

# **LEGACY ATHLETICS**



## **Athletic Handbook**

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## **LPCA Mission Statement**

At Legacy Preparatory Christian Academy (LPCA) we want to partner with parents to inspire their children to be college-worthy, character witnesses of Christ. We will accomplish this through an environment that allows parents to spend more time with their children via the university style schedule and through a college preparatory curriculum based on a biblical worldview. With the Lord as our guide, we are committed to equipping our students and families to be confident in what they believe and able to defend their faith in love, boldly and unashamedly. Students will enter the college of their choice with the knowledge, skill sets, and preparedness to excel in today's college environment.

## **LPCA Vision Statement**

LPCA exists to cultivate parental involvement in the educational process of their children; to instill students with a biblical worldview and the passion to stand firm and articulate boldly in defense of their faith, to prepare them for the rigors of college, to guide them into independent learning, and to train our students to always give themselves fully to the work of the Lord, because their labor will not be in vain. Truth is revealed by God through Christ "in whom are hid all the treasures of wisdom and knowledge." Colossians 2:3

## **LPCA Statement of Faith**

Families and Staff must be in agreement with the following Statement of Faith that guides the ministry of Legacy Preparatory Christian Academy:

- There is **one sovereign God** in three persons: the Father, the Son, and the Holy Spirit.
- There is **one way of salvation**: faith in Jesus Christ, the son of God, who lived as a man, died for the sins of all men, and was resurrected so that all who believe in their hearts and confess Jesus as Lord with their mouths will be saved.
- There is **one book of truth**: the Bible, God's written revelation to man, authoritative, reliable, and inerrant, without the need of any other document to complete its message.
- There is **one body**: the church, with its many parts acting in unison.

## **LPCA Athletic Philosophy**

Participation in athletics is a form of worship, and our number one goal is to build young men and women of godly character in our athletic programs. Legacy Preparatory Christian Academy student-athletes participate in interscholastic sports to glorify and honor God with the talents and abilities He blessed them with. We also believe athletics are a great tool to build Christian character, teach discipline, and to learn to take on adversity head on relying upon the ultimate authority, Jesus Christ. While each sport is unique in how it carries out our philosophy, all our sports follow a biblical model for competing.

### **Excellence in Competition**

If we are going to worship God through athletics, then we must always pursue excellence.

- We must strive to put the best team on the field, or court, with the goal of exceeding our potential as individuals and as a team.
- We will strive for excellence as coaches by teaching solid fundamentals, building leaders, and developing the best offensive and defensive schemes to fit our personnel.
- We will strive for excellence as players by giving our best and encouraging others to always give their best.
- We will strive for excellence as fans by modeling Christ and promoting an environment that is rich in sportsmanship.

Revelation 3:16 "Because you are lukewarm, and neither hot nor cold, I will spit you out of My mouth."

**Varsity** athletics should be preparing students to take on the full responsibilities of life. Varsity athletics is the highest level of athletics that most students will reach. It is a significant milestone in many students' lives, and it is and should be treated with a great deal of respect. Our varsity teams are constantly competing for championships and those challenges require them to learn the value of hard work and sacrifice. Those two values will help to prepare them for all walks of life as they graduate from high school. We do not deviate from our overall philosophy for athletics, but certain elements do set varsity athletics apart from the lower levels.

### **Keys to Varsity Athletics**

- We are competing to win every game.
- We expect a larger commitment from our athletes both during the season and in the off-season.
- Not everyone will have the opportunity to participate.
- The coaching emphasis is on team concepts and strategies and not on basic fundamentals that should already be mastered by the athlete.
- Players will be expected to take on a larger role in the leadership of the team.
- Players will be expected to take full responsibility for equipment.

**Junior Varsity** athletics are the training grounds for varsity athletics. The commitment and ability that is required is greater than middle school but it is not the same as varsity. Because we are a small school many athletes have the opportunity to compete on the varsity and junior varsity teams at the same time. The purpose of competitions is to gain experience for the varsity level and not simply to focus on winning.

### **Keys to Junior Varsity Athletics**

- All athletes will get an opportunity to play.
- Emphasis and coaching will be on fundamentals.
- A higher value is placed on game experience than on winning.
- Any age player can be on the junior varsity team.

