

Athletic Handbook



2011-2012



TABLE OF CONTENTS

PHILOSOPHY

Extra Curricular Activities.....4
Relationship to Academics 4
Athletic Objectives and Guidelines for Participation..... 4
Junior High..... 5
Varsity 5
Seniors..... 5

ATHLETE PARTICIPATION POLICIES

Participation Eligibility.....5
Team Player Selections.....5
7th & 8th Grade Students Playing High School Sports.....6
Age Requirements for Athletes.....6
Try-outs 6
Sunday Practice..... 6
Non-School Day Practice 6
Practice Length 7
Athletic Fees 7
Injury Related Unconsciousness in Athletics 7
Participation and School Attendance 7
Rules and Regulations for Extra-Curricular Activities..... 7
Major and Minor Sports.....7
Policy on Single Season Dual Sport Participation 8

CONFERENCE MEMBERSHIP AND TEAM OFFERINGS

Conference Membership.....8
Athletic Teams 9

COACHES

Coaches.....9
Volunteer Assistants.....9
Parents/Coaches/Assistants/Volunteers.....10

DISCIPLINE

Discipline.....10
Discipline Policies.....10
Ejections.....10
School Discipline Policies.....10
Office Visits.....11

ELIGIBILITY AND ATTENDANCE

Academic Eligibility.....11
Practice Attendance Policy..... 11
Policy on Games and Practices during Two Week Breaks and Early Release Days..... 12



Game Attendance.....12

AWARDS

High School Athletic Awards Eligibility..... 12
High School Awards 13
Letter Jackets..... 13
High School End of Season Programs 13
Championship Banners..... 13
"Senior Night" 13

UNIFORMS AND EQUIPMENT

Game Apparel 14
Game Day Apparel..... 14

TRANSPORTATION

Drivers..... 14

GENERAL INFORMATION

Physicals 15
Insurance 15
Athletic Department Communication 15
Missed Academic Time for Athletics..... 15
Managers 15
Supervision at Athletic Events..... 16

CODE OF CONDUCT

Biblical Basis for Conduct..... 16
Parents and Fans 17
Athlete Etiquette Expectations..... 17
Parent/Coach Communication 19
Sportsmanship..... 19

FORMS.....21

PHILOSOPHY

Athletics

Life Way Christian School seeks to provide an athletic program that enhances the outstanding academic program currently provided by the school. Life Way Christian School recognizes that God has gifted students in a variety of ways, including athletically. We seek to provide an opportunity for students to develop and use these God-given gifts and abilities in a competitive yet positive atmosphere that brings glory to God and exalts the Lord Jesus Christ.

We believe that participation in athletics provides an excellent opportunity for student athletes to be encouraged in their relationship with and witness for Jesus Christ. We expect, and will insist upon, Christ-like character and behavior in **all** athletes, fans, and coaches. We expect all fans and athletes alike to limit words and actions at sporting events to those that are uplifting, encouraging, and always positive (Ephesians 4:29-32). We expect this to be our behavior toward our students, our opponents, our opposing fans, and game officials, whether “home” or “away”, “ahead” or “behind”.

The athletic program is in place to help fulfill the mission of the school which is to “partner with the church and with Christian families committed to a Christ-centered, biblically-based education for their children, to develop in each student a biblical worldview of life, to promote excellence in academics, to help each child realize his/her full God-given potential, and to enable each child to impact his/her culture for Christ.” Warrior athletics give our students a wonderful opportunity to grow in Christ and to impact the culture for him.

The goals of the Life Way Christian athletic program are:

1. To ensure our student athletes are being trained in both athletics and godliness by the most qualified coaches and assistants.
2. To partner and communicate effectively with parents in order to build a support team that will build morale, spirit, and Christ-likeness in the life of the Warrior athletic program.
3. To create a championship mindset based on biblical concepts that highly values character, commitment, discipline, and teamwork.
4. To build relationships with opponents, teammates, and younger athletes in order to be a witness and pass the baton of faith onto the next generation.

Relationship to Academics

Athletics will not take priority over academics at Life Way Christian School.

