



ATHLETIC HANDBOOK 2022-2023

Mission Statement

LCS Falcon Athletics exist for the development of Christ-like faith, character, and leadership in student-athletes while competing at the highest level with integrity and discipline.

Fall Sports

Cross-Country (Boys/Girls)
Soccer (HS Boys, MS COED)
Volleyball (Girls)

Winter Sports

Basketball (Boys/Girls)
Cheerleading

Spring Sports

Golf (COED)
Soccer (HS Girls)
Track & Field (Boys/Girls)

*Please note all sports teams are dependent on student levels of interest and participation.

MHSAA/LCS Official Start of Practice Dates for 2022-2023

- HS Varsity Boys Soccer – Monday, August 8th
- MS COED (5th-8th) Soccer – Monday, August 8th
- HS Varsity Boys/Girls Cross-Country – Wednesday, August 10th
- HS Varsity Girls Volleyball – Monday, August 16th
- MSV/MSJV (5th-8th) Girls Volleyball – Monday, August 8th
- MSV (5th-8th) Boys Basketball – Monday, October 24th
- HS/MS Cheerleading – Monday, October 24th
- HS Varsity Girls Basketball – Monday, November 14th
- HS Varsity/JV Boys Basketball – Monday, November 21st
- MS (5th-8th) Girls Basketball – Tuesday, January 10th

Eligibility

Student-athletes in grades 5th-12th must meet all academic Livingston Christian Schools and MHSAA eligibility requirements to compete in LCS Athletics. Student athletes must be enrolled as a traditional or online student receiving LCS credit and taking a full class load (50% for elementary/middle school and 66% for high school). All Tuition accounts and required Athletic Fees must be current or have approved arrangement in place. MHSAA Transfer regulations may apply to students in Grades 10-12.

Practices/Tryouts

- Each sport will hold tryouts/evaluations during the first official week of practices. The Head Coach of each sport will drive the process with their staff and make roster decisions. Each player will be evaluated based upon Christ-like attitude, experience, skill level, and ability to determine what is the best fit for competition/development whether that be Varsity and/or JV.
- Practices and HOME games will be held at LCS unless directed otherwise. Most soccer practices and HOME games will be held at the Merrill Fields in Hamburg Township. Cross-Country practice sites vary.
- Transportation is not provided for players and is the responsibility of the players/families.

Forms/Physicals

- Athletic forms need to be completed and returned to LCS Athletics before they may practice or participate in athletic practices or games.
- All players must have a current MHSAA athletic physical form on file with LCS Athletics prior to participating in practices/games (must be dated April 15th or later).

Cost – Athletic Fees (Fall/Winter/Spring)

- High-School Athletics Fee: **\$300 per season**
- Elementary/Middle School Athletics Fee (Grades 5th-8th): **\$200 per season**
- Uniforms are supplied by LCS where financially possible. There might be sport-specific optional apparel or equipment available for purchase that is not supplied by LCS.
- Athletic fees are required prior to start of official practices unless other arrangements are made with the Athletic Dept. Team uniforms should not be distributed to players/families who have not paid.
- If a player does not make a roster after a potential tryout, the athletic fee will be refunded in full.
- Players are expected to participate in any LCS Athletic fundraising events or activities to help off-set the costs associated with athletics including officials, facility rentals, uniforms, and operating expenses.

Athletics Philosophy & Objectives

- All the coaching staff and student-athletes shall work to glorify the Lord in all ways.
- Attitudes, actions, and thoughts should all be brought under control so that this goal can be accomplished (1 Corinthians 10:31).
- LCS Athletics strive to provide positive models of coaching excellence and sports programs to promote the ideals of participation, competition, teamwork, diligent performance, Christ-like character, and witness.
- Student-athletes shall give 100% effort in all things, and not be satisfied with mediocrity (Joshua 1:8).
- Athletes shall strive to be a leader and role model for other students, not neglecting spiritual leadership (1 Timothy 4:12).
- Enthusiasm and loyalty to LCS Athletics shall create excitement not only for our student body, but also in our community.
- Athletic participation will serve to develop co-dependency as a team, focusing on the whole and not the individual parts.
- Athletics will help develop young bodies into stronger and better-coordinated ones.

