

LAUREL CHRISTIAN SCHOOL ATHLETIC HANDBOOK



Laurel Christian School would like to thank the following for helping us formulate this athletic handbook:

Lesley Slaughter—she began the research and the writing of this handbook
Jackson Prep—with permission from this MAIS school—we used one of their Athletic Handbooks to write this one. So as to not re-invent the wheel we used their 2003-2004 Handbook. Most of our information came directly from this book.

Bill Buckley: Fellowship of Christian Athletes

DISCLAIMER

The Laurel Christian School Athletic Handbook has the purpose of being a general guideline for our athletic program. It is not all encompassing and is subject to change at any time that it is deemed necessary by the Administration of Laurel Christian School.

MISSION STATEMENT

“Educating for Eternity”

ATHLETIC PHILOSOPHY

Our goal at LCS is for our Athletic Program to focus on Jesus Christ and His character as revealed through the Word of God. Competition is a worthy endeavor and victory is a worthy goal; however, the ultimate mark of this athletic program is to utilize opportunities presented through the preparation of the competition of our various programs to help our coaches, parents, and athletes develop a more godly character, and to discipline themselves spiritually as well as physically. Opportunities arise in any competition, for the world view of an individual to be revealed. The Scriptures are clear that our views are often misleading and are to be measured by a higher standard than any man can offer. When conflicts within our school arise the principles of Matthew 18 are to be the standard. When the call goes the other way, we recognize Romans 13 gives us hope that by honoring those in authority over us God will be glorified. If we are called to endure hardship in an athletic contest, which is nearly guaranteed by Hebrews 12 and 2 Timothy 3, the victory will come in the gospel, lived out in front of our players and their families even when the scoreboard reveals a temporal defeat. This is the goal of imperfect individuals who are accountable for their actions and submit to the statement. Each of these activities are undertaken to grow up strong men and women who are being prepared to strive for the things of God and endure the struggles of life with an eternal perspective.

SPORTS PROGRAMS OFFERED BY SEASON:

(ALL SPORTS ARE GRADES 7-12 UNLESS STATED OTHERWISE)

FALL:

CROSS COUNTRY BOYS & GIRLS (GRADES 6-12)

SOCCER: GIRLS

SWIM (GRADES 1-12)

WINTER:

BASKETBALL BOYS AND GIRLS

SOCCER: BOYS

SPRING:

ARCHERY

BASEBALL

TENNIS

TRACK (GRADES 6-12)

GOLF

SPORTSMANSHIP GUIDE

OUR PHILOSOPHY:

1. The athletic program at LCS is student and Christ centered and an integral part of the student's total educational experience.
2. Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administrators. For all of us to be successful, effective communication must occur.
3. The school athletic department and administration strongly believe in being accessible to parents and supportive to the coaching staff.
4. We constantly strive to improve communication with the students and parents. For our program to be successful, it is necessary that everyone understand the focus and direction of the program.

A WORD TO OUR SPECTATORS, PARENTS, ATHLETES, AND COACHES:

1. Be loyal to teams representing LCS and encourage them in every way possible.
2. Do not criticize. Build them up – do not tear them down!
3. Do not boo, yell, or criticize officials for mistakes, which you think they may have made, even if you should be right and they are wrong.
4. Be gracious and not boastful over our victories. Do not demean the achievement of opponents.
5. Do not quit, whether playing or cheering.
6. We as Christians are to always portray good attitudes and testimony. Every visitor, opponent, or official is a partner in Christ or potential partner in Christ.
7. Long after the score is forgotten, our behavior and reputation are remembered!
8. At every game there is an LCS Administrator, if you have any questions or problems consult with them. The Administrator is the spokesperson for LCS—not an LCS patron/fan.
9. Any fines that LCS incurs from the MAIS due to an individual's unsportsmanlike conduct will be placed on the individual responsible.
10. LCS reserves the right to discipline athletes, coaches, and parents regarding irresponsible behavior.

RESPONSIBILITY OF THE ATHLETE

An athlete is often respected and admired by the student body, spectators and the children in the community. The role is filled with responsibility. Good sportsmanship can be shown by the following:

1. Remember that you are representing yourself, your school, family, community, and God.
2. Respect the integrity and the judgment of the officials.
3. Live up to the standards of sportsmanship established by our school.
4. Respect your opponents.
5. Display positive actions in public at all times.

MAIS RULES OF ELIGIBILITY AND PRACTICE:

GRADES:

To be eligible for the first semester of a school year, a student must have accumulated four major units the previous academic year. A student who was ineligible the first semester may become eligible the second semester if he/she passed four major subjects.

MAIS ELIGIBILITY REQUIREMENTS (PLEASE CHECK THE MAIS WEBSITE FOR ANY UPDATED REQUIREMENTS)

Eligibility Requirements: Varsity Athletics

1. Must have accumulated four (4) major units (credits) during this past school year (can include summer school and proper accredited courses).
2. Shall not have reached his/her 19th birthday before August 1, 2016.
3. Shall not have entered the 9th grade before the 2013-14 school year.

