

PHILOSOPHY

LCA's view of athletics stems directly from its educational philosophy. We believe a Christ-centered approach should be taken in all areas of the educational process, including athletics. Athletics provides a unique opportunity for participation to develop spiritually, socially and athletically.

BEHAVIOR GUIDELINES FOR ATHLETES

- Lead a Spirit-controlled life and He will control your tongue. Any improper language (swearing, boasting, and disrespectful talk) will not be permitted.
- Treat opponents with respect; shake hands prior to and after contests.
- If you don't understand a call, ask politely; accept the official's decision and learn from it. Don't incite fans by behaving improperly.
- Applaud the introduction of opponent's team members and coaches
- Search out individual opponents after the game to congratulate them, point out a great performance. This could be an opportunity to witness for Christ as well.
- Show concern for an injured player of either team.
- Encourage and build up one another.
- Be a team; not just a group of individuals. The goal is to make your fellow teammate a better player and person; honor him above yourself.
- Live Christ on and off the court/field.
- Be enthusiastic - take an interest in every part of your sport and be glad to quickly carry out every part of the job.
- Be humble; speak and show that God is the one responsible for your abilities, talents and success.

AFFILIATIONS

For high school sports, Layton Christian Academy is a member of the Utah High School Activities Association. As a member of the Association, LCA through its athletes, coaches and administrators will strive to uphold and in some instances exceed the standards, rules, and regulations of the UHSAA. Coaches, players and fans should become familiar with the rules and take great care to abide by them.

For junior high and elementary school sports, Layton Christian Academy is a member of the Wasatch Athletic Conference. As a member of the WAC, LCA through its athletes, coaches and administrators will strive to uphold and in some instances exceed the standards, rules, and regulations of the WAC. Coaches should become familiar with the rules and take great care to abide by them.

TEAM, TRY-OUTS and PLAYING TIME**Elementary/Junior High**

The Elementary/Junior High program participates in the WAC conference for most activities. The program is for 5-8 grades. Generally there is a "C" team for 5th and 6th graders. A and B teams are for 7th and 8th graders. 4th graders may be allowed to participate if there is an exceptional reason for them to do so. Should it be necessary to add 4th grade students, individual students will be invited to join the team by the coach after consultation with the athletic administration. After try-outs, students may be cut or additional teams may be added to allow a broader participation. During games coaches will work to be as fair as possible, however there is no required equity of playing time. Coaches will work in conjunction with the athletic administration to distribute playing time for maximum benefit of the entire team and program.

Sub-Varsity

As often as possible, LCA will strive to offer sub-varsity (Freshman/Sophomore, Junior Varsity) teams. These teams are designed to find a balance between individual and team development. During games coaches will work to be as fair as possible, however there is no required equity of playing time. Coaches will work in conjunction with the athletic administration to distribute playing time for maximum benefit of the entire team and program.

Varsity

At the varsity level, the coach will select his team based on his opinion of the players that will give the team the highest possibility of success. Playing time will be distributed at the coach's discretion.

FACILITIES, UNIFORMS AND VANS

- Players are expected to be good stewards with what we have and are allowed to use.
- Always leave the field and courts cleaner than how you found them.
- Keep the school vehicles clean and neat. Please pick up after yourself.
- The coach will issue the athlete a team uniform. The uniform should be turned back in to the coach immediately following each game.
- Uniforms should be worn the way they are designed. Uniforms are designed to look like a team. Athletes should not modify and accessorize to draw individual attention to themselves. Headbands are not to be worn without the approval of the administration.
- All decisions, concerning uniform selection, will be made by the administrative team, which consists of the administrator, principals, and athletic director.
- Lost or damaged uniforms must be paid for by the player.
- The coaches will specify what is to be worn for practices.

HEALTH ISSUES

- Every athlete must have a yearly physical exam before try-outs. Students may not try-out, practice or play until the form has been given to the Athletic Director. Forms are available in the school office.
- All injuries must be reported to your coach.
- Please let your coach know of any allergies or other ailments that require special attention.
- LCA provides athletic training for Layton Christian Academy's high school teams. The trainer will be on site or nearby for every home varsity game. They will also provide athletic training, medical oversight, and limited physical therapy for LCA's student athletes. The trainer will also have clinic hours where they will be on site to access and treat injuries. The on site clinic service is available for middle and high school athletes. There will be a sports medicine fee for athletes to cover this service.
- All athletic endeavors come with inherent risk of injuries. Parents and students should understand these risks. Parents accept the fiscal responsibility for any injuries that may occur during athletic contests or practices. LCA carries supplemental insurance that is secondary in position to the individual family's insurance policy. The amount of secondary coverage provided by LCA is limited. Families must have valid accident/health insurance coverage prior to participation. For families that do not have insurance, insurance must be obtained prior to participation. Should you need assistance finding insurance please seek out the Athletic Director for information.