- Seniors and Juniors that start for the varsity team in that sport will not play in JV games unless additional players are needed in order to not cancel the game. Those players will play in a different position and will not take playing time from younger or less experienced athletes.
- Players that play significant minutes at one position in a varsity game may play in another position in a JV game. This is especially true for Freshmen athletes.
- Junior varsity players will attend all varsity practices unless otherwise informed by a coach.

**Junior High** athletics are to teach fundamentals and general team concepts. In many cases athletes will be playing the sport in an organized setting for the first time. Most of our sports at the middle school level have an A and a B team. This is done to give more players the opportunity to play, but it also helps in recognizing the vast degree of change that occurs between sixth and eighth grades.

We want our teams to experience winning and losing while always being challenged to work hard to improve. The middle school A teams are often those that simply have more mature athletes, and if those athletes do not continue to work hard, they will be passed up by others at the high school level.

### **Goal of Junior High Athletics**

Each player will have a positive experience in an encouraging environment that pushes them to work hard to pursue excellence in their sport all the way through high school.

### **Keys to Junior High Athletics – Division I**

- The goal is to provide all athletes the opportunity to play but this is not required and may not occur in close games or tournament games.
- Emphasis and coaching will be on basic fundamentals as determined by the head varsity coach for that sport.
- A team sports place value on winning but a high value is still placed on game experience.

- Any age player can be on the Division I team, but it will typically consist of eighth graders.

### **Keys to Junior High Athletics – Division II**

- All athletes will get an opportunity to play.
- Emphasis and coaching will be on basic fundamentals as determined by the head varsity coach for that sport.
- A higher value is placed on game experience than on winning.
- Any age player can be on the Division II team.
- Some teams will be small enough that some players will play on both the Division I and Division II teams but this is not typical and avoided when possible.
- In most cases Division I and Division II team players will have the same practice schedule.

### **Athletic Administration Framework**

- The Athletic Director is responsible for the entire Athletic Department. The Athletic Director will rely on the head coaches to create athletic programs that work to build, grow, and maintain a competitive balance between Legacy Prep and their opponents. Ultimately, the Athletic Director will have authority regarding any decision made by members of the Athletic Department and coaching staff.
- The Athletic Department and the head coaches will work together to create an atmosphere of common unity. This is of the utmost importance in developing consistency in our athletic programs.

### **Communication/Chain of Command**

- Communication is crucial for a healthy athletic department; this includes communication between coaches and athletes, as well as coaches and parents.
- During the season parents and athletes should receive weekly communications from their head coach detailing practice schedules, games, etc.
- If there is a problem or issue, we expect athletes and parents to follow the chain of command as follows:
  - 24 HOUR RULE – If a problem or issue arises, we ask that the parties involved take 24 hours to think and pray about the issue. If after 24 hours the issue is not resolved, then we would follow this process.
    - Athletes discuss the problem with their position coach and head coach.
    - If the problem is not resolved, then the athlete and parent may request a meeting with the head coach.
    - If the problem is still not resolved, then the athlete and parent may request a meeting with the head coach and the athletic director.

## Tryout and Non - Tryout Sports

- In certain circumstances and sports, there is a ceiling on the number of athletes that can effectively train, compete, and move up to the next level. **When the number of athletes wanting to play reaches this ceiling, a tryout process will be employed.** Tryouts will be designed by the coaches to measure the experience, ability, and potential of athletes participating. A final decision about participation will be made by the coaching staff at the beginning of the practice season. Those students who earn spots on the team will be required to fulfill their obligation toward completing the season. Any student who does not earn a spot will be offered the opportunity to tryout again the next school year.
  - Try Out Sports
    - Volleyball (HS/JH)
    - Basketball (HS/JH Boys and Girls)
    - Baseball (HS/JH)
    - Softball (HS/JH)

- Legacy Prep Christian Academy is committed to allowing students the ability to participate in athletics. Therefore, there are several sports, which will be open to participation by any student. There will be no tryout process for these sports:
  - Non-Try Out Sports
    - Football (HS/JH)
    - Cross Country (HS/JH Boys and Girls)
    - Track and Field (HS/JH Boys and Girls)