Athletics Expectations

- Good sportsmanship and Christ-like behavior is expected, in winning or losing, before, during, and after a game. The loss of temper or use of vulgar language or any behavior that compromises Biblical standards will result in disciplinary action.
- Good sportsmanship includes our fans' actions at contests. Using abusive or profane language, throwing objects, and showing disrespect to game officials or game facilities will result in disciplinary actions.

Player Responsibilities

- All players are expected to treat coaches, officials, and opponents with dignity and respect.
- All players, regardless of ability and/or playing time are equal members of the team. Each and every player will treat all teammates with acceptance, respect, and friendship.
- All players will provide maximum effort in practice and games.
- Attendance at all practices, team meetings, and games is mandatory. While injured players may be unable to play, they are still expected to arrive on time, listen to coaches, and encourage teammates and assist the team.
- In rare situations, players may be excused from games and/or practices. When this occurs, players are responsible for informing the coach verbally through a phone call or meeting at the earliest possible time.
- When players miss practices and/or games, playing time in future games may be affected. Unexcused absences are absences in which the coach was not informed in the manner described above and/or the

reason was not deemed satisfactory for the absence. An unexcused absence from practice and/or game may result in reduced playing time or other consequences as deemed appropriate.

- Players are to be on time for all practices and games. Tardiness may affect playing time in games.
- Players are expected to directly seek understanding and resolution when questions or problems arise with coaches and teammates.
- Players will conduct their personal lives in a Christ-like manner that brings honor to themselves and the team. This includes texting/phone usage, school performances, self-respect, healthy behaviors and social responsibility.
- Players will be asked to participate in the fundraising for LCS Athletics regardless of the amount of playing time given.

Parent Responsibilities

- Parents will treat players, coaches, opponents, and officials with respect and dignity.
- All comments by parents and their guests from the sidelines will be encouraging and/or complimentary. Parents and guests will refrain from making comments about players' mistakes or errors.
- Parents will refrain from making derogatory comments to referees at any time.
- Coaching is to be done only by coaches on staff. Parents agree to refrain from coaching or directing their child or other players during all games and practices.
- Parents will discuss player and/or team concerns and problems directly with the Head Coach. These discussions will not take place right before or after a game. If any issue/concern is unresolved, the parent may then bring to the attention of the Athletic Director. During discussions, only the player's situation will be addressed and comparisons to other players will not be discussed.
- Parents will make sure their son/daughter attends all practices and will be on time.
- Parents will support coaches and encourage their athlete to do the same.
- If the student-athlete is going to be tardy or absent to school for ANY reason the parent/guardian MUST contact the school office by 8:30 am. Notifying the coach is also appreciated if practice or game attendance will be affected.

Coaching Responsibilities

- Coaches are responsible to abide by the rules of conduct embodied in the spirit of this document and exhibit characteristics of a Christ-follower.
- Coaches will balance individual growth, social development, and the acquisition of sports-specific knowledge and skills in working with individual players and the team as a whole.
- Coaches will train players to play with good sportsmanship and to abide by the rules of the game.
- Coaches will work to promote a positive atmosphere in all LCS athletic activities.
- Coaches will devote the time and skill necessary for the good of the team.
- Coaches will push and challenge each player in the program to be their best.
- The coaching staff's main goal is to get each player to play to their full potential and put each player in a position to help the team to be successful.
- Coaches will treat players, parents, officials, and opponents with respect.
- Coaches will maintain an open line of communication with their parents and players.
- Coaches will dress appropriately for games/practices as a representative of LCS.

Practices/Attire Protocol

- There will be times when our teams may get out earlier or a day off based on team performance or other activities.
- Players will come dressed in the appropriate attire such as shorts, shirts, socks, shoes, etc.
- No jewelry is permitted while at practice or game.
- Players will be expected to help with any setup, take down or cleanup as required.
- All practices and team meetings are mandatory unless discussed otherwise.

