

Lutheran Church of The Cross Day School



Athletic Handbook 2022-2023

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

LCCDS Athletics 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 always, good sportsmanship, self-discipline, and accountability. We believe that our success is not always measured by victories. It is measured by the effort and conduct of every athlete, coach, and spectator.

Athletic Philosophy

At LCCDS, we view athletics 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 teamwork, 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 Academic and Conduct Requirement sections below.
- FHSAA Preparticipation Physical Form for the current school year must be signed and on file in the Athletic Department. This is in addition to the State of Florida Health Entry Exam submitted to the office.
- FHSAA Consent & 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 Medical Release Form.

To participate on a LCCDS team, the sports fee is \$150. Family accounts will be invoiced. 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

At LCCDS, a "students-athlete" is a student first, athlete second. If a student-athlete is operating with a grade below a C in any class, they are ineligible to participate in LCCDS team sports. They will not play or practice with the team to concentrate on their studies. Students may be reinstated when they are operating with an acceptable grade of C or above in all classes. During weeks of Mid-Term Exams and Final Exams, there will be no games scheduled for Middle School (7th & 8th grade) students. Teams may still hold practices.

Conduct Requirements

Students receive conduct marks in all classes. Student-Athletes also represent the LCCDS community when competing in sports. Students who are currently operating with unsatisfactory conduct marks in school or display poor sportsmanship while representing LCCDS will be suspended from participating in all sports programs at LCCDS. Some examples of unsatisfactory conduct marks may include in-school suspensions, administrative office visits, removal from class, repeated "silent lunches", etc. Some examples of poor sportsmanship include taunting, foul language, lack of support for teammates or coaches, etc. The suspension includes missing games and practices. Students suspended from sports may only be reinstated

when their conduct consistently improves, and they receive permission from the Head of School or Assistant Head of School.

Eligibility

LCCDS participates in the Florida Lutheran Athletic Association for many sports. Each participating school submits rosters to the Association. FLAA rules state that a Varsity team may consist of 6th-8th grade students. A Junior Varsity (JV) team may only consist of 6th grade or below. No 7th or 8th grade students may participate on a JV team. Total number of participants must also conform to FLAA rules.

Tryouts

Before each season, some teams may hold tryouts. Depending on the size and level (V/JV) of the team, tryouts may only be open to specific grades. Only students who attend tryouts will have an opportunity to make the team. Participating in tryouts does not guarantee a spot on the team. Players chosen for a team are solely the decision of the coaching staff and 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

Co-Ed Track & Field



Transportation

Transportation to practices and games is not available through LCCDS. Parents must make arrangements to drive or carpool to all practices & games. Please note, some sports have practices & home games off campus. Transportation arrangements must be made prior to the day of the event. Please do not call the school office to make last minute transportation arrangements!

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 and a copy of the school's Allergy/Medication folder. 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 crucial to our athletic programs. While some of our coaches are staff members, many are volunteers. Without parent volunteers, many of our sports would not be possible. Every team needs your help. Even if you cannot coach, teams need scorekeepers, line judges, etc. **If you would like to volunteer to assist in any way, please contact the coach or Athletic Director.**

At all times, for all sports, unless requested by a coach, sideline 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 the opposition's players (or our own players) are a poor reflection on our school, students, and families. Please praise your student 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 regarding performance or playing time. Our sports programs are designed to create a positive learning experience for students. In all our sports, please focus on the celebration of teamwork, fellowship, family, and fun.

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. 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 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 may attend any tennis clinics. Parents are also permitted to attend matches at The Racquet Club of St. Petersburg. The Racquet Club runs this program, and we must follow their rules. 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 many factors, including but not limited to, determining a lineup for each competition that will lead to success on the field or court. It also 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. 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 regarding your student's playing time, or have other questions/concerns, please schedule a meeting with the Coach & Athletic Director. Please do not approach the coaches during or after a game. At that time, there are too many distractions 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

Practice & Games



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. Practices are mandatory and are only excusable with an email or a phone call from a parent to the coach or Athletic Director. Unexcused absences may result in lack of playing time in games and tournaments. 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 should wear their team shirt/jersey to school.

Tournaments

Many of our teams participate in tournaments. Some 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!

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 & 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, 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.

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.
- Do not make inappropriate comments while in the changing areas.
- Please store all your belongings in one cubby and take all 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: _____