Eligibility Requirements: Junior High Athletics

1. Must have passed four (4) major subjects or been promoted to the next grade.
2. Shall not have reached his/her 16th birthday before August 1, 2016.
3. Shall not have entered the 7th grade before the 2014-15 school year.

LCS ACADEMIC ELIGIBILITY REQUIREMENTS

LCS is a college preparatory school. Our mission is to prepare students to succeed. In order to accomplish this, LCS had developed the following academic requirements for athletics during the school year. These requirements are more stringent than the basic and general MAIS guidelines:

1. Students must maintain a minimum C average in each class
2. Student athletes who fall below a C average, at progress report and report card time, will be put on probation.
3. Probation:
 - A student athlete who receives one or more D's on an academic report (progress report/ report card) will go on probation. They will be allowed to practice and play games, but if during an evaluation period (2 weeks or following report) progress is not

made, the athlete will not be allowed to practice nor play until grades are improved.

- A student athlete who receives one or more F's on an academic report (progress report/report card) will go on immediate probation. They will not be allowed to practice or play until progress has been made in bringing up the failing grade(s): minimum probation is one week.
- Continual placement on probation can lead to a student not being allowed to continue in a current sport and prevent them from competing in another sport.
- Grades will be monitored at progress report, report card time, and through our academic software in place.
- Probation can be modified by the approval of the Academic Athletic Probation Committee (Headmaster, AD, and a teacher)

NCAA CLEARINGHOUSE

Any student athletes interested in participating in a college athletic program must be cleared in advance by the NCAA Clearinghouse. For details on processing and current requirements, check with our college counselor. This process should begin your junior or early Senior year.

PAPERWORK

LCS ATHLETIC DEPARTMENT MUST have a PHYSICAL and SIGNED ATHLETIC HANDBOOK COMPLIANCE for both student and parent on file.

SCHOOL ATTENDANCE:

Student must be in school to be eligible to play in that days contest. All students are expected to be at school the next day unless receiving medical attention due to an injury.

HOW TO BE PART OF A TEAM ROSTER

1. Athletic fee paid before season sport practice begins
2. Physical form turned in before any activity
3. Parent and student signed code of conduct
4. Depending on numbers of participation, a try-out may be put in place to limit the size of the roster.

PRACTICE EXPECTATIONS AND GUIDELINES

Practice: Specific guidelines and practice times and schedules will be given by each coach for each sport. General practice information includes the following:

1. Days and times of practice are communicated through individual coaches.
2. With prior notice a coach may call a special practice session.
3. A storm/weather does not cancel practice. Information will be given to athletes about cancellation of practice due to weather or for any reasons.
4. Holiday practices must be scheduled by the coaches in advance. These practices are approved through the athletic director.
5. The coaches distribute summer practice (this includes summer games, camps, open gym, etc) and weight training information before summer vacation. Summer practices follow MAIS Activities Association guidelines.
6. There are no Sunday practices.

Must do the following guidelines throughout the season:

1. Must be at every practice with exception of sickness, previously scheduled doctor's appointment, death in family, etc. Athlete must communicate the absence prior to the event with the coach.
2. Must be on time to practice and games.
3. Each coach will announce in writing his/her discipline for tardiness
4. Limited Wednesday and Saturday practices. Must be approved by the Athletic Director and Headmaster.
5. Wednesday practice shall not go later than 5 p.m. Coaches must allow students to be dismissed who have previous church commitments and have communicated this commitment prior with the coach.

ATHLETES DRESS REQUIREMENTS

1. Must be consistent with school dress code. Collard shirt must be worn under all warm-up and team apparel during school hours.
2. Team apparel is not to be worn on chapel days.
3. Team apparel may only be worn on Home game day-- excluding chapel day—or when announced by LCS administration.

A more detailed outline on athletic attire for school is in Game Day Dress section.

UNIFORMS AND EQUIPMENT

1. Protect uniforms. Uniforms are only to be worn to LCS school games. Do not wear to P.E., practice, or at any other time.
2. The athlete, with the exception of normal wear and tear, will replace lost or damaged uniforms.
3. Uniforms must be returned within one week of last game of the season. Uniforms not returned will be charged to his/her school bill and report cards will not be given until paid.

TRANSPORTATION

1. Students are to always have adult supervision.
2. No student will be allowed to drive to and from games without an adult.
3. **Travel:** Parents/Guardians are responsible for providing transportation to games. An effort is made to coordinate car pools from the school. Transportation by bus is not a given. There will be times that LCS will have bus transportation. Coaches will provide athletes with specific information about times of bus departure and return to campus. Students are expected to display exemplary conduct. Unless otherwise noted, athletes should report an hour before their scheduled game time.

SPECIAL AWARDS AND AWARDS BANQUET

Athletic Award Banquets are held to honor athletes. An Award Banquet will be held by each season of sport (fall, winter, and spring) within 2 weeks of completion or a Fall/Winter and Spring. These are scheduled through the coach and athletic director. Appropriate dress will be determined by the coach.