Athletic Objectives and Guidelines for Participation

The following are the objectives and guidelines for athletics in the secondary school. Life Way Christian School participates in two levels in the seventh through twelfth grades:

1. Junior High

The objectives of junior varsity athletics is to teach basic skills, to begin developing advanced athletic skills while developing Christian character, at an increased competitive level. Junior Varsity athletics, when available, are more competitive and exist to prepare younger players for varsity play. At this level, each athlete will have the opportunity to experience a more intense, organized level of play. Each athlete will be allowed to reasonably participate in every game/match, contingent on his or her skill level, attitude, and participation in practice (*Coaches will talk with players and parents to explain reasons for non-participation in a game*). This does not imply equal playing time for all. Playing time will vary according to the level of competition and readiness for competition.

2. Varsity

The objective of the varsity level is to promote impeccable sportsmanship and excellence. Varsity athletics is highly competitive and advanced. At this level the athlete will be scrutinized more thoroughly in their character, ability, attitudes and skills. They will play before many witnesses, including the Lord. The most qualified athletes will be allowed on the varsity team. Playing time will be entirely at the discretion of the coach. Coaches will communicate with players about their roles, coaches' expectations, and general playing time expectations.

A note concerning Seniors - Early in the season, coaches will be encouraged to meet individually with seniors who will receive limited playing time. Coaches will tell these athletes how much playing time they can expect. Coaches will ask the athletes to consider whether they are willing to cheerfully accept their role on the team and if they are willing to make a positive contribution to the team.

ATHLETE PARTICIPATION POLICIES

Participation Eligibility

All athletes who try out for competitive teams must be enrolled at LWCS on a full-time basis, subject to registration and tuition fees. All athletes must attend daily classes in pursuit of graduation from LWCS. LWCS does not allow Home School students to participate in athletics.

Team Player Selections - *Note, the following numbers are subject to revision by the athletic director as changes become necessary.*

Basketball & Volleyball: maximum of 12 total players. The total number and grade make-up of each team is at the discretion of the individual coaches.

Baseball & Softball: maximum of 18 players. The total number and grade make-up of each team is at the discretion of the individual coaches.

Soccer: maximum of 22 players. The total number and grade make-up of each team is at the discretion of the individual coaches.

Cross-Country, Golf, Shooting, and Track: The total number and grade make-up of each team is at the discretion of the individual coaches.

Cheerleading: The total number and grade make-up of each team is at the discretion of the individual coaches.

7th and 8th Grade Students Playing High School Sports

By AACS rules, 7th – 12th grade students are eligible to play on varsity high school teams. The exception for 6th graders is in need-based situations approved by both the Athletic Director and the Administrator. LWCS philosophy is that 7th and 8th grade students will be eligible to try out for high school teams only when the Athletic Director decides that it is in the best interest to the LWCS athletic program and the individual student and their family. The age policies are as follows:

Age Requirements for Athletes

Junior High athletes **may not turn 16 before September 1st or be a sophomore** at the beginning of the calendar year in which they are participating.

Varsity athletes **may not turn 19 before September 1st** of the calendar year in which they are participating.

Junior High athletes who play on varsity teams **are not eligible** for “letters” or letter jackets.

Try-outs

Try-outs and the team cutting process will be conducted during the first days of practice for 1-3 days (at the coaches’ discretion). Generally, prospects will be expected to attend practices and/or try-outs from the very first day. Generally, any student allowed to tryout late must have emergency reasons for doing so, and must have the Athletic Director approval for a late try-out. Students must participate in at least three (3) practices before participation in any games. Dual sport prospects will be subject to the same cutting/try-out criteria as all other athletes.

Sunday Practice

Sunday practices are prohibited, including “optional” practices.

Non-School Day Practice

Except as approved by the Athletic Director, all non-school day practices will be optional, this does **not** include Saturday practices. Coaches may not actively penalize non-attendance, but

each athlete will be encouraged to attend. Failure to attend may hamper the athletes' progress in skill and the overall play of the teams.

Practice Length

Practice length will be at the discretion of each coach as approved by the A.D but should not exceed 2 ½ hours.

