

ASAA
ALASKA STUDENT ACTIVITIES ASSOCIATION

Lumen Christi High School

ATHLETIC PROGRAM GUIDELINES

The following items govern participation in the athletic program at lumen Christi high school. Athletes and their parents need to be familiar with and agree to these guidelines before entering into participation.

Player section:

I, _____ (your name),

agree that to the best of my ability I will adhere to the following guidelines in order to participate in athletics at Lumen Christi High School, specifically the sport of _____.

Testimony - Being selected to represent Lumen Christi High School in athletics is an honor. First and foremost, I understand that my actions on and off the arena of competition will be a reflection of Christ through me. As a student participant, I am an ambassador of my school, my family, and my community. Therefore, actions I take represent the high standards of Christian practice towards opponents, officials, teammates, and the game itself. Failure to do so will warrant disciplinary action which could include suspension from participation. Some examples of unacceptable behavior are: arguing with officials, arguing with coach, not following the coaches' directions, unsportsmanlike actions toward a teammate or opponent, disrespecting school property, or any other violation of the LCHS handbook.

Eligibility – As a student athlete, I must be academically eligible to participate in the athletic program, according to the standards of Lumen Christi High School Parent/Student Manual or by administrative approval. I understand that failure to maintain academic eligibility hurts me, my family, and my team. Failure to attain and-or maintain eligibility will warrant suspension from participation.

The Lumen Christi Handbook states: *Student eligibility is based on the previous quarter report card. A minimum 2.0 GPA with no 'F' in any class is required for participation. Any student who desires to participate in extra curricular activities must have the principal's permission. Maintaining eligibility during the quarter is an ongoing process. A student may fall behind on any given day and thus not be eligible for certain periods of time until grades are restored to acceptable levels.*

For the school year 2010-2011 PowerSchool will be checked each Monday. A student who falls below a 2.0 GPA and/or has an 'F' in any subject will not participate in the activity for that week. This suspension will be lifted the following Monday if grades have reached eligibility level.

School Attendance – As a student athlete, I must be in school all day on the day of the game in order to participate in that day's activity (practice or game), unless prior administrative approval has been given (appointments, college visit, etc.). As a student, I understand that I must fully participate in classes in order to participate in after-school activities (practice or game). Simply put, if I am not healthy enough for PE, I am not healthy enough for athletics. I must also be in school all day after a game in order to play in the next

game. If a game falls on a weekend a student athlete must attend school the Friday before and the Monday after the game.

Commitment – As a student athlete, I understand that I am making a commitment to the school, my teammates, and my coach when participating in the athletic program. This commitment carries with it the expectation of attendance at all games, practices, and meetings unless excused by either illness or the coach’s permission. Participation on teams outside the school is considered secondary and therefore has secondary priority when there is a conflict, unless prior arrangements can be agreed upon between me and the coach. This commitment extends to getting proper nutrition and rest, and even sacrificing personal activities in order to keep up with school work. This commitment also extends to quitting a team. Once selected to a team, my parent or guardian and I have committed ourselves to supporting the school and team through the completion of the sport season. I am responsible to myself and the team to finish the season unless, in consultation with the coach, early release from the team is advisable.

Discipline – I understand that any type of school discipline takes priority over athletics. Detentions may not be rescheduled so that an athlete may attend a game. A teacher may detain an athlete after school if required work is not completed. If an athlete is unable to travel with the team due to a school discipline issue such as detention, the student may not participate that day with the team.

Travel – I understand that I must travel with the team in school-provided transportation. This could be on school provided bus or with parent/chaperones. (All parent drivers must be cleared with the school office in advance of travel.) If I miss the designated transportation, I will not be able to participate with the team. I understand that I may travel home after away events with my parents, but must be signed out properly with the coach or his/her designee. If I need to travel with someone other than my own parent, a parent’s note must be provided before I can be signed out. (Special exemptions must be discussed with the coach and may be granted only under special circumstances.)

Attire – As an athlete, I represent Lumen Christi High School in the way I dress. It is important that I maintain a team appearance. I will wear my uniform properly and completely, and only for games or approved events. On game days, I may wear our sport jersey, along with school uniform pants or approved team wear. When I travel to other schools, I will follow the guidelines of acceptable attire as if I were at Lumen Christi. (If you wouldn’t be allowed to wear it to school, don’t wear it when you are representing the school.) Uniforms are assigned at the beginning of the season. Uniforms will be returned to the school in good condition within one week of the end of the season. Uniforms damaged or not returned will be billed at the cost of replacement.

Honor the Game – Athletes will “Honor the Game” by showing respect for the **ROOTS** of positive play.

Respect the **R**ules of the game: do not bend them to win.

Respect the **O**pponent: they are not the enemy, just the opposition to bring out your best.

Respect the **O**fficials, whether you agree with them or not.

Respect the **T**eammates my never doing anything to embarrass your team.

Respect **S**elf by living up to your standards no matter what anyone else does.

X

Student Signature

Parent section: .

I/We _____ (parent/guardian)
will do my/our best to follow these guidelines as a support of Lumen Christi High School athletics.

I/We will attend the mandatory pre-season meeting with the athletic director and coaches. At this meeting, we will receive a full schedule of practices and games. This meeting will serve as our opportunity to sign up to drive/chaperone away games, work the admission table for home games, and work the concession stand.

I/We will volunteer to help the team by driving to away games, working the gate at home games, and/or working concessions at home games. I/We understand that the athletic programs are funded fully by concession sales, admission to games and tournaments that we host (if any). Any funding shortfalls will require additional fundraising or additional sports fee assessments.

I/We will make a commitment to "Honor the Game" as our athlete participates. It is important that we show enthusiastic support in a manner that would set an example for our children.

Let the coaches coach and the players play. Avoid giving "advice" during the game. Cheer good plays and effort by both teams. Let the officials officiate without your "assistance," compliment their good call to others, and thank them after the game.

Support the efforts of the coaches by recognizing their position of leadership and authority in this activity, and do so in front of your athlete. Never tear down or second guess the coach in front of your athlete. Keep an open line of communication with the coach. Talk to the coach in the proper time and setting. Any parent needing to discuss playing time with a coach should do so in a Christian like spirit of appeal and self-control, seeking to understand first and then if not satisfied, requesting a meeting with the coach and athletic director.

As you "Honor the Game" help the atmosphere stay positive by approaching other spectators from our program, who may not be doing so and encouraging them. We must maintain the proper testimony in the stands just as the athletes do on the field or floor.

Please have a clear understanding of the **Player Section** and support your athlete(s) in adhering to their guidelines. Remember to sign out your athlete(s) if you are driving them home from other venues so coaches know who will be riding with the school arranged ride.

I/We have read and understand the above guidelines, and will do my/our best to abide by them throughout the season/year.

X _____
Parent/Guardian Signature