EARNED VARSITY LETTER

Varsity Letter(s) is earned. An LCS Athlete can earn a Varsity Sport Letter for each sport they participate. The athlete may earn the Letter upon the completion of the ninth grade (even if they played Varsity in the junior high). The earliest a Varsity Letterman Jacket will be given is the 10th grade year. An LCS athlete must have played Varsity for a complete season (60% or greater or discretion of head coach upon discussion with athletic committee)

and only upon the recommendation by their head coach will a letter be awarded. Letters will be given to athletes at an athletic banquet. Athletes that do earn a letter may purchase a Varsity Letterman Jacket (upon completion of 9th grade). The Athletic Committee can make exceptions to requirements.

MISCELLANEOUS

CHECK WEBSITE FOR WEATHER AND ATHLETIC UPDATES.

www.laurelchristian.org

BOOSTER CLUB

The Booster Club uses dues and fundraising to help the LCS Athletic Program. These funds (from dues, fundraising, and concessions) are what help run the general athletic budget and provide what is needed. Each year the Booster Club will provide information about joining.

RESPONSIBILITY OF THE FAN

The spectators should display good sportsmanship at all athletic contests. As fans, your actions may have the largest impact on how others see the reputation of your school.

Fans should:

1. Encourage student-athletes as they learn and strive to improve.
2. Respect the players and fans of opposing teams.
3. Be knowledgeable and comprehend the rules of the game and cheer good performances.
4. One should never confront an official/umpire before, during, or after a contest
5. One should never confront visiting teams, coaches, or fans during, before or after a contest.

Violating these rules has serious consequences, and could lead to the following (but not limited) :

- Forfeiture of the contest
- School being placed on probation and fined
- Parent/fan being denied access to future contests and/or being fined

Fines and probation to contest can be levied by the governing MAIS body and/or Laurel Christian School. Parents/fans will be responsible to pay the MAIS fine for individual infraction and possibly the fine levied against the school (see MAIS website for more details). In

addition Laurel Christian School holds the right to fine parents/fans of Laurel Christian School

ATHLETES CODE OF CONDUCT

- MAINTAIN CHRISTIAN TESTIMONY
- INTEGRITY
- BE PUNCTUAL AND PREPARED FOR GAMES AND PRACTICE
- NO PARTICIPATION FOR SUSPENDED STUDENT UNTIL SERVED TERM OF SUSPENSION
- NO PROFANITY, TAUNTING, OR VERBAL ABUSE
- NO FIGHTING
- BE GOOD REPRESENTATIVE OF SCHOOL.

ATHLETES TEAM COVENANT TAKEN FROM BILL BUCKLEY “NINE WEEK WAR” (FCA)

I WILL ACCEPT ABSOLUTE AUTHORITY OF MY LEADERS.

ROM 13:1,2

I WILL WORK TO BUILD A CULTURE OF HONOR ON OUR TEAM.

ROM 12: 10,11, HEB. 13:7, 1 SAM2: 30

I WILL BE A ROLE PLAYER. 2 COR 10:12,13

I WILL GROW AS A STRONG LEADER. 2 COR 13:5

I WILL GROW IN MY ABILITY TO OVERCOME OFFENSE. HEB 12:5

I WILL BE TOUGH. JAMES 1: 2-4, PROV 27:6

I WILL BE PASSIONATE. MATT 5:6

I LOOK FORWARD TO OUR REWARDS, BOTH EARTHLY AND HEAVENLY. 1 COR 9:24,25

I WILL FINISH. LUKE 14:28-30

STUDENT SIGNATURE : _____ DATE: _____

COACHES CODE OF CONDUCT

Athletics play a significant role in the lives of our students. It is a powerful tool to develop leadership skills and godly character. Thus, every effort should be made to demonstrate the highest standard of excellence and Christian principles. Therefore, relying on God, I am accountable for the student-athletes entrusted to me and, as an administrator or coach, I will strive to:

- Carry out all aspects of our athletic program in a godly manner, in concert with the mission of the institution and the goal of the athletes' education.
- Follow all MAIS and LCS guidelines in both letter and spirit and strive to keep myself and my athletes in compliance with the MAIS and LCS guidelines.
- Follow the chain of command established (Coach—Athletic Director—Headmaster—Board) and respect all LCS administrators and their decisions.
- Treat all athletes with respect and celebrate their diversity, regardless of gender, ethnicity or cultural background.
- Instill in my student-athletes godly principles by demonstrating high standards of honesty and personal integrity while expecting the same from them. I will encourage spiritual growth in their walk with the Lord or attempt to lead them to a saving knowledge of Christ.
- Put the needs, safety and protection of the athletes above winning or personal desires. I will strive to give balance to each individual as it relates to their performance and their spiritual, social, emotional, intellectual and physical well-being.
- Develop independence in my athletes. Athletes must be encouraged and guided to accept responsibility for their behavior and performance in training and competition, as well as all aspects of life.
- Set and monitor appropriate boundaries between a working relationship and friendship with my athletes. I will not engage in behavior that is harassing or demeaning to any athlete.
- Ensure that I am not attempting to exert undue influence over my athletes in order to obtain personal gain. Respect the rights and privacy of my athletes by not sharing information that should remain confidential.
- Demonstrate high personal standards and a Christ-like image to the athletes, parents, fans, officials, administrators, coaches, and media.
- Continue to maintain competence in my sport and ensure a safe environment. I will use careful judgment in protecting the welfare of all athletes.
- Uphold professional standards of conduct and accept responsibility for my behavior. I will comply with standards and this code of conduct and ask my colleagues to hold me accountable.

