



ARCHANGELS

Athletic Department

Jr. High / High School Handbook

Athletic Director: Billy Hunt

JR. HIGH AND HIGH SCHOOL – ATHLETIC HANDBOOK

I. PREFACE

Athletics is an integral part of the process of preparing students for Christ. Both student-athletes and fans will learn many invaluable lessons. It is the role of the Athletic Department, in conjunction with the school board and the administration, to make rules that govern the spirit of competition for the school. Athletics at Lumen Christi (LC) provides our students the chance to learn, compete and grow as individuals, while providing unique travel opportunities to experience other Alaskan communities.

This handbook is written to clarify the policies of the athletic program of LC. Most of the information is aimed specifically toward the high school athletics program, but each of the principles contained within this document also apply to the junior high athletics program (unless stated otherwise). Any reference to the Alaska School Activities Association (ASAA) applies only to the high school athletics program because ASAA does not sponsor or regulate our junior high athletics program. The junior high program as much as possible competes with other Christian schools under the Alaska Christian Schools Activities Association (ACSAA).

II. INTRODUCTION

A. To the Parent

This material is presented to you because your child has indicated a desire to participate in interscholastic athletics. Your family interest in this phase of our school program is important. We believe that participation in sports provides a wealth of opportunities and experiences for the student. It is our hope to maintain a program that is sound in purpose and will further each student's educational, physical, and spiritual maturity.

A student who participates in athletics is voluntarily making a choice of self-discipline and self-denial. Failure to comply with team or school rules of training and conduct, or failure to fulfill academic requirements may mean exclusion from a squad. There is an expectation that each participant will discipline his/her mind and body for rigorous competition. While winning is important and we will strive to make that happen, we understand the importance sports plays in one's life. **Life lessons learned are key to success. Time management, Commitment, Dedication and Work Ethic are the pillars of our program.**

Parents play a critical role in the overall success of their student's involvement in athletics. It is important that all parents realize the importance of their role in this area of their student's life so that they can provide the key ingredients in their child's recipe of athletic success.

1. Support and Cooperation

- a) Attend every contest that is feasible. Being at the game is important to your athlete. Be positive and supportive without adding undue pressure and unrealistic expectations. Try to be objective. Avoid the temptation of seeing your student as the best player on the team or as faultless. All players, no matter how capable, need correction, redirection, and occasional chastisement.
- b) Belief in and support of the coach's judgment, character, actions, strategy, and overall philosophy will help your child do the same. In contrast, critically

questioning a coach's actions and overall program will likewise lead the student athlete in that way. The attitudes and ideas communicated in the home will often be carried out in the heart and mind of the athlete.

- c) Let your child know that you are supportive and that you believe in him/her regardless of the individual or team performances in a contest.
- d) Be flexible whenever possible. As carefully as planning is done, changes in times and schedules sometimes need to be made.
- e) Build up, rather than put down, other team members. It is important that each one sees the other team members as a vital part of the team, regardless of their role or skill level.
- f) Be sensitive to those around you as you watch the contest. Being a parent of a star athlete or a parent of an athlete who plays less often each holds its share of joy and pain.

2. Communication

- a) If your student-athlete must miss a practice or contest for unavoidable family reasons, let the coach know as soon as possible.
- b) If you have a valid question or comment, express it to the appropriate person (most often the coach) in a positive way and at an appropriate time.

3. Guidelines for handling parent/coach concerns

- a) Remember that the coach is the designated person in charge. You may not understand or agree with some of his/her philosophies or decisions, but be willing to give the benefit of the doubt and show your support.
- b) The first responsibility is for the athlete to work with the coach. A coach appreciates communications from the athletes regarding team or individual situations. If a parent wants to speak with a coach about a concern, it should be done at a suitable time or via an appointment. Confronting a coach before or after a contest is not an appropriate time. If the concern still exists after meeting with a coach, the concern should be taken to the Athletic Director (AD). If there is still concern, the parent and the AD will meet with the Principal.

Parent Summary

Your role as a spectator is important. Support your athlete, your team, and your school in a positive manner. There are certain things that have become common in some sport venues that are not acceptable at LC. You can see how critical and important your role is in the success of your child's athletic involvement. Please take the time to carefully consider and evaluate how your attitudes and actions are presently influencing your child. Most parents desire to enhance the athletic experience of their children. This can best be done with attitudes that are consistently Christ-like. The administration, coaching staff, and, most of all the athletes – the chief beneficiaries of parental involvement, appreciate your efforts of support, communication, and sportsmanship.

