

Athletic Handbook for Student-Athletes and Parents 2021-2022



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LETTER FROM THE ATHLETIC DIRECTOR

What an awesome opportunity we have to play sports at Lakewood Park Christian School! We offer many different sports at many different levels during the Fall, Winter and Spring seasons. As part of the IHSAA, we desire to do everything in Panther athletics with excellence. We have 3 core values that we want each student athlete and his or her family to accomplish while being a Panther.

Panthers should be Christ-like. The most important thing that schools and others should know about our sports teams is that we love Jesus Christ. Sportsmanship is a big way that we represent Christ. The way that we talk and treat other teams, officials and our own Panther family, displays our heart for our Savior. Treat others as you would want to be treated.

Panthers should work hard. Sports gives us an opportunity to be in competition. Competition takes hard work in practice and in games. Competition and hard work also gives the opportunity to achieve team and personal goals. Those goals are ultimately used for the glory of the Lord. Always do your very best each chance you get.

Panthers should have fun. If we aren't having fun while playing sports we are missing a great part of sports. Great things happen on the field and court. Laughing, smiling and enjoying our teammates is part of a great sports experience. Enjoy the chance that you have to play sports at LPCS. Share those memories with others through stories and social media.

Our hope is that each student who is a Panther athlete has a good experience and great memories that they can take with them for years to come.

Go Panthers!

A handwritten signature in black ink, appearing to read "Bobby Childs". The signature is fluid and cursive, with a large initial "B" and a distinct "Childs" at the end.

Bobby Childs- C.A.A.
Athletic Director
Lakewood Park Christian School

LPCS Mission Statement

Teach
Train
Transform

In order to Shape Difference-Makers in Christ

The Christian Athlete's Creed

Jesus Christ is all that matters.

I will play for His glory and the Fame of His Name.

I will play for the Audience of One. I don't need to play for approval or significance because in Christ I already have the approval of the only One who matters and I am infinitely significant in His sight.

I am committed to excellence in all I do.

I will be a leader on my team and in my school. When necessary, I will use words.

I will work hard in practice, preparation, and play.

I will strive with all my might to win but will not confuse winning with success. Success comes when I give my best with a good attitude.

I will be a good team member who submits to my coaches' authority, understands and fulfills my role on the team, and loves, serves, and encourages my teammates.

I will treat my opponent as my friend, not my enemy, because our competition brings out the best in me and gives me a chance to put my hard work and preparation to the test.

I will graciously submit to the decisions of the officials, following the example of Jesus, who, when faced with imperfect authority, continued entrusting Himself to Him who judges justly.

**LET THE COMPETITION BEGIN.
LET THE GLORY BE GOD'S**

Philosophy of Athletics and Education

Lakewood Park Christian School (LPCS) believes that a dynamic program of student activities, including interscholastic athletics, is vital to the educational development of our students for at least three reasons.

First, well-rounded students tend to excel academically and in life. While it is easy to see the physical development that athletics produce, we value our athletics program not only for the physical component, but also its unique impact on students' spiritual, intellectual, emotional, and social development. LPCS strives to offer students as many athletic opportunities as we can offer with excellence. We encourage our students to play as many sports and participate in as many other activities as they desire and can successfully manage. By participating on teams, students learn the value of cooperative effort, how to handle stress, how to develop personal and team goals, and a host of other life skills and values.

Second, character is forged through adversity. Athletics provide plenty of opportunities for adversity. The character, discipline, and leadership that sports teach and enforce carries over into the classroom and life. Passion, desire, dedication, self-discipline, and integrity are among the many character traits that athletics are particularly suited to instill in young people.

Third, athletics tend to foster school spirit and excitement. Students (both athletes and non-athletes alike) learn better in a school where they are fully engaged and excited about what is happening.

The athletics department affirms academics as the highest priority in the life of student-athletes. In so doing, we seek to integrate our athletics program objectives with academic and developmental objectives.

Participation in athletics, particularly interscholastic athletics where athletes represent their school, is a privilege, not a right.