COACH SIGNATURE: _____ DATE _____

ATHLETIC LINES OF COMMUNICATION

PARENT (GUARDIAN)/COACH RELATIONSHIP

It is a great responsibility and challenge to parent and to coach. By establishing and understanding each role, we can help create effective communication. Parents/Guardians have a right to understand what expectations are placed on your child. This begins and is enhanced with clear communication from your coach.

Communication Expected from the Coach

1. When, where, time, and duration of practice and contests.
2. Expectations the coach has for your child and the team.
3. Procedure if any injury occurs during participation
4. Team requirements/ rules for participation
5. Notification whenever any disciplinary action results in your child being denied participation in a practice or game.

Communication Coaches Expect from Players

Athletics can teach us life lessons and can be a very rewarding experience. As students participate in athletics, there will be a roller coaster of emotions: ups and downs. With these experiences, the athlete may face disappointment and frustration. At these times, student-initiated dialogue with the coach is recommended and encouraged.

Parents (Guardians)/Students should notify the coach concerning:

1. any schedule conflict well in advance
2. any specific health concerns.

Appropriate Concerns to Discuss with Coaches

1. Any unhealthy mental or physical strain you detect in your child at home.
2. Ways you can contribute to assist in your child's skill improvement and development.
3. Any dramatic changes you detect in your child's behavior.

4. Treatment of your child, mentally and physically.

Issues Not Appropriate to Discuss with Coaches

1. Playing time
2. Team strategy or play calling
3. Other student athletes

Procedure to Follow If You Have a Concern to Discuss with a Coach:

1. Make an appointment with the coach. Never approach the coach immediately after a game unless the coach requests this.
2. If the coach cannot be reached, call the Athletic Director to set up a meeting with the appropriate coach.
3. Games and/or practice can be busy and emotional times for both the coach and parent. Please do not confront a coach immediately before, during, or immediately following a contest or practice. In general, meetings of this nature do not promote resolution. Productive meetings require calm, rational attitudes.

If the meeting with the coach does not result in resolution of the problem, the following steps should be taken:

1. Call and set up an appointment with the Athletic Director (if he or she is the coach—the Headmaster) to discuss the situation.
2. At this meeting the appropriate next step can be determined.

ATHLETIC DISCIPLINE COMMITTEE

At Laurel Christian School all athletes should be drug, alcohol and tobacco free. These substances are prohibited and threaten the future health and lives of those who use these substances. These substances have known health risks to self and others and hinder performance. In addition, LCS holds strict standards on how we represent LCS in all athletic endeavors. This means foul language, unsportsmanlike conduct (of any nature), taunting (inappropriate “smack talk”) of opponents (and teammates), fighting, etc are also elements that LCS does not approve and reasons for discipline. To assist in the administration of this policy, the Athletic Department has a committee to discuss and enforce violations/incidents to this policy. The purpose of this committee is reinforce and impose fair and consistent discipline for violations. The committee will consist of the Headmaster,

Athletic Director, and member(s) of the LCS coaching staff. Any athlete who is caught violating the policy on use of drugs, alcohol, and tobacco will be required to appear before the committee.

GENERAL INFORMATION

CONDUCT: The conduct of athletes must reflect the fact that they represent Laurel Christian School. In the athletic and academic arenas, athletes' behavior must epitomize a positive godly attitude and a strong work ethic. According to this code of conduct, athletes must:

1. Play hard –for the “love” of the game. Play smart. Play team.
2. Respect officials and accept their decisions without question.
3. Win without boasting and lose without excuses.

Physicals: Each student must have a physical before he or she begins practice. There is a sample physical form available online and at school. A physical is required and must be on file at LCS before any athlete can practice and participate in athletic events—there are no exceptions.

Physical Strength and Conditioning: The philosophy of the strength and conditioning element of LCS Athletics is to ensure that each athlete is given proper training to prevent injury. Strength and conditioning allows athletes to prevent injury, challenge their power, speed, strength, and flexibility.

Please note that parents are to pick up students within 15 minutes after practice

Game Day Dress: Athletic Teams may wear special “Team Attire” in lieu of the school dress policy only on days they are participating in an athletic event. All team members must wear the approved “Team Attire” or the entire team may forfeit their privilege. The following guideline is considered appropriate attire:

1. Approved travel suites or wind suits with specified team logo. No Sweat Pants or Sweat Suits.
2. The current team sport t-shirt for that season.
3. Tennis, basketball, or running shoes may be worn with the wind suit. No sandals.
4. A team specialized shirt (other than LCS dress code shirt policy) may be worn with appropriate school uniform bottoms.

Travel Dress: When students report to games, they should be appropriately attired. Coaches will determine appropriate attire.

Communication: Student athletes are under the direct supervision of LCS coaching staff. It is important that the athlete communicate directly with the coach. If a parent would like to talk with the coach or has a concern, he or she may contact the specific coach by calling the school office. Full time coaches have teaching responsibilities throughout the day and return phone calls as soon as possible. Please contact part time coaches through their desired medium (at the beginning of the season coaches will relay this to parents)—please be mindful that they are working other full time jobs.