Athletic Fees

There will be a fee (per sport) of \$100 per athlete for major sports, and \$50 per athlete for minor sports. This fee must be paid before participation in any game/match.

Injury Related Unconsciousness in Athletics

Any LWCS athlete who becomes unconscious ("blacks out") for any length of time during a game or practice is ineligible to continue practice or re-enter the game for the remainder of that practice or event.

Participation and School Attendance

A student, who is absent from school more than one-half day, may not participate in extra-curricular activities that day, either in practice or in games unless the principal gives permission to do so.

Rules and Regulations for Extra-Curricular Activities

All applicable policies and guidelines established by the administration apply to students participating in extracurricular programs at Life Way Christian School. In addition, Arkansas Association of Christian Schools rules and regulations will also be followed. The secondary principal, Athletic Director, and all coaches are expected to become familiar with these rules and regulations.

Each student must have a sports physical on file and parental permission, in writing, in order to participate in athletics. This permission requirement is met by completing and returning (1) the LWCS release and hold harmless form and (2) the authorization to treat a minor form. The Athletic Director shall be responsible for insuring that all players meet both Life Way Christian School and AACS requirements for participation. The Athletic Director will notify coaches of any ineligible players. Coaches and directors shall submit to the Athletic Director a list of participants at the beginning of the season in order to facilitate this review.

Major and Minor Sports

Major sports include: Volleyball (fall), Basketball (winter), Cheerleading (winter), Baseball (spring), Softball (spring), and Soccer (spring).

Minor sports include: Cross Country (fall), Golf (fall), Track (spring), and Shooting (year-round).

Policy on Single Season Dual Sport Participation

All students will be allowed to participate in two sports during the same season, as long as one sport is a Major sport, and one sport is a Minor sport. Major sport practices will be the first obligation, and, on the athletes own time, making up missed practices for minor sports must be arranged with the coach.

CONFERENCE MEMBERSHIP AND TEAM OFFERINGS

Conference Membership

Life Way Christian School is a member of the Arkansas Association of Christian Schools. This association is currently divided into two districts depending on the sport.

- Providence Christian Academy
- Life Way Christian School
- Cornerstone Christian-Searcy
- Word of Faith Christian Academy
- Van Buren Christian Academy
- St. Joseph Catholic
- Ridgway Christian
- Community Christian School
- Cornerstone Christian-Tillar
- Ark School for Deaf
- Garret Memorial
- Columbia Christian School
- Gospel Light Christian School
- Trinity Christian Academy
- Ashley Christian Academy
- Christian Ministries Academy
- Victory Christian School
- First Church Academy-Bryant
- New Life Christian Academy
- Southwest Christian Academy
- Word of Outreach Christian

To facilitate scheduling of activities and to encourage competition, Life Way Christian School will strive to maintain membership in the AACS so long as it is deemed beneficial by the school administration and School Board.

Athletic Teams (As of May 2011 and subject to change)

Varsity Fall Sports – Cross-country: Men and Women; Golf: Men and Women; Volleyball:

Junior High Fall Sports - Cross-country: Men and Women; Golf: Men and Women; Volleyball: Women

Varsity Winter Sports - Basketball: Men and Women; Cheerleading

Junior High Winter Sports - Basketball: Men and Women; Cheerleading

Varsity Spring Sports - Baseball: Men; Softball: Women; Soccer: Coed; Track: Men and Women

Junior High Spring Sports – Baseball: Men; Softball: Women; Soccer: Coed; Track: Men and Women

Year Round Sports: Shooting: Coed

COACHES

Coaches Authority

The head coach is charged with the responsibility of conducting tryouts, determining the team roster, defining player expectations, implementing team rules, deciding student-athletes' playing time, and taking disciplinary actions whenever necessary. Student-athletes are expected to comply with and respectfully follow the leadership and authority of the head coach and their assistants. Disciplinary measures may include but are not limited to increased exercise, suspension from a game, or expulsion from the team. Grievances with disciplinary measures or other issues should be taken by the athlete or their parent directly to the coach. Wisdom is advised in choosing what issues a parent should take to the coach. Please keep in mind that often parents believe that their child should be getting a majority of the playing time and that expectation is not possible or realistic when dealing with a group of athletes. When approaching a coach, parents should do so in a respectful way and in a manner consistent with Galatians 6:1-3. If the matter is not resolved then the Athletic Director should be contacted. If the issue is still not resolved the Administrator will intervene.