## Commitment of Athletes

- If students choose to participate in athletics, they are expected to fulfill their commitment. Athletes are responsible for attending all practices, workouts, and games. Keep in mind that any absence, excused or otherwise, results in that player losing preparation time and may alter the normal line-up or positional assignments for upcoming contests.
  - Any athletes that plan on participating in multiple sports in the same season **MUST** have a meeting with the head coaches of both sports and the Athletic Director.
    - When conflicts arise with participation in multiple sports, coaches will work together to manage the time commitments of athletes to honor the commitment to multi-sport athletes. As a general rule, all sports in district play or playoff competition will have priority over other sports and practices; as well as team sports taking priority over individual sports.
- Quitting a sport may adversely affect the team and school in the future. Schedules, equipment, uniforms, and team personnel choices are made before the season and based on participation levels. Quitting dramatically hurts the ability of the program to plan for the future.
  - **If an athlete wishes to remove themselves from a program, the athlete and parent MUST communicate with the head coach, athletic director, and coach of future sport if applicable. These meetings will determine whether the athlete will be allowed removal without a penalty.**
    - **Possible penalties:**
      - **An athlete will not participate in the next season's sport until the current sport's season, they are leaving, has ended.**



## **Locker Rooms, Dressing, & Shower Areas**

- All locker facilities (including adjoining changing facilities, restrooms, and showers) are for the exclusive use of Legacy Prep and its competitors. Students should only enter locker facilities that are designated for them and their team or group.
- Parents, other adults, other students, and non-LPCA students are not allowed in locker areas unless given permission by appropriate LPCA personnel. This includes coaches, athletics administration, and sports medicine trainers.
- Photography, videography, and audio recordings are **NOT** allowed in dressing, bathroom, or shower areas.
- Music played or language spoken in the locker rooms, field house, or anywhere on campus, must reflect the mission of the school.
- All athletes are required to wear shorts to and from shower area

## **Valuables**

- Under no circumstance should students ever come to school with a large amount of cash or expensive valuables. Legacy Prep will do its best to ensure that facilities are secure, but each individual is ultimately responsible for his/her valuables. Because locker rooms are used by multiple sports and programs (and even sometimes by other schools), we cannot ensure that valuables will be protected. We ask that all students leave expensive items at home.

## **Personal Appearance**

- Shirts must be worn once the athlete leaves the athletic area.
- Tattoos must always be kept covered.
- The student athlete adheres to the standards set forth by Legacy Prep Christian Academy as described in the Legacy Prep Student-Parent Handbook. This includes dress code and grooming. In addition, it is the discretion of the coach as to what style of personal grooming is conducive to individual and team chemistry and success.

## **Equipment Use/Care**

- The athlete cares for and is responsible for the equipment issued and complies with all instructions that may accompany it.
- Equipment is worn only during athletic contests, not to school or in the community unless the Head of School, Athletic Director, or Principal gives special permission.
- Lost or misused equipment is replaced at the player's expense. At the end of the season the athlete turns in all equipment on the date requested. If after seven (7) days the equipment is not returned, the athlete is billed for the equipment unless otherwise approved by the Athletic Director.

## **Academic Participation and Athletics**

- Athletes who miss more than a half day of instruction in the classroom will not be eligible to compete in games or practices on that day.
- The athlete is aware of and maintains academic eligibility.
- Athletes who are not in compliance with classroom behavior standards will be subject to athletic restrictions. This may include restriction from competition.
- All high school athletes must meet TAPPS requirements of academic eligibility as well as that imposed by Legacy Prep. At Legacy Prep Christian Academy, we feel that athletics is an important motivational tool that complements academics. It follows that all athletes must meet minimum expectations concerning academic standing.
- The academic eligibility policy is based on the following general principles.
  - All students are on the 9-week schedule of grading (Quads).
  - Progress reports or snapshots are done every two weeks.
  - LPCA adheres to the mandatory TAPPS policies regarding academic eligibility for athletics. Students can lose eligibility at a 9-week grading period if they are failing more than one class during that quarter. Once a student is ruled ineligible, they can only regain eligibility at the next snapshot if they are failing no more than one class. If at the time of the snapshot the student is failing more than one class, they must remain ineligible until the next snapshot or grading period.

