

Life Center Academy
Athletic Handbook
For Students and Parents

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I. Philosophy of Athletics

Life Center Academy believes that all that is done in life should be pleasing to God, including athletics. The athlete, coach, and team are striving to do their best in all areas of life. Playing with actions pleasing to Christ is of the utmost importance. Performance at one's best for the benefit of the team is primary, while winning is secondary. The coach is to teach the athlete how to deal with both winning and losing, as well as with the pressures in the athletic world, in a manner that is pleasing to God.

We believe the team is more important than one individual. Team unity is vital, while individual achievements are also recognized.

I Cor. 10:31 – Whatever you eat or drink or whatever you do, you must do all for the glory of God.

Col. 3:23 - Work hard and cheerfully at whatever you do, as though you were working for the Lord rather than for people.

II. Statement of Purpose

1. Our athletic program will strive to develop a Christ like character in our athletes. This goal will be incorporated into all practices and competition events.
2. LCA will seek out and utilize coaches who view athletics as a vehicle for ministry in the lives of young people. The development of the spirit and the body is to be biblically balanced.
3. Our approach and delivery will encourage parents to see sports as a valid extensions of Life Center Academy's (Christian) educational program.

Team Levels: Since there are different skill levels of the players within our athletic teams, it is important to emphasize different goals at each team level. Therefore, our goals are:

1. **Junior High Team:**
 - a. To learn basic fundamentals of the sport(s) and the individual skills of the game.
 - b. To learn team concepts
 - c. To emphasize individual participation/playing time rather than team success.

2. **Junior Varsity Team:**
 - a. To build individual skills.
 - b. To further develop team concepts, strategy and tactics.
 - c. To achieve a balance of individual participation/playing time and team success.

3. **Varsity Team:**
 - a. To refine individual skills and team play. Team achievement and success is more important than individual achievement.
 - b. To apply the learned team concepts, strategy and tactics.
 - c. To strive for team success.

III. Guidelines

- A. It is a privilege not a right for a student to participate in interscholastic athletics. The school may revoke this privilege when the athlete does not conduct himself in an acceptable manner.
- B. The participant must maintain acceptable levels on academics, Christian character, citizenship and sportsmanship.
- C. Team Size- Student athletes that wish to compete must realize that often a “try-out” is necessary in order for the coaches to determine who is best prepared to compete. Unmanageable numbers can cause discouragement and unsafe conditions for all involved. The maximum number of team members will be as follows:

Soccer – 18

Cross Country – 14

Basketball – 12 (if no JV, 15 player max.)

Junior Varsity Basketball - 12

Baseball/Softball – 15

Cheerleading – Size determined jointly by Administration, Athletic Committee, and coach.

Team sizes may exceed the maximum at the discretion of the Administration, Athletic Committee, and coaches.

When a try-out is necessary, selection of a candidate may be based on athletic performance, attitude, conduct, cooperation, and the desire to represent both Christ and the student body in a manner that compliments the school.

Students in grades 9 – 12 are eligible to participate at the Varsity level. The decision to allow 7th and 8th graders to participate on a Varsity team will be made by the Athletic Committee and the Administration. However, if the 7th or 8th grader is allowed to play on a varsity team he/she will not be eligible to receive a varsity letter.

It is not possible to state how much playing time each team member will have because coaching decisions are based on many factors.

D. Practices and Games

All athletes must be prompt and are expected to attend all practice sessions as well as games. Practices generally begin at 3:00 pm everyday except Wednesday. There are no practices on Wednesday unless absolutely necessary. All Junior High practice finish at 4:30pm and Varsity practices finish at 5:00pm. The only exception to these times would be basketball. Practices vary due to gym availability.

Excused absences from school are also excused absences from practice and games. It is at the coach's discretion to dismiss a player from a team due to numerous unexcused absences.

Unless the student is on the absentee list, it is the responsibility of the athlete to notify the coach in advance of any practice or game that he/she will miss; otherwise the practice or game that is missed is considered unexcused.