Volunteer Assistant Coaches

When volunteers offer to assist with a team, the head coach is required to obtain approval from the Athletic Director. All volunteers must meet the requirements for staff at LWCS. They must complete the interview process and will also be required to submit to a criminal background check. With said approval, the head coach becomes responsible for proper training of the assistant, including insuring that the assistant reads this handbook and agrees to adhere to these policies.

Parent Coaches/Assistants/Volunteers

Volunteer coaches or assistant coaches who are also parents of team members are expected to maintain a professional detachment from the parent/child relationship while “on duty”. In other words, they act as a “parent” only after leaving the game, practice field, or court.

DISCIPLINE

Discipline Policies

All policies for student behavior approval by the Life Way Christian School Board apply to athletics. The following policies include: academic probation and discipline. The same consequences for disobeying the discipline standard of the school will apply toward misbehavior during athletics. When discipline is necessary, the coach may administer any of the following options (not limited to these options):

1. Suspension from part or all of practice(s).
2. Suspension from one or more events.
3. Suspension from the team, with approval of the Athletic Director.

Parents will be notified beforehand of all major disciplinary actions. The coach is responsible to notify the Athletic Director of any discipline. Participation fees charged would not be refunded in the event a player is suspended from the team.

Ejections

Any ejection from a game or match by an official will result in a minimum of a two (2) game suspension from athletic events. This applies to coaches, students, and parents. LWCS parents may not approach an official to discuss any issues before, during, or after a game or match, or for any other reason. Any ejection decision by an official will be adhered to by the coaches, parents, athletes, and the school administration without further discussion. **(There will be no appeal.)**

School Discipline Policy

The Life Way Christian School Student Handbook discipline policy for students applies in full to our coaches and athletes. All consequences of discipline problems described here may be applied to athletes, including but not limited to office visits. The kind and amount of discipline will be determined by the coaches and, if necessary, the Administrator/Principal. The discipline will be administered in light of the individual student's problem and attitude. All discipline will be based on biblical principles, e.g. restitution, apologies (public and private), punishment restoration of fellowship, no lingering attitudes, etc. In order to maintain consistency, coaches will regularly meet with the Athletic Director to discuss biblical standards and school guidelines concerning discipline.

It is vital for parents and students to realize that maintaining an orderly atmosphere in the school and athletics is critical to the learning process. As in all other areas of the education at LWCS, *love and forgiveness* will be an integral part of the discipline of a student.

Office Visits

There are five basic behaviors that will *automatically* necessitate discipline from the Administrator/ Principal (versus the coach). Those behaviors are the following:

- 1) **Disrespect** shown to *any* staff member, including all coaches, paid or volunteer. The staff member will be the judge of whether or not disrespect has been shown.
- 2) **Dishonesty** in any situation while at school, including lying, cheating, and stealing.
- 3) **Rebellion**, i.e. outright disobedience in response to instructions.
- 4) **Fighting**, i.e. striking in anger with the intention to harm another student.
- 5) **Obscene language**, including taking the name of the Lord in vain.

ELIGIBILITY AND ATTENDANCE¹

Academic Eligibility

Academic eligibility will be based on a 3 pt system (F=3pts; D=1pt). This eligibility will be checked every 4 ½ weeks. Students who begin a season eligible may lose that eligibility during the season at either the interim report (4 ½ weeks), quarter (nine week) or semester grading period. If a student has 3 or more points when grades are checked they will be allowed to continue to practice, but not to play in games. If, upon the completion of the 4 ½ weeks probation, they have not raised their grades above the 3 point mark, they will be removed from the team until the next grade check.