B. To the Athlete

Being a member of a LC athletic team is the fulfillment of an early ambition for many students. This accomplishment carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad at LC you have inherited a wonderful tradition, a tradition you are challenged to uphold. Our tradition is that of winning with honor and losing with grace. We win when we do our best, where we are, with what we

have. Our desire is to win, but only if doing with honor. Such a tradition is worthy of the best efforts of all concerned. When you wear the royal blue, white, and silver of LC, it is assumed that you not only understand school traditions but that you are willing to assume the responsibilities that go with them. The contributions you make should be a satisfying accomplishment to you and your family.

1. RESPONSIBILITIES TO YOURSELF

You have a responsibility to broaden yourself and develop strength of character. You owe it to yourself to gain the greatest possible good from your school experiences. Your academic studies and your participation in other extra-curricular activities, as well as sports, help to prepare you for your life as an adult.

2. RESPONSIBILITIES TO YOUR SCHOOL

Another responsibility you assume as a team member is to your school. You assume a leadership role when you are on an athletic team. You are on stage with the spotlight in your direction. The student body, the Anchorage community, and other communities judge our school by your conduct and attitudes, both on and off the playing field. Because of your leadership role, you can contribute greatly to school spirit and pride. Make LC proud of you and others proud of your school by your faithful exemplification of these ideals.

3. RESPONSIBILITIES TO OTHERS

As a team member you also bear a responsibility to your family and friends and others around you. As an athlete you will be watched by the younger students and they will copy you in many ways. Work hard to set a good example for them.

III. PHILOSOPHY OF ATHLETICS AT LUMEN CHRISTI

Athletics plays a big role in much of today's society. The emphasis heard most is the importance of winning. What does it mean to win or lose? Whereas winning is important, it should never be purchased at the cost of fair –play and good sportsmanship. We demand that every coach and sponsor make it their highest priority that their students constantly pursue the highest standards of ethical care and respectful demeanor.

The responsibility of coaches is to provide the proper balance at each level of competition. For example, one objective for coaches coaching below the varsity level is to provide game experience for each participant.

The athlete is the one in control of his/her own behavior and attitude and is the one who determines his/her relationship to God. Effort, teamwork, enthusiasm, compassion, and humility all are positive reflections in the game of life. If one's goal is to honor God, what kind of effort will that person give in practice and games? What will the reaction be to an incorrect call by an official or an unkind action by a teammate or an unfair decision by a coach? What will the reaction be to lack of playing time or a tough loss? **These are areas of life over which the athlete has control – effort, reaction, and attitude.**

Circumstances beyond one's control can prevent the best team from defeating the other team in some situations. The desire to win is very strong. Winning games, region championships, and state titles should be the desire of every athlete. Individual success at the team, region, and state level is a dream

of most athletes. As long as all the desires involved with athletic competition are brought under the tent of the goal – to honor and glorify the Lord – then they are kept in proper perspective. The needed balance is there which allows the athlete to compete at his/her best.

It is the desire of the athletic department that every team or individual that competes for LC experiences the thrill of winning games and rising to their full potential. More importantly, the goal of the athletic department is that everything that is done be honoring and glorifying to God.

IV. GOVERNANCES

A. LUMEN CHRISTI

The School Board is responsible for all school policies and delegates their fulfillment to the Principal. The Principal has the responsibility of the high school and likewise the junior high. The day-to-day responsibility for overseeing the athletic program is assigned to the Athletic Director. Each participant is directly responsible to his/her own coach who is responsible to the athletic director who in turn reports to the principal.

B. ALASKA SCHOOL ACTIVITIES ASSOCIATION

All member schools voluntarily join ASAA and compete only with other member high schools in Alaska or high schools of other states that are members of their state association. As a member school, LC agrees to abide by and enforce all rules and regulations set forth by ASAA. The Association has specific rules regarding individual eligibility including attendance, grades, age, awards, school representation, and transfers between schools. The primary role of ASAA is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs. ASAA is also responsible for all state playoffs and tournaments beyond region play for athletics and activities. A complete summary of all ASAA rules can be reviewed by visiting asaa.org.

C. THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

The National Federation consists of the fifty individual state high school athletic and/or activities associations and its purpose are to coordinate the work of all of its members. LC plays all athletic contests under the governing rules of the NFHS.

D. ALASKAN CHRISTIAN SCHOOLS ACTIVITIES ASSOCIATION

Lumen Christi is a member of ACSAA and competes with other members of the association. ACSAA mainly applies to our Junior High program, as high school must follow the rules of ASAA. The main philosophy of ACSAA is to provide educational and physical experiences not provided in the classroom and to provide fellowship with other schools, which enhance the sense of community and family.

E. HIGH SCHOOL REGIONS

Lumen Christi is a member of Region II that consists of Class 1A and Class 2A schools, as assigned by ASAA. Within Region II we are classified as 1A. 1A schools in Alaska have a student population of 5-60 in grades 9-12. Region membership facilitates the arranging of schedules, equalizing competition and conducting region meets and determining region championships. The region provides LC the opportunity for competition with schools of similar size and programs.

F. JUNIOR HIGH

The junior high teams representing Lumen Christi compete with junior high teams from Anchorage, the Peninsula, the Valley, some off road teams and ACSAA member schools.

V. ATHLETIC DEPARTMENT POLICIES

A. REQUIREMENTS FOR PARTICIPATION

1. A Summary of the Minimum Requirements of ASAA

a) Academics

Student-athletes must have passed at least five semester credits during the previous semester, and must be currently enrolled and passing in at least five semester credits. (4 semester credits for Seniors)

b) Age Rule

Students who become nineteen (19) years of age, on or before August 1, shall be ineligible for interscholastic competition.

2. Minimum Requirements of Lumen Christi

Students must meet the following eligibility requirements listed below to be allowed to compete, travel, or perform for extra-curricular activities.

a) Participation

An athlete may participate in only one sport per season. Students participating in a full season of a high school sport (grades 9 – 12), as a player, may receive up to .5 credits for participation. In order to receive credit the students must actively participate in 85% or more of all practices and games. Loss of sports eligibility due to grades or the inability to participate due to illness or injury may affect a student's ability to receive credit. The maximum PE credit that can be earned by sports participation during the total high school experience is 1.0 credit. Credit is pass/fail. Students must be pre-approved and work with the Dean of Academics in order to receive credit.

b) Academic Eligibility

i. High School

In addition to Alaska School Activities Association's (ASAA) rules, a student athlete, must be academically eligible to participate in the athletic program according to the standards of the LCHS Parent/Student Manual. Athletes must understand that failure to maintain academic eligibility hurts them, their family, and their team. Failure to attend and/or maintain eligibility may warrant suspension from participation or removal from the team.

Student eligibility is based on the previous semester grades. A minimum 2.0 GPA. Any student who desires to participate in an extra-curricular activity must have the Principal's permission. Maintaining eligibility during the semester is an ongoing process. During the sport/activity, each participant's grades will be checked weekly. A student may fall behind and thus not be eligible for certain periods of time.

For the current school year, PowerSchool will be checked each Monday around 1:30 PM. A student who falls below a 2.0 GPA will not participate in the activity for that week. This suspension will be lifted the following Monday, if grades have reached eligibility level. Any student eligibility issues will be discussed

between the AD and the student's teacher to make sure that there are no unforeseen issues affecting the student's eligibility. Once a determination is made, the AD will speak with the student-athlete to inform them of their ineligibility. The AD may provide notice to the parents as well.

Playing sports is a privilege and should be earned through the classroom as well as on the practice field with teammates. In order to make sure both the academics and sports team do not suffer a setback from ineligible students, a student-athlete who becomes ineligible more than twice in the same sport may be recommended by the AD to the Principal to be dismissed from the team so they may focus on their academics.

ii. Junior High

The rules stated above apply to all sports and all levels for Lumen Christi. However, JH starts fresh each school year and GPA's do not carry over from JH to HS.

iii. Attendance

Student athletes must be in school all day on the day of the game in order to participate in that day's activity (practice or game), unless prior administrative approval has been given (example: college visits, appointments, etc.). As students they must understand that they must fully participate in classes in order to participate in after-school activities (practice or game). Simply put, if athletes are not healthy enough for PE, they are not healthy enough for athletics.