Game-Day Protocol

- ALL GAMES are deemed mandatory. Please contact the coach if you are going to be absent. We will need a written note, text, or email from your parent regarding this absence.
- All players will dress nice on the day of our games. Coaches will determine what that requirement is for each team.
- Players that will be dressing for the game will be notified the day before.
- Transportation to/from games are the responsibility of the players and their families. Coaches will determine when players should arrive prior to the start of the game to allow for any meetings, warm-up, and support of other LCS teams. On game days when other elementary, middle school, or high school JV/Varsity teams are playing, it is highly encouraged to come support them as well.

Attendance & Absences

- A student-athlete is expected to attend at least ½ day of classes on the day of a contest or practice to participate in practices/games unless otherwise communicated between players, parent, and coach.
- Athletes are required to be at all practices/games and to be there on time. The coach should be notified well in advance if there is a problem regarding attendance at practices or games.

Practice Absences- An athlete with an excused absence from a practice on a day that is not the day before a game will not be penalized/disciplined.

- Excused absences require prior notification to the coach – Examples include: Illness, Injury, Medical Appointment, Family Emergency.
- An athlete may be penalized at the coach's discretion for the following reasons:
 - Extended period of absence from practices and/or games
 - Missing practice the day before a game.
 - Unexcused absences
 - Any absence that the athlete or parent fails to notify the coach
 - Unexcused absence disciplinary procedure:
 - 1st offense- discipline at practice and/or reduction of playing time at coach's discretion
 - Additional offenses- serious team discipline that may include game suspension and/or dismissal from the team at coach's discretion.

Game Absences

- An athlete with an excused absence from a game may face reduced playing time in the next game at the coach's discretion.
- An athlete with an unexcused absence from a game may face suspension from the next game.
- An athlete with more than one unexcused absence from games may face dismissal from the team.
- If the student-athlete is going to be tardy or absent to school for ANY reason the parent/guardian MUST contact the school office by 8:30am. Notifying the coach is also advisable.
- Game availability that may be unpreventable and excusable are at the discretion of the coach and LCS Athletic Handbook guidelines and will be evaluated on a case-to-case basis.

Playing Time

- Participation on an athletic team at LCS is a privilege. Playing time is based on Christ-like attitude, effort, and ability shown in practices as well as attendance and good academic standing. Every attempt will be made to get a player playing time that will contribute to the success of the team; however, this is a competitive and non-equal playing environment. Players who are concerned with playing time need to understand this at the beginning of the season and speak directly with the coaches.
- The primary goal of LCS Athletics is to develop players & people. The Head Coach with their coaching staff will decide on playing time and what positions a player will play based on team needs. If there is a good reason or extenuating circumstance, etc. in which a player is unable to play a certain position(s) then the parent should bring that to the attention of the Head Coach. We do have an open-door policy in which

parents can talk to the Head Coach on any issues and questions about their child. You should approach the coach in a civil manner and contact them at appropriate times/means. Our coaches have been instructed to put players in positions where they can be successful, as well as try to develop them at more than one position. In doing so, we feel that we will create a more well-rounded player and team. Playing time is not guaranteed.

Uniforms

- Any HOME/AWAY uniforms, pant/jacket warm-ups, and reversible practice jerseys are the property of LCS Athletics. Optional apparel and equipment available for purchase by players/families are property of the players.
- Uniforms are to be kept clean and washed after every game. You should wash them on cold and a gentle cycle and then hang them to dry. Fabric softener should not be used as it may cause numbers to fall off and please DO NOT PUT IN THE DRYER!
- LCS Athletics does maintain some sport-specific rules regarding what is allowed for practice and game attire. For games, coaches will set the standard of what is expected for under-uniform garments in regard to style/color that is approved under MHSAA/NFHS regulations. For lady-athletes, wearing only sports bras is not acceptable during practices and spandex short expectations are 5" inseam. Also, it is required that lady-athletes cover spandex with warm-up shorts or pants when not preparing or participating in competition/practice. Although a single common team short will be supplied, the player has the option to provide their own preferred short, skort or pant as long as length and solid color requirements are maintained. If a player fails to comply with these expectations, then a coach has the right to deem the player ineligible for practice/game unless a change is made.
- The uniform is assigned to the player only; therefore, the player is the only one to be wearing it and is responsible for it and its components. If the uniform is damaged or misplaced, the player/parent will be expected to pay for any replacement.