Practice Attendance Policy

Consistent practice or attendance at scheduled practices will be required for participation in Life Way Christian School athletics. In general, students will be considered “excused” from practice only for sickness/injury, doctor/dental appointments, and family emergencies. Students should make a vigorous effort to notify coaches of their need to be absent for any of these circumstances. Any athlete who does not attend practice, fails to make scheduled team or individual meetings, or fails to attend school on game day or practice days may not be allowed to suit up for any game or games for a period of time to be determined by the coach and Athletic Director. Repeated absence from team practices or meetings may be cause for removal from the team. It is expected that LWCS athletes commit to their LWCS team above and before “outside” activities. For example, if a LWCS practice or game conflicts with a city league game, it will not be an excused absence to miss your LWCS practice or game. Coaches may use their discretion in allowing practice to be missed for other situations when the student asks for permission in

¹ For a more detailed description of eligibility and participation in extra-curricular activities at LWCS, please see pages 30-31 of the LWCS Student Handbook.

advance. Students will have to make up missed conditioning prior to participation in the following game (in these special pre-arranged absences). Otherwise, absences will be treated as unexcused and the absent student will not be allowed to play for no less than one-half of the next game/match (at least one half game benching per absence). Exceptions to the policy will require approval of the Athletic Director and/or school Administrator.

Policy on Games and Practices during Two Week Breaks and Early Release Days

1. Teams may practice on early release days. This is at the coaches' discretion.
2. Coaches may not have mandatory practice over any 2 week break; however, they may have optional practices, if desired, during these two weeks. Attendance at "optional" practices may be strongly encouraged, but non-attendance may not be penalized.

Parents will be informed in advance of the occasions when our high school and middle school conference teams must compete over our spring and fall breaks. For the long-term success of our athletic program, all athletes are expected to take part in team competitions occurring over fall and spring school breaks. Failure to participate in a game over the break will require a consequence of missing another "regular" season game (one regular game missed for each break game missed). This policy allows us to be consistently competitive and remain in good standing with our conference affiliates. Please plan your vacation accordingly, as we alert you to the dates of our competitions.

Game Attendance Policy

Except for illness, injury, or genuine family emergency, unexcused absence from a game will result in a one game penalty, long-term suspension or dismissal from a team.

AWARDS

High School Athletic Awards Eligibility

Life Way Christian School's official policy for earning a Varsity Athletic Letter is as follows:

1. The student must be in 9-12 grades.
 - There will be no exceptions to this rule.
2. The student must have no disciplinary action that requires the missing of a game.
 - This rule includes: school and/or academic suspensions which occur during the time period the sport is in-season, and any in-game, or in-practice suspensions.
3. The student must also complete the entire season with the team.
 - This rule is up to the discretion of the coach for athletes who joined the school mid-season.
4. All sports that receive "Letters" must have a full Varsity season.
5. All athletes that meet these requirements will receive a varsity letter and/or bar for each season they fulfill ALL the rules.



Coaches may, at their discretion, recommend for lettering students who have not met the specific requirements but have shown dependability, determination and effort in all practices and games. The Athletic Director must give final approval for any exceptions. Athletes must attend practices and matches faithfully and work hard with a good attitude in games and practices in order to achieve a letter or a pin. A coach may recommend to the Athletic Director that a student who has not met these criteria receive only a certificate of participation. Such students will be notified in advance of the end of the season if they have fallen short of these criteria. Parents must be notified of the problem in a timely manner.

High School Awards

These awards will be given as follows:

- First yearLetter and pin
- Second yearPin
- Third yearPin
- Fourth yearPin

A letter and pin will be awarded to a student manager who fulfills their responsibilities for two entire seasons of game only service or one season of game and practice service. All-Conference and All-State athletes will receive special pins.

Team captains will be recognized in each sport. Coaches may award up to three (3) medallions for each varsity sport. Example: Leadership Award, Most Improved Player, and Tenacity.

Letter Jackets

Students are eligible to order letter jackets through the school if they are in the 9th, 10th, 11th, or 12th grade and have completed a season on a varsity team. Letter jacket order forms may be obtained from the Athletic Department. Please allow at least eight weeks for delivery from the date ordered. Jackets ordered for Christmas gifts must be placed by mid-October.