- Coaches may use group text messages as a means to convey practice times, schedules, important information, etc
- The use of texting between coaches and players is for professional use only

Laurel Christian General Athletic Rules

1. School attendance is mandatory the day after a game unless you are sick or have a doctor's excuse. Athletes must be in school.
2. Any player suspended from school will also be suspended from practice and from scheduled games during the suspension period. There may also be additional penalties administered by the athletic director in conjunction with the coaching staff.
3. Smoking (tobacco of any use) and drinking alcohol by players are prohibited. Use of alcohol and tobacco is destructive to the training process and to the body in general from a health perspective. The use of these substance can result in game or practice suspension or dismissal from the team.

TERMINATION/QUITTING FROM A TEAM AFTER SEASON BEGINS

Once an athlete begins the playing season in a sport and his/her team membership is terminated by either the athlete or the coach, for a reason other than being "cut" due to lack of ability—he/she is ineligible to participate in another sport that season. This may be appealed to Athletic Director. An exception will require mutual consent of both coaches involved and the AD.

Note: The playing season is considered the beginning date of interscholastic competition.

PURPOSE OF GUIDELINES

1. Reinforce commitment to finishing what you start
2. Reinforce loyalty to teammates and program.
3. Prevent athletes from changing sports for inappropriate reasons.
4. Prevent mass exodus at the end of an unsuccessful season just to start a new sport.
5. Reinforce to players that may have taken a limited spot on the team that there is an obligation that goes along with being selected to a team.

DUAL SPORT PARTICIPATION

1. Student must attend as many practices as possible. Student must also remain in constant communication with both coaches.
2. Games take precedent over practice days. (If there is a home game and student has practice in the other sport, student must make every attempt to make practice.) Again, constant communication with coaches prior to event.
3. In season sports games and practice take precedent over out of season sports.
4. Athletes playing two sports must fulfill the obligations of each team as set by the coach in order to participate.
5. If conflicts in schedules occur, the coaches, with approval from the Athletic Director will determine which activity the athlete will participate.

PARTICIPATION IN OVERLAPPING SPORTS

If an athlete is participating in a sport and another sport in which he/she plans to participate begins prior to the conclusion of first sport, the athletes primary responsibility is the first or seasonal sport. No athlete will be taken from one sport at the expense of another sport at Laurel Christian School. The head coach of the in season team has the right to deny or grant permission for the athlete to participate in some activities on a limited basis.

POINTS OF EMPHASIS

It is important for the involved coaches to work together for the benefit of the entire athletic program and not put the athlete in the middle of the controversy.

The end of a sport is obviously the most important time due to playoffs and tournaments. Coaches need athletes focusing on advancing as far as possible without the added pressures of starting a new sport.

Athletes that know they will be involved in overlapping sports must accept the circumstances and take responsibility.

1. The athlete should take responsibility and work outside of the season sport on individual basis to condition and improve skills required in the next sport.
2. The athlete should realize that those players already working on the next sport may have an early advantage.
3. No athlete will be penalized for participating in another Laurel Christian School sport.

LAUREL CHRISTIAN SCHOOL ATHLETIC PROGRAMS

BASEBALL

1. ELIGIBILITY:
 - A. Varsity Boys in grades 9-12 are eligible (younger grades can be considered per coach evaluation) to try out for the team. If try-outs are needed they will be held in late fall (date will vary). Players are evaluated on their defensive skills, pitching ability, speed/quickness, hitting and the intangibles that make a good competitive ball player. The team practices on a daily basis with each receiving the instruction and opportunities needed to challenge his ability.
 - B. Junior Varsity: Boys in grades 7-9 are eligible to try out for the team. If try-outs are needed they will be held in late fall (date will vary). Players are evaluated on their defensive skills, pitching ability, speed/quickness, hitting and the intangibles that make a good

competitive ball player. The team practices on a daily basis with each receiving the instruction and opportunities needed to challenge his ability.

2. Practice:

- A. Fall practice usually begins in late August to end of October (1-2 days a week). This practice is for baseball players only (with the exception of those agreed upon between season sport coaches). These practices emphasize fundamentals (hitting and arm strength are emphasized during this time). However, many players will be involved in other sports at this time.
- B. Starting dates: Upon returning from Christmas break, pitcher and catchers may have limited work outs (seasonal sports taking precedent) 2-3 times per week. Practice includes drills to strengthen fundamentals and delivery, and work up to 60'6" pitching distance by early February. Team Practice: team practice begins in mid-January, working inside and/or outside, according to the weather conditions. This schedule allows approximately six weeks to prepare for the season (those who are baseball only).
- C. All players will begin conditioning and throwing after Christmas (those who are baseball only).
- D. Practice times and days are determined by the coaching staff. Practice is usually after school and may begin as late as 5:30-7:30. Times are determined by coaching staff, use of facility, and in conjunction with athletic director.

3. Season: the *first game allowed by MAIS is usually toward the end of February. A **scrimmage game is allowed by MAIS usually in mid February. The regular season game schedule (max amount) is determined by the MAIS. In general this could include up to 25 regular season baseball games. Playing in a tournament counts as one game. The regular season spans mid February to the end of April. The following 3-4 weeks are for the playoffs.