- **When a student-athlete is ineligible, he/she is not allowed to attend games or competitions with the team, stand on the sideline or bench, or wear game uniforms during the school day or thereafter. In short, ineligible students may not perform normal team functions with the exception of practice.**
  - **The athlete WILL NOT travel or lodge with the team while ineligible.**
  - **Any absences from academic classes for travel to athletic contests, during ineligibility, WILL BE CONSIDERED UNEXCUSED.**

## **Class Attendance and Eligibility**

- On school days, students must be in attendance for at least half the day to be considered eligible to compete for competition, unless the athlete has prior approval from the Legacy Administration and/or the Athletic Department.

## **Disciplinary Policy**

- The athletes at LPCA are representatives of our school on and off the playing field or court. We believe that a student's behavior in the classroom, on the field/court, and in the community is a clear indication of their character and moral code. If a student athlete cannot act in a Christ-like manner with others, we cannot expect that student to be a good representative of our school in the area of athletics.
- Great care is taken by Legacy Prep staff to ensure appropriate discipline for each student. Therefore, disciplinary infractions will be handled confidentially and on a case-by-case basis.

- Any infraction of team or school rules may result in the following actions as deemed appropriate by the coach, Athletic Director, and/or administrators at Legacy Prep Christian Academy:
  - suspension from competitions and events.
  - dismissal from the team.
  - calisthenics or other physical activity.
  - community service hours and/or activities.
  - any other appropriate actions chosen by the coaching/administrative staff.

## **Dismissal from Team**

- Athletes removed from the team for behavioral issues, gross violations of team rules, or insubordination will be subject to future restrictions in the athletic program. In these instances, players and parents must meet with the head coach and athletic director to determine the suspension from future sports.

## **Removal from Contests/Ejections**

- Any time a player is ejected from a contest, that player/family is responsible for payment of TAPPS fees associated with ejection. Additionally, any player ejected will be ineligible for at least the next scheduled game.
- Ejections from any activity may result in further sanctioning by the school, athletic department, and/or TAPPS depending on the nature of the offense.

## **Spectator Expectations**

- Spectators are to treat coaches, players, officials, and other spectators in a respectful Christ-like manner.
- Spectators are to exhort our players and teams in a positive manner.
- When applicable, spectators may be asked to leave the premises and not return to Legacy Prep athletic events. The Athletic Director and Game Administrator reserve the right to make this decision at any time.

- Although coaches will have their attention on the field/court, when it becomes apparent that a parent is out of line, action must be taken. The coach should approach the official and ask for a time-out or break in the action to assist in keeping the fan in line. This is especially true when Legacy Prep plays on the road.

## **Substance Use**

- No student shall possess, deliver, use or be under the influence of any of the following substances on any occasion or in any location (on or off campus). Violation will result in stringent disciplinary response, and law enforcement agencies may be notified by Legacy Prep officials.
- All drug and alcohol offenses are cumulative and span all years a student attends LPCA. The following items are prohibited:
  - Alcohol or any alcoholic beverage.
  - Any controlled substance, without regard to amount, including but not limited to marijuana, any narcotic drug, hallucinogen, stimulant, depressant, amphetamine, or barbiturate, and includes any unauthorized prescription medication. For purposes of this policy, "drug" also includes all substances that have mind-altering or function-altering effects on the body or impair a person's ability to learn or conduct oneself appropriately, including but not limited to prescriptions and over-the-counter medications, all psychoactive substances, all controlled substances, all inhalants, all "synthetic," "organic" or "designer" substances, all "look alike" drugs and all substances illegal under federal, state, or local law or illegal use of legal substances. Prescription medication, when taken as directed by the student's physician, is not included in the definition of "drugs."
  - Any abusable glue, aerosol paint, or any other volatile chemical substance for inhalation.
  - Any other intoxicant, mood-changing, mind-altering, or behavior-altering drugs.
  - Any and all drug paraphernalia.
  - Any prescription or non-prescription medication that has not been approved through Student Health Services.
  - Cigarettes, vaping devices, e-cigarettes, Juuls, or other tobacco products.
- Parents and other adults in the Legacy Prep community are at all times prohibited from serving or providing alcohol or drugs as defined by the school's alcohol and drug policy to Legacy Prep students.