TRANSPORTATION

- Athletes must ride to away games in school vehicles or school-arranged car pools to the game unless otherwise specified by the coach.
- Athletes may ride home with their parents, but not with other students upon receiving permission from their coach. Please understand that the bus rides to and from athletic events provide the teams and bonding time. Throughout LCA athletic history the bus rides have provided many positive memories for athletes to share with one another after their playing days are over.

Picking Up Players

The athletic schedule will have an ending time for practices. We will try very hard to be back on time. Understand that things can happen that make us a little late. If the coach is regularly late, please contact the AD and he will address and correct the situation. The coaches will wait at the school until the players have been picked up. We also understand that things can happen to make you a little late. If you are regularly late, the coach will let the AD know and he will contact you to see how the problem can be rectified.

Athletes should wait for parents in the designated foyer area for pick-up. They should not be wandering throughout the facility. Athletes should pack their homework and needed materials to take with them prior to leaving for an away game.

FEES

Providing an extra-curricular program has a financial outlay to it. To help offset these costs, students participating in LCA programs will be assessed a fee for participation in that individual activity. By no means do these fees cover the actual costs of administrating these programs. The school will seek outside sources to help defray the cost of these programs. Individual teams may from time to time be asked to participate in fundraising activities. Students may also be assessed for individual gear and travel expenses associated with their chosen activity. Students will be assessed a sports medicine fee that covers the cost of contracting an outside agency to provide sports medicine services.

Fees for the 2014-15 season***Participation Fees***

HS Sports with the exception of Football	\$80.00
HS Football	\$110.00
<i>HS Golf has additional greens fees</i>	
JH/Elementary Sports	\$50.00

Sports Gear and Travel

Varies depending on the sport

FANS

Parents and fans should be a source of support and encouragement for the coaches, players and cheerleaders. To fill this role in the proper manner they should do the following:

- Display a Christ-like attitude with their actions and words.
- Provide encouragement with their words and actions.
- Cheer loud, cheer hard, have fun, but always maintain a Christian attitude and good sportsmanship.
- Make only positive comments concerning the coaches, players and officials.
- Avoid ridiculing or tearing down the opponent or the officials.
- Work to create a positive relationship with the opposing team and fans. Congratulate both teams after the game regardless of the outcome.
- Accept the outcome of the game and the decisions made by coaches and officials.
- Refrain from booing or heckling an official's decision.

THAT'S MY BOY DOWN THERE!

Please don't criticize that boy down there,
He is my son, you see.
He's only just a boy you know,
He means the world to me.

I did not raise my son, dear fan,
For you to call him names.
He may not be a superstar,
But these are school games.

So please don't knock those boys down there,
They do the best they can.
They've never tried to lose a game.
They're boys and you're a fan.

The game belongs to them, you see,
You're really just a guest.
They do not need a fan that gripes,
They need the very best.
If you have nothing nice to say,
Please leave the boys alone.
And if you forget your manners,
Then, please stay at home.

So, please don't criticize those boys down there,
Each one's a parent's son.
And win or lose or tie, you see,
To us, they're number one.

PRACTICE PROCEDURES

Practice is designed to be a time of learning, not only the specific fundamentals and skills of the sport, but also "life lessons". Practice is a very important part of our athletic program; therefore it should be treated as such. With this in mind, athletes are expected to:

- Be in attendance at all practices in which they are physically able and institutionally eligible to participate in.
- Be dressed in the proper practice uniform and equipment.
- Be neat, courteous and quick when changing into practice clothes.
- Be punctual for the practice bus/van.
- Behave appropriately while on the bus/van.
- Put forth a 100% effort at all times while at practice.
- Maintain and display an attitude that reflects a desire to be "coached".
- Properly care for the practice facilities and equipment.
- Stay in the designated areas when waiting to be picked up after practice.
- Make arrangements ahead of time to be picked up from practice at the scheduled ending time.

COACHES AND THE ATHLETIC DIRECTOR

The Athletic Director and the coaches represent both Layton Christian Academy and Jesus Christ. It is therefore, imperative that their attitudes and behavior be Christ-like. They must strive to have clear and consistent communication among parents, players and other members of the athletic staff. They must be an effective role model for the athletes as well as possessing proficient skills in the sport they are coaching.

Following the Matthew 18 principle, we encourage parents and players to speak with the coach first if any concerns or questions arise. If the questions have not been satisfactorily settled, the Athletic Director will step in to help resolve the issue. The regular chain of command (principal to lead administrator) should then be followed if satisfaction cannot be reached with the coach and athletic director. Emotions run high immediately preceding or following a game and we would ask that no meetings be held on a game day. Comments and suggestions to the coach should not be made just prior or immediately after a game. Appointments with the coaches can be made through the school office.

ELIGIBILITY REQUIREMENTS FOR STUDENT ATHLETES

Participating on athletic teams is a privilege that is not irrevocable. The administration and/or coach has the authority to remove an athlete from a team if it is decided that the student's attitude or conduct is detrimental to the team, school, or philosophy of the school.