4. Equipment and Uniforms: The school provides most equipment (through fund raisers) except gloves and shoes. Field: The baseball team takes pride in the upkeep of Hosey Field (part of Laurel Parks and Recreation) for our game and practice use. Players are expected to help with the upkeep when needed.

*MAIS scheduling requirements are followed

**MAIS sets dates and guidelines for the time for this scrimmage.

TRACK AND FIELD

1. Eligibility: Laurel Christian School track and field is offered for all students. Students participate on the junior high team or varsity team for both boys and girls. The junior high team is for students in the 7th-9th grades.
2. Varsity: The varsity team is made up of students in grades 7-12. It is possible for a junior high student to participate on the varsity team. A junior high student may also improve enough during the year so that he or she can be added to the varsity team after the junior high season is completed.
3. Practice: Track practice begins in January. Practice for the first month lasts about one hour per day. After the first month, the number of events in which a person is entered will determine the length of practice. Practice is after school at 3:15. Most students are through by 4:30 during the season. Students who are entered in both running events and field events may practice past 4:30. These practice times also vary depending on the times decided by the coach. The coaching staff will inform athletes of practice times and locations (practice is off campus at times).
4. Season: The track meets begin the 1st week in March. The junior high season ends in April, and the varsity season ends in early May.
5. Equipment: Athletes provide their own practice shorts and shoes.

BOY'S SOCCER

1. Eligibility: Anyone in grades 7-12 may try out for the varsity soccer team. The players chosen for the varsity team will be selected on the basis of soccer skill, dedication to the team, work ethic, and attitude. Players who do not make the varsity team will be able to compete on the B-team. The B-team is a training ground and feeder program for the varsity team. The B-team players are encouraged to take their roles seriously, as this is the way we build a strong varsity team in the future. It is possible to play both Varsity and B-team. The B-team may have fewer games than the varsity. The role of Varsity/B-team is determined by the coaching staff.
2. Practice: Practice for the Varsity and B-team is daily and after school. The practice times are determined by the coaching staff and can be daily and can last between an hour and half to two hours. Players are

expected to be at every practice. If for some reason a player cannot make a practice, he must clear it with a coach before the practice begins. Amount of time at scheduled practices will strongly influence amount of playing time in a game (this applies to both varsity and B-team).

3. Season: The soccer season begins in the middle of October and ends at the start of February. The first game can be scheduled for the end of October to beginning of November (All scheduling follows MAIS guidelines and requirements). The playoffs usually begin in the beginning of February. In general the Varsity team will play between 15-20 games (we will not exceed the max set by the MAIS). Players are responsible for transportation to games. An effort is made for car-pooling. Home varsity games may begin at 3:00-4:00 (due to field lighting). If a B game is scheduled it will be played immediately after the Varsity game. The other team will determine starting times for away games.
4. Equipment: The school provides uniforms and soccer balls.

GIRL'S SOCCER

1. Eligibility: Anyone in grades 7-12 may try out for the varsity soccer team. The players chosen for the varsity team will be selected on the basis of soccer skill, dedication to the team, work ethic, and attitude. Players who do not make the varsity team will be able to compete on the B-team. The B-team is a training ground and feeder program for the varsity team. The B-team players are encouraged to take their roles seriously, as this is the way we build a strong varsity team in the future. It is possible to play both Varsity and B-team. The B-team may have fewer games than the varsity. The role of Varsity/B-team is determined by the coaching staff.
2. Practice: Practice for the Varsity and B-team is daily and after school. The practice times are determined by the coaching staff and can be daily and can last between an hour and half to two hours. Players are expected to be at every practice. If for some reason a player cannot make a practice, he must clear it with a coach before the practice begins. Amount of time at scheduled practices will strongly influence amount of playing time in a game (this applies to both varsity and B-team).
3. Season: The soccer season usually begins at the end of July and ends in October. The first game can be scheduled for the end of July to

beginning of August (All scheduling follows MAIS guidelines and requirements). The playoffs usually begin in the beginning of October. In general the Varsity team will play between 15-20 games (we will not exceed the max set by the MAIS). Players are responsible for transportation to games. An effort is made for car-pooling. Home varsity games may begin at 3:00-4:00 (due to field lighting). If a B game is scheduled it will be played immediately after the Varsity game. The other team will determine starting times for away games.

4. Equipment: The school provides uniforms and soccer balls.

CROSS COUNTRY

Cross-country is middle distance running. In the MAIS high school events, boys run a 5K and girls run 2 miles. Cross-country racecourses utilize natural terrain and may include hills, creeks and other natural barriers.