iv. Conduct Eligibility

Any student who receives a detention must serve at the earliest scheduled time. Any student assigned a suspension may not participate in any activities the day of the suspension. Any student who receives a suspension from school for behavior, attitude, or absences shall be ineligible for a period of time determined by the administrator, usually starting from the first day of suspension or the day of infraction. Getting a detention does not excuse you from being late to practice and coaches may have additional penalties for being late and not behaving in class.

v. Commitment

Student-athletes must understand that they are making a commitment to Lumen Christi, their teammates, and their coach when participating in the athletic program. This commitment carries with it the expectation of attendance at all games, practices, and meetings unless excused by either illness or the coach's permission. **Participation on teams outside of Lumen Christi is considered secondary and therefore has secondary priority when there is a conflict, unless prior arrangements can be agreed upon between the athlete and the coach.** This commitment extends to getting proper nutrition and rest, and even sacrificing personal activities in order to keep up with schoolwork. This commitment also extends to quitting a team. Once selected to a team, students and parent or guardian have committed themselves to supporting Lumen Christi

and the team through completion of the sport season. Students are responsible to themselves and the team to finish the season, unless, in consultation with the coach, early release from the team is advisable.

vi. Physical Examination

Record of a physical examination for all athletes must be on file with the athletic director, completed by a physician, advanced nurse practitioner, physician's assistant, or a military medical examiner, and signed by student's parents or legal guardians, certifying that he or she has submitted to a physical examination within the prior 12 months. Record of this must be on file before the official start date of any sport practice.

vii. Required ASAA Forms

ASAA Parent/Guardian Consent for Travel and Participation Form

This must be completed by the parent/guardian for each sport year in which the student-athlete participates. It includes permission to participate, travel, assumption of risk, insurance information, and emergency information. Form can be downloaded from the LC website.

ASAA Tobacco, Alcohol & Drug Free Acknowledgement Form (TAD)

This must be completed by the parent/guardian for each sport year in which the student-athlete participates. A short video is required to be viewed by both parent and student athlete. The form and the Play for Keeps video are both available from the LC website.

ASAA Verification of Receipt of Information Concerning Concussions

This must be completed by the parent/guardian for each sport year in which the student athlete participates. Both parent and student must read an informational guide on concussions before signing. Both the Guide and Concussion Form are available from the LC website.

viii. Insurance

The school carries insurance as a minimum secondary coverage to your own, in case of student athletic injuries.

ix. Risk of Participation

All athletes and parents must realize the risk of serious injury, which may be a result of athletic participation.

x. Financial Obligations and Equipment

Athletic Funding/Fees

The athletic department at LC is not funded through tuition. LC charges the following fees:

School Year 2016-2017
\$75 Each Junior High Sport
\$150 Each High School Sport

School Year 2017-2018
\$100 Each Junior High Sport
\$200 Each High School Sport

Fees are due at the beginning of each respective season. Sports fees are non-refundable once a student has participated in the first practice (the 'no refund' policy applies to all situations, including but not limited to losing eligibility due to GPA). Due dates will be announced just prior to the season opening. **The total sum of sports fees paid by a family may be capped at \$350 for an academic school year, depending on financial hardship.**

The fees will not cover the costs of travel, referees, uniforms, and equipment. The PVO Sports Committee supports the sports budget through concessions, sporting event ticket sales, tournaments, and other fund raising activities. Lumen Christi reserves the right to make additional assessments to each student participating in a sport to cover expenses for that sport should the PVO not be able to raise sufficient funds to pay all expenses.

xi. Player / Parental Support

Playing sports is different than in the past. Most school sports rely on player and parent volunteer hours in order to make the season and sports program a success. **Each family with a student participating in one or more sports is expected to donate time and talent to support the PVO Sports Committee's efforts to fund the program. This time is in addition to the 40 hours families are expected to provide as part of the LCHS stewardship agreement. Parents should expect to help out in some capacity for each sport, which their child/children participate.** Example of duties would be the following:

- Helping with Fundraisers (no matter the season)
- Working home gate and/or concessions
- Driving and chaperone duties for away games
- Being a team parent
- Cooking for tournaments and hospitality rooms
- Assisting with game and other duties, as appropriate

xii. Uniforms/Equipment

Athletes, represent LC in the way they dress. It is important that they maintain a team appearance. Athletes will wear their uniform properly and completely, and only for games or approved events. On game days, athletes may wear the sport jersey, along with Lumen Christi uniform pants or approved team wear or attire designated by AD, if approved by the Principal. When athletes travel to other schools they will follow the guidelines of acceptable attire as if they were at Lumen Christi. (If you wouldn't be allowed to wear it at Lumen Christi, don't wear it when you are representing Lumen Christi.) Uniforms are assigned at the beginning of the season. Uniforms will be returned to Lumen Christi in good condition within one week of the end of the season. Uniforms damaged or not

returned will be billed at the cost of replacement. School owned equipment / uniforms will be issued to each athlete.

B. ATHLETIC CODES OF CONDUCT

1. SPORTSMANSHIP

a) Athletes

All athletes shall abide by a code of ethics, which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. Intimidation, bullying, or forms of “trash talk” will not be tolerated. A LC athlete should be diligent in preparation, relentless in effort, disciplined by nature, respectful in actions, self-controlled with words, humble in spirit, and aggressive in pursuit of excellence, without regard to the score, opponent, time, referee, etc.... As Christian athletes display these characteristics, good things usually happen: teams are successful; players are motivated; fans are supportive and enthusiastic; parents are proud; prospective athletes want to participate.

b) Parents and Spectators

It is important to make guests to our school activities feel welcome. All visitors should feel as though they have been treated fairly and dealt with in a sportsman-like way. The skills of the visiting team should be recognized and appreciated during events at LC. **The following behavior is not acceptable at any contest: booing or jeering, mocking or taunting, and yelling negative comments to officials.** Refrain from confronting officials or other participants during or following a contest. If a problem occurs, inform the school administration and allow them to deal with the situation. A game official or school administrator (or their designee) has the authority to remove any person from the confines of an athletic contest for unsportsmanlike behavior. The school may also deny the privilege of attending future contests.

c) Honor the Game – Athletes will “Honor the Game” by showing respect for the **ROOTS** of positive play.

Respect the **R**ules of the game: do not bend them to win.

Respect the **O**pponent: they are not the enemy, just the opposition to bring out your best.

Respect the **O**fficials, whether or not you agree with them.

Respect the **T**eammates by never doing anything to embarrass them.

Respect your **S**elf by living up to your standards, no matter what anyone else does

2. HAZING/HARASSMENT/BULLYING

Hazing/Harassment or Bullying is not to be a part of the LC athletic program.

Hazing is defined as an initiation process conducted against a player of a team.

Any behavior directed toward another student that denigrates or endangers the

mental or physical health or safety of the student for the purpose of initiation or admission into or continued membership on any such team is not acceptable behavior. This behavior will be handled per student handbook policy.

a) **Game Behavior**

If a high school player is ejected by an official for an unsportsmanlike act (such as fighting), the athletic director will notify ASAA of the ejection and that player, at a minimum, will not be allowed to participate in the next scheduled contest. More severe consequences could be incurred depending on the infraction.

3. DROPPING OR TRANSFERING SPORTS

It is highly recommended that each athlete finish each season. In the unusual case where an athlete and parent agree it needs to happen, that athlete needs to consult with the head coach of that sport.

If an athlete drops a sport, he/she may not begin another sport including practicing with that team until the first season is complete. The final decision will be made by the AD and Principal.

4. MISSING PRACTICES/CONTESTS

When an athlete joins a team the commitment is made not only by the athlete but by the parents/guardians as well. It is hard work scheduling around an athlete's schedule for a season. An athlete is expected to attend all scheduled practices. If an athlete is going to miss a practice or contest, the coach should be consulted as far ahead as possible. If a family finds it necessary to be gone for an extended time during the season it is important to work with the coach so he/she can plan also. Missing a practice or contest will generally result in some team-specific consequences. At times parents may deem it necessary to remove their student from an athletic team on a temporary or permanent basis. It must be realized that these actions penalize the entire team in addition to the removed athlete. It is suggested that this course of action be viewed only as a last resort and used only when other disciplinary methods have been exhausted. Regular consultation should be maintained with the coach if removal from the team is a consideration.