Students at LCA must meet requirements in order to participate in athletic practices and/or games. These requirements are set down by the governing boards of the UHSAA and of LCA. Student athletes must meet criteria for eligibility financially, physically, academically, and through attendance and conduct. Academic requirements are set forth in the UHSAA Handbook (www.uhsaa.org)

However for simplicity purposes a High School student must maintain a C average and cannot fail more than one subject in any given term. The term is defined by the quarter grade that is reported on the report cards. If a student does not maintain a C average or fails a class, he is immediately ineligible until the end of the following term provided he then meets the eligibility standards.

At midterms of each quarter, grades will be checked. If a student is not meeting these standards, he will go on academic probation. While on academic probation, the student will have his grades checked each week. His eligibility then is on a week-to-week status until the end of the term. The athlete may participate in a given week if he was determined to be eligible based on the prior week's grades. Conversely he may be ineligible for the week if he has not met academic standards during the prior week.

Junior High students grades will be checked at mid-term and report card times. Requirements for Junior High students are the same as that of High School students, however Junior High students will not be declared ineligible for the term; however they will be on academic probation for as

long as they are below a C average or are failing a class. Their week-to-week probation will be the same as the High School students.

Attendance

Any student participating in a school activity, athletic event or practice of any kind is required to attend at least four (4) periods of class on the day of the event, game, or practice in order to be eligible to participate. Friday school attendance will be required for Saturday games or events. Students are required to monitor his/her own attendance.

Participating while ineligible may result in removal from a team or further disciplinary action. Any deviations to this policy must be made with the approval of a principal or the head administrator.

Financial

- All athletes are required to pay a fee for the purpose of having practice uniforms and additional equipment and uniforms.
- All fees should be paid prior to athlete's participation.
- If overnight trips are planned, trip charges will be provided for the athletes who should pay them prior to taking the trip.

Tryout Checklist

Every student and parent are required to fill out a tryout checklist before participating in any high school sport.

Physical

Because LCA cares about the health and safety of its student-athletes, we have some physical requirements and guidelines that must be followed;

A completed physical form must be on file in the LCA office for a student-athlete before he/she may participate in practices or games. These forms are available in the school office or at the UHSAA web site. (www.uhsaa.org)

In an effort to properly care for his body, "the temple of the Holy Spirit", each athlete should eat a well-balanced diet and get proper rest.

Athletes should uphold their commitment to the team during the season by refraining from participating in high risk activities, unrelated to the particular sport, that could result in injury.

The coach will determine what activities are considered high risk.

Athletes must report, seek treatment and properly care for any and all injuries.

Behavioral

As previously discussed, being a part of LCA athletics is a privilege; therefore, the expectations for the conduct of our student-athletes is very high.

Our athletes must remember that everything they do is being observed by others. With that in mind they must remember they are representing not only themselves, but their families, their school, their coach and most importantly, their God. Therefore, our athletes must display a sincere Christ-like attitude with their words and actions in all situations including, but not limited to, the following: the home, the classroom, the hallway, the lunchroom, on the bus, the locker room, and at practices and games.

The failure of an athlete to conduct himself/herself properly, as outlined above, may result in suspension or dismissal from the team. Evidence of a failure to comply with the conduct code may be in the form of a communication reports or observations on the part of the coach, athletic director, teachers or administration. Final disciplinary decisions will be by the athletic director.

Sportsmanship is a primary goal for Layton Christian Academy. If a player receives a technical foul or an unsportsmanlike penalty in a contest, that athlete will be required to attend a meeting with the AD and principal to discuss the issues and determine what course of action to take regarding the incident. Should an athlete be ejected from a contest, the athlete may be subject to school imposed penalties in addition to any penalties that are accessed by the state association or league.

Game Day

Players will be instructed on what to wear on game days. They will change into their uniforms before the game and turn it in to the coach after the game.

Before and After the Game

Most of our games involve multiple teams playing on the same night at the same gym. Students should follow these guidelines during the times before and after they play.

- They should be sitting in the stands watching the games. They should never be in the hallways or other areas participating in horseplay.
- They should be in their required dress before and after their game.
- They should not be using electronic devices in the bleachers before or after the game.
- They should exhibit good sportsmanship and good citizenship while watching the game.

Disqualification

An athlete may be disqualified from athletics because of conduct if the Administration feels a particular athlete has violated school and/or athletic policies beyond the philosophy, guidelines and purpose set forth by the school and its athletic department.

Hazing Policy

PROHIBITION AGAINST HAZING AND INITIATION

No student, shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending or associated with the institution. Hazing and initiation includes any method of initiating or reinitiating into a student organization, or any pastime or amusement engaged in with respect to such an organization, which causes or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm. Hazing and initiation does not include customary athletic events or similar contests or competitions approved by the school administration. Any infraction will result in consequences that will be appropriate and consistent with school policy as determined by the administration.

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