1. Eligibility: Any student from 7-12 may be on the team and run in team meets. Depending on interest and size of team, the team is based on the runners with the highest level of ability and interest, regardless of grade level. This includes the 7 runners who compete for points in competitions (the number of players competing for points is determined by the MAIS). The coach will choose the best runners to compete for the points in the meets.
2. Practice: Beginning the first full week of classes, practices are held every day after school for about an hour (3:20-4:30)—coaches will determine and set practice times. As with any varsity sport, runners should not make other appointments, which necessitate missing practice. In addition to endangering letterman status, missed or abbreviated practices hurt the conditioning of both the individual runner and the team. Practice routines are many times given to athletes to do on “their own.” This is very important that athletes establish discipline to run their required amount on their own even when there is not a scheduled practice time. Practice or lack of practice will be evident. Practice is held in the rain, but may be canceled in the case of extremely severe weather, and an announcement will be made during the school.
3. Season: The team runs in 5-9 races each season beginning in early September and continuing through the MAIS state meet, which is generally held in late October or early November. Most meets are on Mondays. Parents are responsible for making sure their child gets to

meets at least one hour before race time. Every effort will be made to arrange car-pooling by the participants.

4. Equipment/Uniforms: Athletes provide their own practice clothes and running shoes. A uniform is provided by LCS.

TENNIS

1. Eligibility: All tennis players in grades 7-12 are encouraged to play LCS tennis. Challenge matches and seasonal matches determine the rank on the team. The coach will use practices and season matches to help determine the rank on the team to determine playing.
2. Practice: Practice is after school daily and may begin as early as September. Coaches may make agreements with local tennis pros for further lessons, but this is not mandated by Laurel Christian School—this is only to further help develop the athlete. The coach will determine the times, dates, and location of practice.
3. Season: The varsity tennis team will play 10-14 regular season matches in March and April. District and further play-offs will begin in April. The State tournament is in May. Players will wear the appropriate tennis clothes for both practice and matches. LCS will provide a uniform. Parents are responsible for making sure their child gets to matches at least one hour before match time. Every effort will be made to arrange car-pooling by the participants.
4. Equipment: The school provides uniforms and tennis balls.
5. The line-up for matches is as follows:
 - #1 Singles
 - #2 Singles
 - #1 Doubles
 - #2 Doubles
 - Mixed Doubles

GOLF

1. Eligibility: All LCS students may try out for the golf team, including girls. The team will consist of 8-10 players. The varsity team will be determined by qualifying scores in March.
2. Practice: Golf practice begins in late February and early March. (Fall practice is conducted for those not participating in other sports). Practice times will be after school and determined by the golf coach. Practice will be at the local golf club(s).
3. Season: The team will play 4-8 tournaments. Playoffs are determined by qualifying scores in specific tournaments. The playoffs usually begin in the beginning of May. Parents are responsible for transportation to matches.
4. Equipment: The school will provide team competitors with LCS golf shirts.

BASKETBALL

JUNIOR VARSITY BASKETBALL

1. Eligibility: 7-9th grade students compose the junior varsity basketball team. Try outs may be used to determine the team.
2. Practice: Athletes occasionally may practice during a class period if available (PE). In general practice will be 2-3 days after school. The coach will determine practice time and location. (On occasion depending on the size of the varsity team JV players may be asked to practice with the Varsity).
3. JV players can play up on the Varsity depending on need. This is governed by the MAIS playing policy. At this time, a player playing JV and Varsity cannot exceed 6 quarters.
4. Season: Teams will play a schedule of 18-24 games with a conference tournament at the end of the season. Parents/Guardians are responsible for transportation. Every effort for car-pooling will be encouraged. Players should arrive 1 hour before game time.
5. Equipment/Uniforms: The school provides game uniforms. Athletes provide the shoes.

JV B-games: On occasion that the team has enough athletes, JV B-games may be scheduled. These games are to better prepare younger athletes and athletes than need more experience. If JV B-games are scheduled there will be no more than 10 games. It is expected for these JV B-game players to

play in their game and practice with the team—the coach may also request that they stay for the Junior Varsity game.

VARSITY BOYS' AND GIRLS' BASKETBALL

1. Eligibility: Varsity basketball teams are made up of students in 9-12th grade, but 7th and 8th grade can be included (following MAIS guidelines and standards).
2. JV players can play up on the Varsity depending on need. This is governed by the MAIS playing policy. At this time, a player playing JV and Varsity cannot exceed 6 quarters.
3. Tryouts: The coaches will choose team based on past performance plus work done in the summer and during the pre-season. The players are graded on their ability to play defense, shoot, dribble, pass, and on fundamentals and ability to be a team player.
4. Practice: The varsity basketball teams can start practice the first week of school. Daily practice is after school and will be determined by the coach. Practice location may also vary. This allows 7-8 weeks to prepare for the first game.
5. Season: Basketball season begins in late October and ends with the Overall tournament in late February. We will play 20-25 regular season games. In addition we will play 1-3 invitational tournaments. We will follow MAIS scheduling guidelines. The regular season ends in January with the District tournament beginning in February, followed by South State, State, and the Overall.
6. Travel: Parents/Guardians are responsible for transportation. Every effort for car-pooling will be encouraged. Players should arrive 1 hour before game time.
7. Uniforms: LCS provides game uniforms. Athletes provide shoes.

