

# Lamont Christian School Athletic Handbook



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## Athletic Philosophy

To stimulate a spirit of Christ-like community, school spirit, and fun, Lamont Christian School offers middle school students a wide variety of after-school sports. Middle sports at LCS provide an opportunity for students to explore their interests in a variety of sports, to be a part of a team, and to develop and enhance their athletic skills. There are many benefits of being on a team, and therefore all students are encouraged to participate, regardless of their previous experience or current skill level. There are no cuts. Our goal is for all players to develop their skills and knowledge of the game, both individually and as a member of a team, maximizing their enjoyment of the game.

Colossians 3:17 serves as a guide for the foundation of LCS athletics. “Whatever you do, whether in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.” This provides a Biblical standard for our attitude, effort, and interactions with teammates, coaches, officials, and opponents. Student-athletes, coaches, and parents are expected to represent Lamont Christian School in a way that brings glory to God.

## League Memberships

LCS is a part of the Christian Athletic League (CAL) including: Grant, New Era Christian & South Olive Christian Schools. Lamont Christian offers middle school teams for the following sports:

Sept-Oct	Soccer	Co-ed	Sign-ups for 7 <sup>th</sup> -8 <sup>th</sup> grades first, then 6 <sup>th</sup> grade, and depending on numbers, 5 <sup>th</sup> grade.
Nov-Jan	Basketball	Boys & Girls teams	
Feb-March	Volleyball	Co-ed	
April-May	Softball	Co-ed	

LCS students have the opportunity to join Allendale Christian for Track & Field. Parents are responsible for providing transportation to and from practices & meets. There is no fee to participate. ACS Track & LCS Softball run concurrent seasons and there may be scheduling conflicts. However, if a student-athlete has interest in both sports, they are encouraged to participate on both teams and will be expected to communicate conflicts with the coach in advance.

April-May	Track & Field	Co-ed	6 <sup>th</sup> -8 <sup>th</sup>
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LCS is also a part of the Eastern Ottawa Christian Schools (EOCS) providing LCS students the opportunity to participate on Unity Christian’s middle school teams. Parents are responsible for providing transportation to and from practices, most often held at Unity’s facilities in Hudsonville. There is a fee to participate.

Aug-Oct	Cross Country	Co-ed	6 <sup>th</sup> -8 <sup>th</sup>
Aug-Oct	Football	Boys	3 <sup>rd</sup> -8 <sup>th</sup>
Oct-Dec	Swimming	Girls	6 <sup>th</sup> -8 <sup>th</sup>
March	Bowling	Co-ed	7 <sup>th</sup> & 8 <sup>th</sup>
April-May	Tennis	Co-ed	7 <sup>th</sup> & 8 <sup>th</sup>

The following information is pertaining to Lamont Christian Sports teams.

## **Practice Length & Days**

Practices typically take place 2-3 times a week after school, or early evenings Monday – Thursday. There may be exceptions based on the coach’s availability. Every effort will be made not to interfere with Wednesday night church activities. Practice schedules will be distributed at the beginning of a season.

## **Practice & Game Guidelines**

Athletes are expected to attend every practice. In the event of injury, family emergency, or schedule conflict, athletes should notify their coach as soon as possible to let them know which dates they cannot attend. Failure to communicate conflicts may affect playing time.

Students who participate on teams outside of LCS during the same season may run into scheduling conflicts. It is recommended that first priority be given to the LCS team. Missing practice or games due to another sporting event may affect playing time.

Students are expected to be present at school by 11:20am on a game day in order to to play that evening. Any conflicts should be approved in advance by the athletic director.

Weather related cancelations will be determined as soon as possible and will be communicated by the school office and/or athletic director via email, text, Facebook, or phone calls.

## **Injury**

A player can be excused from practice if they sustain an injury that prevents them from participating. However, sometimes it is beneficial for the athlete to be present if plays and team strategy is taught. If the injury is severe and requires outside medical attention, a signed doctor’s note, or parental consent will be required before the student may continue participating.

## **Concussion Awareness**

In compliance with the State of Michigan Sports Concussion Law, LCS will provide educational materials to parents on the signs/symptoms and consequences of concussions. All parents are required to read the information and return a signed statement acknowledging they received and read the information.

The law also requires immediate removal of an athlete from physical participation in an athletic activity who is suspected of sustaining a concussion. The student athlete must then receive written clearance from an appropriate health professional before he or she can return to physical activity.

## **Responsibility of Coaches**

Coaches must be approved by the Athletic Director. Coaches are expected to be a Christ-like representation of Lamont Christian School. They should be committed to establishing an inclusive environment where all athletes receive instruction in the fundamentals of the game and have the opportunity to develop their skills in both practices and games. Coaches are expected to use positive and encouraging language with their athletes. No belittling or derogatory language will be tolerated from any member of a LCS team (coach, player, family, or friend). In addition, coaches are expected to interact with officials and opponents in a way that brings honor to God.

## **Responsibility of Parents**

Parents are needed to transport athletes to away games. Parents may also be asked to keep the team scorebook, help with line judging, or run the scoreboard at home events. Often parents coordinate food for softball double headers or volleyball tournaments. Parents are expected to be a Christ-like representation of Lamont Christian School in the stands and on the sidelines. They should be positive, encouraging, and respectful toward the athletes, coaches, officials, and opponents (at home as well as at the game). At the end of each season, it is expected that each player contributes to the thank-you gift(s) for the coach(s).

## **Responsibility of Student Athletes**

Athletes are responsible for being to practice on time with the appropriate attire and equipment including athletic clothing, proper shoes/cleats, shin guards, gloves, proper hair accessories, uniforms, etc. A pattern of irresponsibility may affect playing time. Athletes are expected to communicate with coaches if they cannot attend a practice or game.

Athletes are expected put forth their best effort in their school work and to demonstrate Christ-like behavior during the school day in order to participate in LCS athletics. Students who have received discipline for unacceptable behavior during the school day or those who do not keep up on their school work may be required to miss practice or a game. The athletic director will communicate with coaches and parents as needed.

In addition, athletes are expected to be a Christ-like representation of Lamont Christian School at practices and games demonstrating respect to teammates, coaches, officials, and opponents (at the game, in practice, and beyond). Unsportsmanlike behavior may affect playing.

## **Conflict Resolution**

When conflict arises, parents and coaches are asked to take 24 hours to let emotions settle before confronting an issue. Conversations should remain respectful and demonstrate a desire to work together in Christian community. The Athletic Director is available for support.

## **Playing Time**

Coaches will factor in athlete's attendance, effort and attitude in practices in addition to their skill level when determining playing time. All athletes will be given opportunity to participate in games, however playing time may not be equal.

## **Transportation**

Parents will be asked to take turns driving the team to away games. Parents are expected to drive responsibly and be Christian role models, following all State of Michigan laws pertaining to phone use, seat belts, and speed limits. The athletic director and school office will set up carpools and assign athletes to each vehicle. Athletes and their parents are responsible for arranging their own rides home from all events.

## **Concessions**

The Student Council will run concessions at home events as much as possible. Snacks, candy, and drinks will be offered. On occasion, hot dogs or pizza, will be sold during basketball games. This will be communicated in the Wednesday Note or through email communications.

## **New Students**

Students who enroll at Lamont in the middle of a sports season are welcomed and encouraged to join the team. They must participate in practice for a least a week before participating in a game, unless special permission is given from the athletic director.