If an athlete missed practice or a game that is unexcused, disciplinary action may result from the coach. This includes not starting, mandatory bench time, etc.

In order to participate in an athletic practice or game on a given day, the athlete must attend school on that same day and must be at school by 11:30a.m.

E. Miscellaneous

1. Parents are responsible to see that their children are picked up promptly after practices and games.
2. Students are not to bring electronic equipment such as radios, CD players, headphones, etc. with them to games.

3. Athletes are expected to adhere to the school dress codes for all athletic events. When there are alterations to this policy, the coach and/or Athletic Director will give directions concerning what may be worn to these events.
4. Any player dismissed from a team for disciplinary reasons may not compete in that particular sport until further notice from the coaching staff involved, the Athletic Committee, and the school Administration.
5. All sports are governed by the rules stated by NFHS (National Federation of High School), except when modified by the league rules to which a team belongs. The varsity teams are members of the Penn-Jersey Athletic Conference and the Jr. High teams belong to the Eastern Burlington County Middle School league for basketball. For all other sports the Jr. High teams follow an independent schedule.

IV. Eligibility Requirements

A. Behavioral Eligibility

Proper behavior must be demonstrated whether in school or during competition. The consequences of improper behavior may be temporary or permanent suspension from a team as determined by administration.

B. Academic Eligibility

Academic eligibility has been left to the discretion of the parent/guardian of the athlete involved. If a parent/guardian feels it is necessary to remove their athlete from a team the coach will support his/her decision.

V. Awards

- A. All students who participate for an entire season with an athletic team will receive a certificate of participation.
- B. Athletes at the Jr. Varsity and Varsity level may earn letters by playing in 50% (25% for seniors) of total halves, quarters, or innings played.
- C. A first year letterman receives a letter with a pin representing the sport. A returning letterman receives a bar for each additional year completed. Captains receive Captain pins. Managers, scorers, and statisticians who complete a sport will be given a letter and receive a pin/bar indicating their participation with the team.
- D. Varsity All-Star who is chosen by the league is given All-Star certificates.
- E. Other recognition may be given with the approval of the coach, Athletic Committee, and Administration.

- F. The following awards will be given for the various level:
1. Junior High Sports: Most Valuable Player and Most Improved
 2. Junior Varsity Sports: Most Valuable Player and Most Improved
 3. Varsity Sports: Most Valuable Player, Most Improved Player, Sportsmanship, Best Offensive Player, and Best Defensive Player.
- G. Overall awards will be given to the Male/Female Outstanding Athlete of the Year. The Athletic Committee will choose the recipients of these awards. Also, an award will be given to the Male/Female Scholar Athlete of the Year. These awards will be given the athlete who meets the criteria set forth below.
1. Outstanding Athlete of the Year – To be a great athlete and individual must be physically prepared, mentally agile, and a cooperative team player. The mastery of such qualities is worthy of recognition. The award of Outstanding Athlete of the Year goes to a male and female who has played a minimum of 2 varsity sports while demonstrating excellent athletic abilities, leadership, Christian character, and good sportsmanship on the playing field and in the classroom. The athlete must maintain a minimum 2.5 GPA.
 2. Scholar Athlete of the Year – Success on the athletic field and in the classroom is an accomplishment that should receive the highest accolade. Both require stamina, endurance, determination, and hard work. To do both well is an exceptional feat. In addition to the Life Center Academy requires that the individual exhibit a good Christ-like attitude. In recognition of this outstanding accomplishment Life Center Academy is awarding the title of Scholar Athlete of the Year to the deserving male and female junior or senior athlete who has played a minimum of two varsity sports and shown a desire for excellent overall athletic performance and has the highest GPA (minimum 3.75) in their sex group.

VI. Physical Exams and Permission Slips

- A. Each athlete must have written parental permission to participate before the start of the particular sport's season. This is to be turned in to the Athletic Director.
- B. Each athlete is required to have a physical exam after July 1st for the coming school year. This includes every sport played for that coming school year, as well as cheerleading. This physical exam must be given by a licensed physician and reported in writing before the student may start practice.