SWIM

1. Eligibility: students in 7th -12th grade for Varsity. The elementary 1st -6th also has a classification.
2. Practice: In general is after school at the Laurel Natatorium. The times and days will be determined by the coach.
3. Season: The season begins in August and ends in September at the MAIS State meet. The State meet is the main meet. The coaches may arrange for the team to compete in other events before the State meet. Transportation is provided by parents/guardians. Every effort for car-pooling will be made.
4. Uniforms: LCS will provide an LCS swimsuit and cap.

ARCHERY

1. Eligibility: students in 7th – 12th grade (the MAIS directs this in coordination with Archery in Mississippi Schools—AIMS). Due to this coordination with AIMS the door is open to younger individuals qualifying to play and the term Varsity and JV are currently terms that do not describe the context of this sport appropriately. Meaning, age requirements to participate will be subject to the MAIS/AIMS guidelines and approved by LCS.
2. Practice: in general after school at an available location to practice inside 2-3 times a week. Coaches will coordinate practice.
3. Season: The season begins in February and ends in March/April (depends when State playoffs are scheduled).
4. Equipment: LCS provides archery equipment to use for practice and at meets.

PARENTAL/GUARDIAN AND STUDENT ATHLETE
AGREEMENT

I/We (parent/guardian) _____ have read the
Laurel Christian School Athletic Handbook. We agree to abide by its
guidelines and understand that it is not all encompassing and subject to
change.

Parent/Guardian Signature: _____ Date: _____

I (student athlete) _____ have read the
Laurel Christian School Athletic Handbook. I agree to abide by its
guidelines and understand that it is not all encompassing and subject to
change.

Student Athlete Signature: _____ Date: _____

To be signed and turned in to each coach for each sport:

ATHLETES CODE OF CONDUCT

- MAINTAIN CHRISTIAN TESTIMONY
- INTEGRITY
- BE PUNCTUAL AND PREPARED FOR GAMES AND PRACTICE
- NO PARTICIPATION FOR SUSPENDED STUDENT UNTIL SERVED TERM OF SUSPENSION
- NO PROFANITY, TAUNTING, OR VERBAL ABUSE
- NO FIGHTING
- BE GOOD REPRESENTATIVE OF SCHOOL.

**ATHLETES TEAM COVENANT
TAKEN FROM BILL BUCKLEY “NINE WEEK WAR” (FCA)**

I WILL ACCEPT ABSOLUTE AUTHORITY OF MY LEADERS.

ROM 13:1,2

I WILL WORK TO BUILD A CULTURE OF HONOR ON OUR TEAM.

ROM 12: 10,11, HEB. 13:7, 1 SAM2: 30

I WILL BE A ROLE PLAYER. 2 COR 10:12,13

I WILL GROW AS A STRONG LEADER. 2 COR 13:5

I WILL GROW IN MY ABILITY TO OVERCOME OFFENSE. HEB 12:5

I WILL BE TOUGH. JAMES 1: 2-4, PROV 27:6

I WILL BE PASSIONATE. MATT 5:6

I LOOK FORWARD TO OUR REWARDS, BOTH EARTHLY AND HEAVENLY. 1 COR 9:24,25

I WILL FINISH. LUKE 14:28-30

STUDENT SIGNATURE : _____ DATE: _____

To be signed and turned in to the Athletic Director by each coach.

COACHES CODE OF CONDUCT

Athletics play a significant role in the lives of our students. It is a powerful tool to develop leadership skills and godly character. Thus, every effort should be made to demonstrate the highest standard of excellence and Christian principles. Therefore, relying on God, I am accountable for the student-athletes entrusted to me and, as an administrator or coach, I will strive to:

- Carry out all aspects of our athletic program in a godly manner, in concert with the mission of the institution and the goal of the athletes' education.
- Follow all MAIS and LCS guidelines in both letter and spirit and strive to keep myself and my athletes in compliance with the MAIS and LCS guidelines.
- Follow the chain of command established (Coach—Athletic Director—Headmaster—Board) and respect all LCS administrators and their decisions.
- Treat all athletes equally and celebrate their diversity, regardless of gender, ethnicity or cultural background.
- Instill in my student-athletes godly principles by demonstrating high standards of honesty and personal integrity while expecting the same from them. I will encourage spiritual growth in their walk with the Lord or attempt to lead them to a saving knowledge of Christ.
- Put the needs, safety and protection of the athletes above winning or personal desires. I will strive to give balance to each individual as it relates to their performance and their spiritual, social, emotional, intellectual and physical well-being.
- Develop independence in my athletes. Athletes must be encouraged and guided to accept responsibility for their behavior and performance in training and competition, as well as all aspects of life.
- Set and monitor appropriate boundaries between a working relationship and friendship with my athletes. I will not engage in behavior that is harassing or demeaning to any athlete.
- Ensure that I am not attempting to exert undue influence over my athletes in order to obtain personal gain. Respect the rights and privacy of my athletes by not sharing information that should remain confidential.
- Demonstrate high personal standards and a Christ-like image to the athletes, parents, fans, officials, administrators, coaches, and media.
- Continue to maintain competence in my sport and ensure a safe environment. I will use careful judgment in protecting the welfare of all athletes.
- Uphold professional standards of conduct and accept responsibility for my behavior. I will comply with standards and this code of conduct and ask my colleagues to hold me accountable.

COACH SIGNATURE: _____ DATE _____