5. TRAVEL

a) All team members are expected to travel to away contests in transportation provided by the school. (On occasion, when competing at a school near LC, teams may be directed to meet at that site.) Each member is also expected to return back to school on the same transportation. However, if a parent/guardian is at the site of the contest, they may take their student after checking out with the coach. Any other plans must be pre-arranged in writing with the athletic director.

b) There are sometimes delays or cancellations due to weather conditions or circumstances. When school is canceled due to weather, contests are

automatically canceled. There are however, times when conditions change significantly and practices can be rescheduled during the same day. Rescheduling can only be done with the approval of the principal. If school is canceled due to other situations, decisions may be made regarding playing of contests or practices throughout the day. If Region games are canceled they are usually rescheduled for the first available date after cancellation. Coaches and chaperones scheduled to drive on trips that encounter poor conditions on the way to an event or return home should consult as a group and side on the side of safety when making decisions.

- c)** LC transports their teams by way of parent transportation, bus and/or shuttles. Students are responsible to the coach, shuttle driver, and the bus driver on the bus. It is expected that LC athletes will obey the laws relating to school buses when being transported by the bus. In all modes of transportation, LC athletes will keep the vehicles clean, remain seated and belted when applicable, maintain an “inside voice” in conversation, and show the drivers appreciation.
- d)** When traveling to sites off campus, athletes must have, on their person, gear that will keep them protected in case of an emergency stop. This means appropriate dress in winter, including protection for hands, head, and feet. Travel info can be found on the LC website.
- e)** Food Stops: The coach may decide to stop at a restaurant before or after an event. Appropriate dress and behavior is expected.
- f)** The estimated return time from trips is usually given to the team members before the trip. A coach must wait with the students until all students have rides, so when the team returns late at night it is important to arrange transportation on time.
- g)** Chaperone or Driver: When parents come on away trips, they are usually one of the following, a chaperone or driver. A third option is spectator when they travel on own and stay and pay for their own housing. Chaperones will be limited based on team size and needs. Please note that some coaches limit involvement when it comes to Region or State functions so their teams can concentrate for their task at hand and have the ability to be as successful as they can.
 - a. Chaperone – A chaperone is appointed by the team mom or coach. Usually after asking to be a volunteer. Chaperones usually also drive. The chaperone is responsible to help the team mom and coach as needed and will stay with the team and in the team room.
 - b. Driver - A driver is a parent who is driving but is not an official chaperone. They are not required to assist with other duties and only need to be available to help transport the kids. Drivers can stay at the team location, but usually will have their own space and will not share a room with the team. This space is for team parent and chaperones only. If there is not enough space for drivers at the team location, they may need to provide housing for themselves. This is

rare and drivers will know ahead of time based on travel location and will be informed before agreeing to be a driver.

6. RESPONSIBILITY OF ATHLETES

The coach has full authority of all student-athletes when teams are traveling. This is true even when parents are traveling with teams. Teams are considered in the authority of the school when they travel for team functions and coaches have specific rules and responsibilities for their teams. This is not meant to be disrespectful to parents, but there needs to be one clear level of authority to govern the team. Coaches should communicate and keep team parent, chaperones and drivers apprised as much as possible so everyone is on the same page. Coaches should also make sure everyone understands their expectations and not do something they know parents are opposed to. Communication is the key to a successful team and travel. Questions or concerns should be addressed to the coach and follow the chain of authority as listed earlier in the handbook.

7. COLLEGE RECRUITMENT

Preparation for college athletics is a byproduct of participation in high school athletics and some LC athletes have and will continue on to compete at the college level. It is important for an athlete to work with their coach and athletic director who will aid in making contacts with college programs. Any athlete who anticipates competing at an NCAA Division I or II college must register with the NCAA Clearinghouse through the counseling department or athletic department. A very small percentage of Alaskan athletes will gain a “full ride” athletic scholarship to college.