- C. If a student has been injured during a sport's season or has had an illness that prevents the athlete from playing that sport for an extended period of time, the athlete must have a licensed physician and a parent sign a "Return to Athletics" form before being permitted to return and participate in the sport.
- D. Injuries:
 - 1. Precautions are taken to prevent injuries, but they do occur. All injuries must be reported to the coach so that proper aid may be given. It is important that allergies or other ailments that require special attention be reported to the coach at the start of the season.
 - 2. If an athlete is injured, the parents will be contacted as soon as possible. If necessary, emergency personnel will also be contacted.

VII. Uniforms and Equipment

- A. The team's coach will issue the team uniform. Each athlete who is issued a uniform is responsible for its proper care. It must be returned to the coach in good condition at the end of the season. If it is damaged, worn beyond normal wear, lost or not returned, the athlete will pay for the uniform at its replacement price. Usually one replacement uniform will cost far more than when originally ordered. Report cards, transcripts or any requests for official school documents will not be given out if the following uniforms are not returned or paid for.
- B. The uniform may not be worn anytime or place other than what is authorized in connection with official games.
- C. All uniforms must be returned cleaned with every piece included that was originally issued.
- D. All uniforms must be returned within one (1) week after the last game of that sport's season.
- E. The equipment a team uses is the responsibility of the team. Abusing equipment or supplies may result in the dismissal from the team and/or replacement of the damaged equipment by one or ones that damaged it.

VIII. Transportation

- A. The school will provide transportation for the teams to go to the athletic event. After the athletic event, it is the parents' responsibility to pick up his/her own child at the appointed time and place.
- B. Students will ride school-provided transportation. Prior written request from the parents involved and approval by the Dean of Students will only grant exceptions.

- C. Student drivers are not permitted to transport themselves or other students to any athletic event. Prior written request from the parents involved and the approval of the Dean of Students will only grant exceptions. In specific situations verbal approval by the parent(s) involved will be allowed by the approval of the Dean of Students.

- D. For some athletic events, there may be room for student spectators to ride the school-sponsored transportation. Student spectators must have written parental permission to travel to these events. The presiding coach will determine if there is sufficient room on the team vehicle for spectators.

**ATHLETE PARTICIPATION FORM AND RELEASE
JUNIOR/SENIOR HIGH SCHOOL**

Last Name	First Name	Grade
Address		
Home Phone Number	Emergency Number	
Birthday (month, day, year)	Place of Birth (city, state)	

The above named student has my permission to participate in Interscholastic Athletic Activities as approved by the Board of Directors of Life Center Academy.

We have read the Life Center Academy Athletic Handbook and understand our responsibilities involved.

We realize that there is a risk of the above named student being injured that is inherent in all sports. We expect school authorities and coaches to exercise every reasonable precaution to avoid accidents and injury. We hereby release Life Center Academy, the Board of Directors and its agents, servants, teachers, and employees of any liability, what so ever, for any accidents that may occur during such participation.

We understand that the above named student will be responsible for the safe return of all athletic equipment issued to him/her, and we agree to responsible to the Board of Directors in the event of loss or damaged through careless or improper use.

I, _____, have read the Athletic Handbook and agree to abide within the guidelines.

I, _____, understand that any violation to the handbook could result in a dismissal from the team or from participation in future Athletic Department events.

Print Student's Name

Student Signature

Print Father's Name

Father's Signature

Print Mother's Name

Mother's Signature

Date

**LIFE CENTER ACADEMY
ATHLETE INSURANCE INFORMATION**

Accident or Hospitalization insurance carried by parents, which would cover any injury, the student might have while participating in school athletics:

Insurance Co.

Family Physician

Phone Number

Hospital Preference (list two)

Parent/Guardian Signature

Date

Student Signature

Date