Multi-Sports Philosophy

LPCS strongly encourages all athletes to play multiple sports rather than focusing on just one sport during their scholastic careers. This position is in line with a vast number of college and professional coaches, the National Athletic Trainers Association, and other medical experts. We understand that not everyone is interested or gifted in athletics, but for those who are, we believe that playing multiple sports is the healthiest education-based athletics experience possible. Consider the following risks of specializing in one sport cited in an article on this topic:

Adult Inactivity: A study by Ohio State University found that children who specialized early in a single sport led to higher rates of adult physical inactivity. Those who commit to one sport at a young age are often the first to quit, and suffer a lifetime of consequences.

Overuse Injury: In a study of 1200 youth athletes, Dr. Neeru Jayanthi of Loyola University found that early specialization in a single sport is one of the strongest predictors of injury. *Athletes in the study who specialized were 70% to 93% more likely to be injured* than children who played multiple sports.

Burnout: Children who specialize early are at a far greater risk for burnout due to stress, decreased motivation, and lack of enjoyment.

Some athletes aspire to play a particular sport in college or beyond. For those athletes, we would especially recommend that they play multiple sports. College and professional coaches recognize the value of playing multiple sports. For example, 42 of the first 47 football players that Urban Meyer recruited to Ohio State were multi-sport athletes in high school and 122 out of 128 NFL quarterbacks surveyed played at least two sports in high school and 70% of them played three sports!

In addition to the physical and emotional benefits of playing multiple sports, we believe there are also spiritual benefits to playing multiple sports at a Christian school. Playing multiple sports gives your child the opportunity to be influenced by more and different coaches and teammates and helps him or her develop an others-orientation to life versus a self-orientation.

Finally, as a practical matter at a school of our size, we need athletes to play multiple sports in order to field the various teams we offer and to be as competitive as possible in each sport. We love offering a full panel of sports opportunities at the varsity, junior varsity, freshman (where possible), junior high, and sixth grade level, but in order to do so, we must have multi-sports athletes.

HS Student Athletes must get permission from both varsity coaches and the athletic director in order to participate in two sports in the same season. A student must pick their primary sport that will be the sport they participate in, should there be competition conflicts on the same date.

Responsibilities for All

Successful Christian school athletic programs are premised on cooperative working relationships among coaches, players and their parents. Each has important responsibilities to build and maintain a competitive program which fully displays the glory of God.

Responsibilities of Coaches

1. To fully support the LPCS mission in helping shape athletes into difference-makers for Christ.
2. To know and abide by all LPCS general school and athletic policies.
3. To support the overall academic and extracurricular programs of LPCS, and to encourage students to participate in as many activities (both athletic and non-athletic) as they may desire. No student will be encouraged to participate in sports over, or to the exclusion of, other activities such as band or drama.
4. To support the overall athletic program and the coaches of other sports, and to encourage students to participate in as many sports as they may desire. No student will be encouraged to participate in one sport over, or to the exclusion of, others.
5. To recognize that student-athletes are first students and then athletes by monitoring their grades, encouraging commitment to excellence in academics and supporting their academic progress in every way possible.
6. To communicate expectations, practice schedules, etc., to players and their parents and to honor those expectations and schedules.
7. To know and abide by all IHSA rules and to report any known or potential violations of these rules to the Athletic Director.
8. To ensure the safety and welfare of their athletes. Coaches will promote and teach ethical, aggressive, and fair play, while stressing good sportsmanship at all times.
9. To exhibit a public demeanor that always reflects positively on the Lord Jesus Christ and LPCS.
10. To use and care for school-owned equipment, facilities, and property responsibly, and to promptly report any damage or loss to the Athletic Director.

Responsibilities of Parents

1. To create a positive atmosphere of cheering, support, and encouragement of the school, teams, coaches, and players.
2. To practice Christian hospitality to visiting players, coaches, staff, fans, and officials when we are hosting home games. Practice Christian humility and gratitude when we are visiting away games.

3. To refrain from criticizing and making negative comments about and towards officials, opposing athletes, coaches, and fans.
4. To help athletes balance time commitments to school work and their sport and team. If helping with transportation, drop off and pick up athletes on time.
5. To assist athletes in handling winning and losing with grace, poise, and humility.
6. To timely pay sports fees and other add-on items or to timely make arrangements for payment.
7. If capable, to assist in the financial and volunteer support for team extras such as team meals, driving to away games when busses aren't available, etc.
8. To work the required number of time slots in concessions, at the ticket gate, or other home game support role, or to pay an opt-out fee in lieu of working.
9. To assist athletes in taking good care of issued uniforms and equipment and promptly returning same at the end of the season.
10. To follow the process outlined in this handbook for handling difficulties.