8. CONFLICTS IN EXTRA-CURRICULAR ACTIVITIES

Inevitably in a school situation, scheduling conflicts will arise between athletic events and other school activities. When the athletic schedule is produced, care will be taken by the Athletic Director to avoid conflicts if possible. In some instances, a student will have to choose prior to the season between events, such as playing on an athletic team or taking part in a drama production. Typical conflicts may involve musical performances/competitions with athletic practices or contests. **A student who is participating on an athletic team is expected to attend all regularly scheduled practices and should not expect to miss practice to try out for another activity, unless prior permission has been given by the AD and coach.** For students participating in a number of activity programs, scheduling conflicts will occur. It is important that the student keeps a calendar of events for his/her activities, and if a conflict is found, immediately informs all the sponsors/coaches involved. In order to deal with each participant fairly, a consistent policy is necessary. If left unattended, unresolved and not discussed, the student-athlete is often placed in a difficult position between the athletic coach and activity sponsor. The decisions are difficult, but the following guidelines are presented as the method for dealing with activity schedule conflicts:

- a) ASAA sanctioned activity.
- b) Contests that are a criteria for advancement to a higher level of competition such as a regional or state tournament.
- c) Major competitions and performances including contests or tournaments determining region championships.
- d) Includes regularly scheduled games, contests and major performances. An event previously scheduled and placed on the school calendar will take precedence over a rescheduled event or an addition to the calendar.
- e) How important the student's participation is to the group's performance.

If, after utilizing the prioritized criteria above, all items remain equal, the student in consultation with the AD must make the final decision. No penalty can be assessed to the participant.

9. MISSING CLASS

On occasion a student-athlete will be missing class. When this happens the student-athlete is responsible for having all work due the day of competition turned in before leaving school, unless arrangements have been made with the teacher. The student-athlete is responsible for turning in all work missed the day of competition within a day of returning from competition. Scheduled tests and quizzes must be taken before leaving unless other arrangements have been made with the teacher.

10. SQUAD SELECTION/PLAYING TIME

In our desire to see as many students as possible participate in the athletic program at LC, LC does not make athletic cuts. Teams are encouraged to keep as many students on a team as they can without compromising the integrity of their sport. Time, space, facilities, equipment, coaches' preference, and other factors will place limitations on the most effective squad size for any particular sport. It is the decision of the athletic director regarding the number of players to be named to a team in a given season. Based on the above, LC may need to form Junior Varsity (JV) teams. The coach will determine who will be Varsity and who will be JV. JV teams will either be a full team, or may be certain players on the varsity team who play in JV games from time to time based on availability of other schools.

It needs to be understood that students who make a team will not necessarily see equal playing time. No amount of playing time is guaranteed to any athlete. Playing time depends on the skill and experience of the athlete and the philosophy of the coach. **Varsity will consist of the best team players, regardless of grade.** At all HS levels below varsity it is generally expected that an athlete will participate in each contest but there may be occasions when this does not happen. At these levels emphasis will be on the development of players in practice with a possibility of game time.

One exception is in the junior high program. Coaches at this level will ensure that student athletes see playing time at every competition under normal

conditions. The amount of time will not be on an equal basis but the student-athlete will experience game situations. The coach on the junior high level has the discretion to play his/her team based on attitude and numbers.

11. SPECIALIZATION

The tendency for many athletes in schools today is to specialize in only one sport in high school. Some think that it will help their chances to play in college. Others say that they want to work on their grades. It is the recommendation of the athletic department that athletes not limit their participation to just one sport if they have the ability and are capable of participating more. If an athlete is truly a “blue chip” participant it may be to their advantage to specialize. However, for a majority of high school athletes, the most important thing to concentrate on in high school athletics is to work hard and have fun. Many studies show that multi-sport athletes maintain higher grades in high school.

12. REPORTING OF INJURY

All injuries, which occur while participating in athletics at LC, must be reported to the coach. If the injury requires medical attention by a doctor or emergency center, it will be necessary to have an injury report form completed. Also, before the athlete will be allowed to resume practice, a note from the attending physician, giving permission to participate, must be on file in the Athletic Department.

13. PERSONAL BELONGINGS/VALUABLES

It is the responsibility of the athlete to secure personal belongings at LC or when traveling to other schools. Money and valuables should not be left unprotected. The school will not be responsible for any loss that may occur.