## Travel to Away Contests

- It is the preference of the Athletic Department that all high school athletes travel together to and from games. If an athlete is not going to travel with their team, they **MUST** complete an **alternate travel form**. This form must be signed by the head coach and athletic director.
- Junior High teams are responsible for their own transportation to away games.

## Athletic Awards Policy

Each athlete must meet specific criteria to earn the following awards:

### *Varsity Letter*

- Athletes must be in good standing with the program through the entirety of the season.
- Athletes must compete and be eligible for at least 50% of the season at the varsity level.
- Loyal to the team and coach (obedient, faithful).
- Coaching staff approval.

## Athletic Physicals

- All athletes must have on file with the Athletic Office a Pre-Participation Physical completed by an appropriate licensed medical professional prior to participation in any athletic practice or event. Additionally, all athletes must have a Pre-Participation Medical History form completed and signed by the athlete and a parent. These forms need to be completed and uploaded to RankOne..

## **Insurance Coverage**

- Legacy Prep Christian Academy does not assume responsibility relative to doctor, ambulance or medical expenses in case of a medical emergency. Athletics is a voluntary, extracurricular program that students participate in at their own risk. Parents or guardians must obtain adequate insurance coverage for their students through a family insurance policy. Any liability or cost incurred is the responsibility of the family of the student athlete.

## **Athletic Facility Policies and Procedures**

- Individuals, teams, or organizations outside the Legacy Prep athletic programs wishing to use the athletic facilities must obtain written permission from the athletic administration prior to use. Additionally, all teams and organizations using Legacy Prep facilities are required to execute a rental agreement with the school. The school also reserves the right to terminate any agreement at any time.
  - **Facility Priorities**
    1. All School Functions
    2. Varsity Games
    3. Varsity Practices
    4. Junior High Games (games should try to avoid varsity practices)
    5. Junior High Practices
    6. School Organizations/Classes
    7. Outside Organizations
- Any improvements/construction pertaining to LPCA facilities must be approved by the Athletic Director, Head Coach, and then the Head of School.

## **Athletic Injuries/Trainer**

- **LPCA contracts an athletic trainer through Memorial Hermann. If any of your student athletes are injured during practice or games, please notify the athletic office. The athletic department will work with the training staff to expedite the consultation and treatment.**
  
- **Athletic Trainer Attendance at Games**
  - The athletic trainer will be scheduled to attend High School events or those events where the danger associated with the sport or conditions surrounding the sport warrant sports medical care.
  
- **Athletic Trainer Role**
  - The athletic trainer will make all decisions about when a student needs to be pulled from participation. The athletic trainer will do everything he/she can ensure athletes continue to play, but they must keep in mind the welfare of the child.
  - When no athletic trainer is present, coaches will use judgment in returning students to play. In these circumstances, we always error on the side of caution. If a student doesn't look well, keep them out until a medical professional can diagnose problems.
  
- **Reporting Injuries**
  - If a player is injured at any time (on or off the field, at school or at home), athletes/parents should notify the athletic department as soon as possible. Once contacted by the athletic department the athletic trainer will ask the athlete/parent for information and generate reports



concerning the injury. It is extremely important that all information is presented to document the facts of the case for appropriate diagnosis of problems, correct treatment of injuries, and future legal ramifications.

- Parents, family members, etc. Should remain in the stands if their child is injured. This allows the medical personnel time to evaluate the athlete. If you are needed an administrator/coach will come to get you to be with your son/daughter. Please adhere to this in order for things to run smoothly.
  
- Please utilize LPCA's relationship with Memorial Hermann and our assigned trainer prior to scheduling appointments with family physicians or general practitioners.

- **Return to Play**

- In all cases, once a student has gone to a licensed medical professional for anything wrong, they must be cleared to play. This involves a written statement signed by a licensed medical professional releasing them for practice/competition. The athletic trainer will document and plan return to play protocol for all injuries. Coaches must not allow kids to practice or play until they have received word from the athletic trainer that the kid is released to return to activities.

## **Disclaimers**

- This handbook in no way serves to bind the school into any contractual agreement.
- This handbook is subject to change without notice.

## Acknowledgement Form

By signing this form, I certify that I have read, understand, and agree to follow the policies and procedures laid out in the LPCA Athletic Handbook. I also understand that violation of these policies and procedures will result in disciplinary action.

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

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

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