Responsibilities of Athletes

1. To represent the Lord Jesus Christ, LPCS, their family, and their team in a manner that gives a positive witness to our faith.
2. To balance responsibilities to God, to family, to school work, and to sport and team.
3. To put the team and teammates before self.
4. To submit to the leadership of the coach and school officials and to the policies and rules in this handbook. Failure to abide by school or team rules may result in consequences up to, and including, expulsion from the team and/or LPCS athletics program. These consequences may be over and above the school-imposed consequences under the student handbook.
5. To lead the way in developing school spirit by creating a positive atmosphere of cheering, support, and encouragement of their team and teammates, as well as other teams, athletes, and students.
6. To attend practices on time, work hard, and graciously receive constructive criticism.
7. To be loyal to LPCS, their team, coaches, and teammates.
8. To take good care of issued uniforms and equipment and promptly return same at the end of the season.
9. To follow the process outlined in this handbook for handling difficulties.
10. To always give your best effort, each chance you get.

Physicals and Releases

IHSAA rules require that every athlete receives a physical examination and every parent or guardian signs a release of liability form between April 1 and the student's first practice in preparation for interscholastic athletic participation the following season ("practice" is defined to include open gyms and open fields). The following five paragraphs are the exact IHSAA requirements:

"(1.) the student shall have a physical examination by, or shall provide certification from, a physician holding an unlimited license to practice medicine, a nurse practitioner or a physician assistant (*Note: Rule change in 2016 now allows NPs and PAs to do physical exams.*) who shall clear the student for athletic participation using the current IHSAA Pre-Participation Evaluation form;

"(2.) the parent/s or Guardian/s shall give written consent for such participation, shall acknowledge the risks of athletic participation and shall release and hold harmless the IHSAA and all member Schools from liability, unless the student is emancipated and then the Emancipated Student shall consent, acknowledge, and release and hold harmless, using the current IHSAA Consent, Acknowledgement and Release form;

"(3.) the student shall acknowledge the risks of athletic participation and shall release and hold harmless the IHSAA and all member Schools from liability, using the current IHSAA Consent, Acknowledgement and Release form;

"(4.) the parent/s or Guardian/s shall consent, unless the student is emancipated, and then the Emancipated Student shall consent, to the disclosure by the School, to the IHSAA, of all requested detailed financial (athletic or otherwise), scholastic and attendance records of the School, including records which may concern or be related to the student unless the student is emancipated in which event the student shall give such consent; and

"(5.) the parent/s, Guardian/s and student shall consent to the exclusive jurisdiction and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and the parent/s, Guardian/s, and/or student, including but not limited to, any claims or disputes involving Membership, eligibility, or rule violation using the current IHSAA Consent, Acknowledgement and Release form."

Academic Eligibility and Probation

Although the abbreviated term “athlete” is used throughout this handbook, the full and proper term is “student-athlete.” To be eligible to participate as athletes, student-athletes must first be focused on being students.

LPCS has adopted the IHSAA standard for eligibility for participation in athletics, the current version of which is set forth below. If the IHSAA amends its standard, such amendments shall be deemed as adopted by LPCS and incorporated.

IHSAA Rule 18 currently reads in relevant part, “To be eligible scholastically, students must have received passing grades and earned credit at the end of their last Grading Period in School in at least Seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take and must be currently enrolled in at least Seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take...

“Students who are ineligible scholastically at the end of a Grading Period or semester, are ineligible for the following Grading Period...

“An incomplete in a course at the end of a Grading Period or semester counts as a failure and, for scholastic eligibility purposes, cannot later be made up or removed.”

*****NOTE: LPCS may have a different standard than IHSAA on the make-up of incomplete work, but the IHSAA rule controls. An incomplete in a course when eligibility is reported to IHSAA at the end of the grading period will be treated as a failure for purposes of athletic eligibility.**

Separate and apart from scholastic eligibility, LPCS will place on academic probation any student-athlete who has a failing grade or an incomplete in any subject, or an overall average of less than 2.0. While under academic probation, the student-athlete may practice with the team, but must attend study tables and comply with any additional academic support measures required by LPCS as a condition of him or her being allowed to remain on the team. Student-athletes under academic probation may **not** participate in games.

Unlike ineligibility, which cannot be removed until the end of each 4.5 week check, academic probation will be reviewed at the end of the following grading period. In the event that the student-athlete has no failing grades or incompletes in *any* subject (not just the previously failed or incomplete subject, but all other subjects as well), an overall average of at least 2.0, and has fully complied with all of the additional academic support measures required of him or her, the student-athlete will be removed from probation and allowed to participate in games.

LPCS Administration and Coaches will continue to closely monitor the academic progress of student-athletes who have previously been on academic probation and will offer additional academic support as needed.

Students must be present by 11:00 am during school days in order to be eligible to participate in athletic competition. If a student arrives after 11:00 am, they must have an excused note from home, which will be cleared by Administration.

Our Teams

Fall:

Soccer

- High School Boys
- High School Girls
- Junior High Boys
- 5th and 6th Grade Boys

Girls Volleyball

- High School
- Junior High
- 5th and 6th Grade

Cross Country

- High School Coed
- 5th-8th Grade Coed

Winter:

Basketball

- High School Boys
- High School Girls
- Junior High Boys
- Junior High Girls
- 5th-6th Grade Boys
- 5th-6th Grade Girls

Cheerleading

- High School
- Junior High

Spring:

High School Boys Baseball

High School Girls Softball

High School Girls Tennis

High School Track & Field

5th-8th Grade Girls Soccer

Team Levels

Varsity

LPCS Varsity teams generally require several years of playing experience in a particular sport. This level is very competitive. Varsity team members usually devote countless hours to developing their strength, agility, and skills outside of the sport season itself.

Athletic ability, social and emotional development, and playing experience are the major factors in team selection and playing time. LPCS coaches will put the very best team possible on the field or court at all times. This approach will invariably require substitutions, but it is not uncommon for some Varsity level players to see very limited playing time and not receive a Varsity letter. The standard for receiving a Varsity letter is to play in half of the halves, quarters, or innings over the course of the season.

Junior Varsity (JV)

This level exists for the players who do not have the playing experience or who have not yet developed the skills necessary to play at the Varsity level. Occasionally students who do not meet the IHSA eligibility requirements play at the JV level as well. JV teams often practice with Varsity teams. In such cases, the JV team's hard work and dedication pushes the Varsity team and its players to get better through inter-squad scrimmages and drills.

JV coaches play to win, but they are also mindful of their responsibility to develop players. According, they will try to get as many players in the game as possible while not undermining the team's goal of winning.

When possible, JV games are played on the same night at the same location as the Varsity games, often right before the Varsity game.

Freshmen (or C-Team)

In boys basketball, a freshman or "C-Team" is formed when there are enough players to warrant it. While freshman are eligible to play at the Varsity and JV level, freshman players often do not have the same speed, strength and skill as upperclassmen players. Therefore, in order to give freshmen and other players who need more game experience to fully develop, we have created the C-Team. The C-Team may practice with the Varsity or JV teams or by itself at the coaches' discretion.

Like JV coaches, C-Team coaches play to win, but they are also mindful of their responsibility to develop players. As such, they will try to get as many players in the game as possible while not undermining the team's goal of winning.

When possible, C-Team games are played on the same night at the same location as JV and Varsity games, sometimes at the same time as JV games in a different gymnasium.

Junior High

Junior high teams may consist of separate teams for 7th and 8th grades or a combined team for both grades. Students are invited to try out for as many sports as they are interested in and reminded not to become discouraged because different individuals grow and develop at different rates. Individual success at the 7th and 8th grade level does not equate to success at the Varsity level, and vice versa. Students are encouraged to work hard and persevere, even if they don't seem to be as coordinated or skilled as their peers.

LPCS begins to transition from a shared playing time philosophy to an earned playing time philosophy at the Junior High level. Unfortunately, due to team size limitations and facility, transportation and other constraints, cuts are sometimes necessary at the Junior High level and above.

Junior High coaches play to win, but they are also mindful of their responsibility to develop players. As such, they will try to get as many players in the game as possible while not undermining the team's goal of winning.

5th and 6th Grade

LPCS has a shared playing time philosophy at the 5th and 6th grade level. Under this philosophy, all eligible students are allowed to play on the team with no cuts made. These teams are combined 5th and 6th grade teams with no particular preference being given to one grade over the other. In the event that there are more players that can reasonably be included on a traveling team, LPCS will attempt to offer intramural competition so that each student who wishes to participate receives valuable practice and playing experience.

Shared playing time does not mean equal playing time. Traveling teams will be competitive and will play to win, but coaches will be mindful that this level's goal is to make the athletic experience as positive as possible for all athletes to encourage them to persevere to live up to their full potential in all areas of life.

Making a Team

LPCS's desire is to allow as many students in the junior high and high school level as possible to participate in school-sponsored athletics. Unfortunately, given IHSAA rules, the constraints of our facilities, and logistic concerns, and the vast potential difference in skill levels of prospective players, it is often necessary to make cuts on certain junior high and high school teams. If cuts are necessary:

Whenever asked by a prospective player, coaches will provide the following prior to try-outs:

- Try out practice schedule
- Criteria used to select the team
- Approximate number to be selected
- Practice commitment if they make the team
- Game commitment

By trying out for that particular team, students agree to abide by this handbook and honor the practice and game commitments in the event they are chosen for the team. If a student determines that a particular sport is not for her during the try-out period, he or she should inform the coach before cuts are announced.

The following factors will be weighed by our coaching staff in making decisions on cuts:

- Physical attributes of the student such as strength, agility, speed, jumping and throwing ability and stamina.
- Attitude and work ethic.
- Skills particular to the sport.
- Skills particular to positions in that sport.
- Team needs.
- Previous experience in the sport.
- The number of positions available on the team.
- Any other legitimate factor.

Prior to cuts, each person shall:

- Have had a chance to compete and show their athletic ability in try-out practices.
- Be personally informed of the cut and the reason for the cut by the coach.

Team cut lists are never to be publicly posted. Team rosters will not be publicly posted until all cut players have been personally informed of the cut.

One of the most valuable life lessons that athletics teach is the importance of persistence and perseverance through adversity. Accordingly, LPCS strongly discourages athletes from quitting teams. In the event an athlete desires to quit a team, he or she shall arrange a meeting with the coach to discuss the situation.

After the meeting, if the athlete decides to quit the team outside of the grace period discussed below, the athlete will be ineligible to compete in any sport for the remaining part of that season. A meeting with the Athletic Director will be required

to rejoin that team for any future seasons.

Because LPCS encourages students to be involved in as many activities as they desire and can effectively manage, students will be given a one-week grace period at the beginning of the season to decide if a particular sport is for them. If an athlete decides within the grace period that the sport is not for them, they may leave the team at the end of that week without penalty, provided they meet with the coach to notify him or her of their decision.

According to IHSAA rules, students must complete 10 days of practice each HS season, in order to play in game competition. If a student joins a team late, they must still complete 10 days of practice before competing.

Also according to IHSAA rules, students must meet IHSAA transfer rules when transferring to or from a school after the start of their freshman year of high school.

Scheduling Policies

Game places and times are established by the Athletic Director well in advance of the contest whenever possible. If school is closed due to inclement weather, the Athletic Director will make a decision between 12:00pm-1:00 pm that afternoon as to whether conditions are safe for home games to still be held. (Athletic Directors from away game schools may operate on a different time frame.) Players and their parents will be notified by email and are also invited to follow the LPCS Athletic Department's Twitter feed (@lpcsathletics) and Facebook page for this information. When possible, missed games will be rescheduled and athletes will be notified as far in advance as possible of the new date.

Coaches will coordinate their practice times with the Athletic Director. During the school year, practices on Wednesday evenings will end no later than 5:00pm to allow families the opportunity to attend mid-week services at their church. There will be no practices, games, team meetings, or any other athletic-related events on Sundays.

The Athletic Department will do its best to protect academic time by limiting early check-outs and missed days of school for athletic contests. However, missing class sometimes becomes necessary due to the nature of the sport, the amount of daylight, the distance we must travel, and the needs of the opposing school. LPCS athletes are responsible for making up any missed work on a timely basis.

Coaches will publish beginning and ending times of practices and abide by these times.

Transportation Policies

Whenever possible, LPCS will provide transportation to and from athletic games. If school transportation is provided, athletes are required to ride the team bus to the game. If the coach permits it, athletes may ride home with their parents. Students may never drive themselves or other students to any competition that happens on a school day.

Some athletic teams practice off-site for some or all of their practices. Whenever possible (usually only when practices are immediately after school), LPCS will provide transportation to and from these off-site practices. When school transportation is provided, parents have the option of picking their athletes up from the off-site practice facility or at the school. Coaches should clearly indicate the transportation schedule to parents. If a parent is not at the off-site practice facility before the bus is scheduled to return to the school, all athletes must return to school on the bus so no athlete is left unsupervised at an off-site practice facility. There are times when transportation is not available to practices or games. In these instances approved drivers will be used or permission notes from parents/guardians.

Parents are responsible to provide transportation to and from practices where no school transportation is available. Additionally, parents must ensure that they personally and expressly approve of all drivers their children ride with. For instance, many high school athletes drive themselves to school and off-site practices and offer rides to non-driving students. LPCS does not oversee these informal arrangements and will not be responsible in the event of an accident.

Financial Policies

LPCS desires to be a responsible steward of the God-entrusted resources. Because athletics require additional operating funds for the purchase of uniforms, equipment, and the like, which typically only benefit participating athletes, LPCS has adopted a sports fee that must be paid before a child can participate in a sport. Remaining unpaid sports fees, may cause students to not be able to play in following seasons or years.

As a community, we are mindful of the financial sacrifice that many of our families make to provide Christian education for their children, and to the reality that some families cannot afford costly add-ons. For this reason:

- The athletic department budget will provide for the purchase of athletic game uniforms on a scheduled cycle, rotating through teams every few years.
- Teams are encouraged to engage in fundraising but must seek the approval of the Athletic Director before doing specific fundraisers.
- No special team apparel will be given to athletes until the money has been collected.

We are grateful for the contribution of generous parents who have the ability and willingness to provide additional funding for our athletic program. However, it is inappropriate for a coach to actively solicit gifts for his or her program, unless given explicit prior approval by the Athletic Director.

Medical Policies

Students who have a concussion must work with the athletic trainer, to complete the 5 day return to play policy. The athletic trainer will determine when athletes are finally cleared to participate after a concussion has happened. Concussions that happen during game competition, may result in students sitting out the remainder of that game.

In the case of students going to the doctor or emergency room for an injury, must have a doctor's note clearing them to return to any physical activity during or after the school day.

Understanding Roles

Each and every player on a team has a vital role to play for the good of that team. Some are starting players. Some are reserve players who come off the bench to infuse new energy and spark the team. Still others are bench players who provide encouragement and support to teammates, but rarely get to play in games. All players are indispensable. Without the bench players who rarely see playing time being there each and every day of practice, working hard and challenging the starters for their positions, no one would get any better and the team would never experience full success.

Scripture helps us understand the critical importance of each of these roles to the overall good of the team. 1 Corinthians 12 tells us, “18 But as it is, God arranged the members in the body, each one of them, as he chose. 19 If all were a single member, where would the body be? 20 As it is, there are many parts, yet one body. 21 The eye cannot say to the hand, ‘I have no need of you,’ nor again the head to the feet, ‘I have no need of you.’ 22 On the contrary, the parts of the body that seem to be weaker are indispensable.”

We realize it is difficult for parents to invest their time, energy, and finances into their child’s athletic pursuits and then not see their child receive much playing time, but we urge parents to help their athletes rest in the sovereignty of God and fully embrace the position God has placed them in for the good of the team.

Coaches make decisions about playing time of athletes based on their best assessment of what is best for the team. Coaches are committed to help each athlete continually improve in order to get him or her on the field or court to help the team. Players are encouraged to talk openly with coaches about their skills and abilities and ask coaches what improvements they could make to be a better player and receive more playing time.

Handling Difficulties

All aspects of Christian education, including extracurricular activities such as athletics, involve a partnership between school families and LPCS. As your partners, we ask that you give all members of the athletic department -- especially our coaches -- your trust and the benefit of the doubt.

Generally speaking, issues of team strategy, playing time, other student-athletes and players’ positions on the team are not helpful conversations between coaches and parents. On the other hand, asking a coach for ways you can help your child improve, expressing concerns about your child’s behavior, asking a coach for additional academic support, informing coaches of distractions in your child’s or family’s life, and asking for ways you as a parent can support the team are very appropriate and helpful conversations between coaches and parents.

The vast majority of interactions between players and coaches at LPCS are positive and healthy, but in the event that your child experiences difficulty with his or her

coach, Scripture teaches us how to attempt to resolve the difficulty. Matthew 18:15-17 lays out the following process:

- The offended party should go to the alleged offender to privately discuss the offense and seek reconciliation.
- If private discussions do not resolve the issue, the offended party should take one or two people with him as mediators to help seek reconciliation.
- If mediation does not resolve the issue, the parties are to take the matter to the authority who can hear and judge the matter to make a final determination.

We recognize that there may be times when parents need to get directly involved in resolving a problem, but those times are the exception rather than the rule. For most difficulties, parents should urge their children to privately discuss their concerns with the coach rather than the parent becoming involved initially. LPCS coaches are instructed not to discuss matters of playing time, player position, and other team strategy decisions with a parent unless the player has first discussed it with him or her personally and privately.

If a player is not able to resolve a difficulty directly with a coach, parents may then attempt resolution by scheduling a meeting with the coach. As your partners, we would expect that these meetings would be cordial and factual, and that you would voice your concerns with us rather than with others.

If the problem is not resolved between the player/parents and the coach, the player or his or her parents may contact the Athletic Director for additional help towards resolution and a final determination of the matter.

All parties to a difficulty should do everything possible to avoid putting a child in the middle of an uncomfortable situation between a parent and coach.

Parents should only approach coaches after games with positive comments and subject matter. If you have concerns or grievances following a game, please wait until the following day to schedule a meeting. Most likely, neither the parents nor the coaches are at their best immediately following a tense, hard fought game.

Email is a wonderful tool for communicating objective information such as questions about practice times, schedules, etc. Email is a terrible medium for handling difficulties. Parents are requested to never email a complaint or criticism to a coach or the Athletic Director. Rather, parents are encouraged to schedule a face-to-face meeting using the above parameters to address complaints and criticism.

Curricular/Co-Curricular/Extracurricular Conflict Resolution Process

Lakewood Park Christian School exists first and foremost to bring glory to our great God. Colossians 3:23 calls us to work hard at all things, because ultimately we are doing those things for Christ, and not for ourselves. This Scripture makes it clear that anything less than an all-out effort does not please God. We therefore expect excellence in all aspects of our school- from our administrators, teachers, coaches, and students alike. We also believe strongly that when a student commits to being a part of something, they do not do so flippantly, but they commit to it with all that they have.

With that being said, we understand that in a school our size there may be instances in which a student has more than one commitment at the same time. We will do what we can in terms of scheduling to avoid such conflicts, but when these conflicts do arise we want to be prepared for it. We must consider what is best both for the school as well as what is best for the student. Here are some general guidelines as these situations arise:

1. School Events vs. Non-school Events

School sponsored events or activities take priority over non-school sponsored events or activities. Exceptions may be made to this policy- at the discretion of the administration- for special family or church events. If an exception is not given, the coach, or sponsor of the school sponsored event “may” withhold the next event from the student’s participation. Whether or not an exception or consequence is applied, school personnel will focus on continuing to love and support the child, and not pressure the child’s or parent’s decision. The school will follow IHSAA rules, and where it applies, will implement any required consequences.

2. School Performances vs. School Practices

Performances/games take priority over practices/rehearsals. For example, if a student has a band concert at the same time as a basketball practice, the student is expected to attend the band concert. These are what we consider to be “unequal” school events, and in these situations the student is expected to attend the performance/game over the practice/rehearsal.

3. School Performances vs. School Performances

If a student has multiple “equal” events (i.e. more than one school sponsored performance/game/ event or more than one school sponsored practice/rehearsal) on the same day, they will be excused from one of those activities. In these cases, the student along with their parents will decide which event they will attend. It is the student’s responsibility to speak directly with both of the coaches/ teachers involved well in advance of the conflict date to inform them of his/her decision.

4. Curricular or Co-curricular Performance/Event vs. Extracurricular Performance/Event

A performance, or event that is tied to a classroom grade will take precedence over an extracurricular event or practice. For example, a band student, who is receiving a grade as a part of his/her performance, and who participates in a sport would be expected to attend an evening concert performance, over attending the athletic game or practice. An example of a curricular event would be that students would be able to attend the junior/senior trip without consequence from the extracurricular team that they are involved with.

Final Note: The superintendent, or his designee, will retain the authority to make an exception to this policy, based on an unexpected, uncontrollable or unforeseen event. An example might include a student that has a fine arts performance that was planned beyond a sport season, but the sport made it to post season play, such as a regional or semi-state event, creating a conflict.

Indiana High School Athletic Association, Inc.

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Bobby Cox, Commissioner



Athletic Eligibility

A Basic Guide for Schools, Students and Parents

To Students

Your high school years will provide some of the most memorable and enjoyable moments you will ever experience. Competition in interschool athletics is a once-in-a-lifetime experience, which will influence you forever.

Your participation in high school athletics is dependent on your eligibility.

Keep that eligibility. Read the following summary of Indiana High School Athletic Association rules which govern your participation.

Review the rules with your parents/guardians. Ask questions of your principal, athletic director/s and coaches.

To Parents

The value of participating in athletics has been well documented. Participants earn better grades, have better attendance and have a greater chance for success in later life than non-participants.

Students must meet certain standards in order to maintain the privileges of competition.

Review the following rules with your son or daughter. Your role in stressing and supporting the value of following these rules cannot be emphasized enough.

From the IHSAA

The Indiana High School Athletic Association has been the governing body of high school athletics in our state since 1903.

Your school is a voluntary member of the IHSAA and has agreed to follow its rules. Both your school and the IHSAA believe in equal competition among schools and the close relationship between academics and athletics.

The IHSAA rules listed in this brochure are only a summary of some of the regulations affecting student eligibility. All rules are found in the IHSAA By-Laws and Articles of Incorporation. Your principal and athletic director/s have copies and an on-line version also is located at www.ihsaa.org

You are eligible if:

1. Age

- You do not turn 20 years old prior to or on the scheduled date of the IHSAA State Finals tournament in a sport.

2. Amateurism

- You have not played under an assumed name.
- You have not accepted money or merchandise directly or indirectly from athletic participation.
- You have not signed a professional contract in that sport.

3. Awards and Gifts

- You have not received in recognition for your athletic ability any award that is not approved by your high school principal or the IHSAA.
- You have not used or accepted merchandise as an award, prize, gift or loan or purchase such for a token sum.
- You have not accepted awards, medals, recognitions, gifts and honors from colleges/universities or their alumni.

4. Conduct and Character

- You have not conducted yourself in or out of school in a way which reflects discredit on your school or the IHSAA.
- You have not created a disruptive influence on the discipline, good order, moral and educational environment in your school.

5. Consent and Release Certificate

- You have the completed certificate (physical form) on file with your principal each school year, between April 1 and your first practice.

6. Enrollment

- You enrolled in a school during the first 15 days of a semester.
- You have not been enrolled more than four consecutive years, or the equivalent (e.g. 8 semesters or 12 tri-mesters, etc.), beginning with grade 9.
- You have not represented a high school in a sport for more than four years.

Athletic Team Gear Guidelines

Sweats / Team Wear

- Sweats / Team Wear worn on ‘game days’ needs to be of uniformity – Athletes should not wear the same sweat pants and all different t-shirts that are non-Lakewood sports themed

Ex. – If sweats and a jacket are purchased for wearing on game days, and students get hot and take the jacket off, their t-shirts must all be the same; reflecting their team or LPCS.

- All team members need to participate when days to wear Team Gear are determined
- Team Wear must follow the dress code unless approved by the principal
- The purpose of wearing Team Wear is for showing school spirit and team pride. It should not be focused on just being able to wear sweat pants.