14. SPORTS SEASON/PRACTICES

a) High School ASAA Regulations

Each year ASAA establishes the starting and ending dates for the three sport seasons – Fall, Winter, and Spring. Within these seasons various sports are contested. For every sport, an athlete must have ten physical practice days before the first competition. If coming immediately from one sport to another, only 5 practices are required.

b) Practices

Practice times are normally Monday-Friday. Occasional practices may be held on Saturdays with the approval of the athletic director. Teams may also practice off campus due to availability of gym/field facilities. Practices will be held for some teams during vacation time or days when school is not in session. There will be no practices on Sunday. Coaches or another school-approved adult must be present at all practices. All adults leading practice must be cleared by the athletic director and submit a background check and other certifications required by the school and/or Archdiocese.

15. ADMISSION/LUMEN ARCHCARDS

Admission charges are made for athletic contests involving all high school games and for Junior High tournaments. Expect to pay admission charges at other schools for sports contests. Lumen ArchCards are available for purchase on an individual basis. Members receive admission to all home events. See the athletic department for details.

16. ATHLETIC AWARDS POLICY

a) Varsity Letter Requirements

An individual will letter in an athletic activity if he/she completes the season for that activity, participates in 85% of the scheduled varsity competition and practices unless excused by the coach.

b) Lettering Criteria That Pertains To All Varsity Sports

- 1) An athlete who moves from one level of competition to another will receive his/her award at the higher level, provided the athlete has met the requirements.
- 2) The AD will have the prerogative to letter a senior who has not met the seasonal requirements for lettering.
- 3) Injury: Any athlete who plays regularly and was thereafter injured may be awarded a letter, if, in the AD's judgment, the athlete would have met the lettering requirements.
- 4) Complete the season in good standing with the school.

17. Awards

a) Varsity Awards

- The 1st varsity award will be a chenille letter, certificate, and sport emblem.
- The 2nd and subsequent varsity letters earned will be a certificate and sports bar.

b) Participant Certificate

- All other athletes will be awarded a participant certificate.

INTERSCHOLASTIC ATHLETIC TEAMS

A. High School

- a. Co-ed Soccer –Starts late July
- b. Tennis – Starts late July
- c. Girls Volleyball – Starts middle September
- d. Girls Basketball – Starts early December
- e. Boys Basketball – Starts early December
- f. Girls Softball or Track and Field – Starts late March/early April
- g. Boys Baseball or Track and Field – Starts late March/early April

B. Junior High

- a. Co-ed Soccer – Starts early August
- b. Girls Basketball – Starts late September
- c. Boys Basketball – Starts late September
- d. Co-ed Volleyball – Starts Early January
- e. Co-ed Indoor Soccer – Starts middle of February
- f. Girls Track/Field – Starts late March/early April
- g. Boys Track/Field – Starts late March/early April

The AD may determine and recommend to the Principal from year to year, based on participation numbers if a sport may be cancelled or a new sport may be introduced.

This handbook is a general overview of the LC sports department and the basic rules and regulations we follow. Please note that updates and changes can be made from time to time with the approval of the principal. The principal has the final authority on all rules and regulations.

This handbook was created using the following resources. Lumen Christi, Grace Christian, Anchorage school district and the Mat-Su Borough school district handbooks, policies and guidelines. This limited the need to reinvent the wheel and create a policy from scratch. It's allowed Lumen to follow some of the same rules and regulations as our competitors, while at the same time adjusting the rules to fit the Lumen family values.

Notice of Non-Discrimination Policy as it applies to Students and Employees

Lumen Christi Catholic High School operates in compliance with Title VI of the Civil Rights Act of 1964 and the non-discriminatory requirement of Title IX of the Education Amendments of 1972. Lumen Christi admits students of any race, gender, color, national, and ethnic origin to all of the programs and activities accorded or made available to the students at the school. It does not discriminate on the basis of race, gender, color, national, or ethnic origin in the administration of its educational, admissions, or hiring policies; scholarship and loan programs; or any other school administered programs. Since Lumen Christi is a Catholic institution that promotes Catholic faith, it reserves the right to make decisions based on religious grounds.

LUMEN CHRISTI HIGH SCHOOL

Athletic Handbook Acknowledgement

I, _____ (your name),
acknowledge that I have fully read and understand the policies and procedures in
the Lumen Christi Athletic Handbook, and to the best of my ability, I will uphold
the values and traditions of Lumen Christi and will represent my school in a
positive light.

I understand my participation in Lumen athletics is governed by this handbook and
agree to abide by the policies and procedures listed.

Student Signature:

Date:

Parent/Guardian Signature:

Date: