences may result in reduced playing time during games and tournaments. To participate in practices or games, students must attend at least four hours of school on the same day. Students are encouraged to attend all practices and develop strong time management skills with the support of their parents. On game days, student-athletes may wear their team shirt or jersey to school.

## **Tournaments**

Many of our teams participate in tournaments, some of which may be held out of town and on weekends. These events provide valuable experiences for our student-athletes. LCCDS covers the entry fees for tournament participation, and the host schools invest significant time and effort in planning and preparing their facilities. If you consent to your student's participation, please commit to attending and avoid last-minute cancellations.

### **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.
- Students should get permission from a coach to enter the locker rooms & 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.
- Any food & drink must be disposed of properly in trash cans located throughout the Life Center.
- Absolutely no hanging or dunking on the basketball rim or net is allowed!
- Bleachers are for sitting. Do not run up, down, or under the bleachers.
- The window shades in the lobby and gym should only be operated by an LCCDS staff member.
- If you notice that any of the equipment is damaged or malfunctioning, please report it to a coach right away.

### **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.
- At all times, please respect the privacy of all other students.
- Please store all your belongings in the provided cubbies. Belongings should not be left on locker room floors. This area is shared by opposing teams, spectators, and officials. 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.*



## **2025-2026 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 2025-2026 LCCDS Athletic Handbook.*

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

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

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

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

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