Athletic Awards & Varsity Letters

- At the completion of the season, coaches for each sport will determine any awards and Varsity letters to student-athletes based upon selection requirements set forth by LCS Athletics and the coaches. Because the nature of each sport is different, there are no set standards. Coaches have the discretion to base awards on such things as effort, contribution to the team, attitude, attendance, and any other factors that coaches feel worthy of recognizing.
- Varsity Letters may be given to those 9th-12th Grade student-athletes who have competed in games/contests at the Varsity level at the discretion of the coach. Any 8th Grade student-athletes who might have competed at the high school level will not be eligible to receive a letter until 9th Grade.

Dismissal/Withdrawal

- Any athlete who decides to quit a team should not do so before having a conference with his/her coach. Parents who want to withdraw their son/daughter from a team should discuss the matter with the coach prior to making a final decision.
- The use, possession, concealment, distribution, sale, or being under the influence of alcohol, tobacco, any illegal/unauthorized drug, anabolic steroid, growth hormone, inhalants or abused substance is strictly prohibited and may result from immediate suspension or dismissal from the team. In all cases, parents will be notified.
- Coaches and/or the Athletic Director will communicate with parents regarding habitual offenses that may lead to dismissal. Coaches will consult with the Athletic Director before finalizing a player's dismissal from a team.

Gate Fees & Season Passes

- Gate fees are required prior to entrance to most HOME/AWAY games and play a critical role in the financial stability of athletic programs for LCS and the teams we compete against. Season and Family Passes for HOME games are also made available for purchase at the entrance or through the LCS Athletic Dept. Players and coaches of teams will not be required to pay. As we represent Livingston Christian in our

community and competitor organizations, it is essential that families make a conscious effort to pay those fees upon entrance to sporting events both at LCS and on the road.

Concussions

Prior to the start of each season, student-athletes and parent/guardians are required to read and sign a waiver on the CDC Information Guidelines involving concussions. The MHSAA also goes to great lengths to educate coaches and athletic departments on the importance of recognizing concussion symptoms in student-athletes. "Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional."

- A concussed student-athlete is ineligible to return to any athletic meet or contest on the same day the concussion is sustained.
- A concussed student-athlete is ineligible to enter a meet or contest on a subsequent day without the written authorization of an M.D., D.O., Physician's Assistant or Nurse Practitioner.
- Any student-athlete that has been diagnosed to be concussed cannot return to practice or games without the proper MHSAA paperwork and completed protocols.

Governance

LCS School Board

The School Board is the ruling agency of Livingston Christian Schools. It has the final authority on all matters of policy. It also approves the means by which the Athletic Dept. may make these policies effective.

LCS Administration

The Athletic Director has the responsibility of administering the sports programs of LCS and is directly supervised by the LCS Administrator/Principal. Like other staff, the person is responsible to the Administrator/Principal and the School Board.

Michigan High School Athletic Association (MHSAA)

Livingston Christian Schools is a member in good standing of the MHSAA, which is a private, voluntary association of public, private, and parochial secondary schools. The primary function of the MHSAA is to sponsor tournaments and ensure that member schools have rules and guidelines to promote equitable competition.

Southeast Michigan Athletic Conference (SMAC)

Established in the year 2020, LCS Athletics at the high school level is a member of the SMAC conference and competes in multiple sports against teams with similar Christian-based educational foundations.

Mid-Michigan Independent Athletic Association (MMIAA)

LCS Athletics at the middle school level is a member of the MMIAA conference and competes in multiple sports against teams in the local area. The mission of the league is to provide and foster healthy competition for students Grades 4-8 to allow these students the opportunity to test and display their athletic skills.

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LET'S WORK HARD TOGETHER TO MAKE THIS A GREAT YEAR.
GO FALCONS!!!