End of Season Programs

A special awards program will be scheduled at the end of the school year.

Championship Banners

Championship banners will be purchased and hung in the gym for State Championship teams. Banners are not purchased for regular season first place.

“Senior Night”

There will be “senior night” celebrations before or during the last home game/match events of each sport.

UNIFORMS AND EQUIPMENT

Game Apparel

Dispersal: Coaches may not distribute game uniforms until all fees and forms have been collected and approval has been given from the athletic department. Uniforms will be dispersed to the students at school before their first game. LWCS athletic uniforms should be worn for games only; NOT FOR PRACTICES OR P.E.! Players are responsible to clean their uniforms.

The goal of the uniform is unity. With that in mind, we expect our athletes to dress in such a way as to promote unity over individuality. Return: Uniforms will normally be cleaned as prescribed by the Athletic Department and returned by the students after the last game of the season.

Care: In washing uniforms at home please adhere to the instructions printed on the uniform. Please repair tears and holes and disconnected stitching as they occur. Game shoes for all sports must be in color combinations of cardinal, and/or white and must be approved by the particular coach prior to purchase.

Game socks for each team must be:

1. Uniform in color, style, and length.
2. If anything other than white socks, or socks that are issued with the uniform are used the socks must be approved by the Athletic Director.

Jewelry is not permitted in any form in game events. Females need to be careful about when you get your ears pierced: you do not want to do this during your sports season because the earrings will have to come out for games! LWCS strongly recommends that male athletes purchase groin protection in sports for which such protection is appropriate. Uniforms should be worn in the most modest fashion possible. A "Rolled up" waistband to make shorts "shorter" is not permitted. Shirts/Jerseys must be tucked. Coaches will inform athletes of personal items that must be purchased.

Jerseys or uniforms that are lost must be replaced at the expense of the user.

Game Day Apparel

LWCS tradition is for all male athletes to wear ties and female athletes to wear dresses to school on game days. This is, however, up to the discretion of the coach.

TRANSPORTATION

Drivers

Competent adult drivers in safe vehicles with proper restraint provisions will transport all students. Coaches are legally responsible to make sure every student has a buckled seatbelt. The Athletic Director, not the coaches, will establish the time that students will be released from class for participation in games held on school days. For all games where school transportation is necessary, the Athletic Director will inform coaches of dates when they are responsible for

recruiting qualified parent drivers. All parent volunteer drivers must complete and have all official school forms for drivers on record in the Athletic Director's office.

All parents will be required to sign a permission form allowing their student to be transported by a parent.

GENERAL INFORMATION

Physicals

An annual physical before playing sports is required. LWCS will attempt to provide these at the beginning of every school year free of charge. If the school is unable to secure a physician for physicals, it will become the responsibility of the parents to obtain them.

Insurance

LWCS does not make student insurance available. LWCS RECOMMENDS THAT EACH FAMILY CHECK WITH THEIR INSURANCE PROVIDER FOR ADEQUATE COVERAGE IN THE EVENT OF INJURY, ESPECIALLY FOR COLLISION SPORTS. MOST INSURANCE COMPANIES PROVIDE SUPPLEMENTAL COVERAGE FOR ATHLETICS.

Athletic Department Communication

In general, all questions pertaining to practice and game scheduling (times, locations, departures, returns, etc.) should be directed to the TEAM COACH and not to the Athletic Director or assistant athletic director. Daily games and last minute changes are posted on RenWeb.

All athletic schedules will be available on RenWeb. Schedules are available in calendar or individual team format.

Missed Academic Time for Athletics

The LWCS school policy for pre-arranged absence applies to athletics. Athletes are to discuss early dismissals in advance with teachers and are to complete and turn in those assignments before they miss the class.

Mangers

Players who have been "cut" are a good resource for team managers and scorekeepers, statisticians, ball boys, and so on. Coaches may offer the opportunity for students to continue to practice with the team as an added incentive for participating as a manager. Additionally, managers may attend away games with the team and enter at no charge. The Athletic Director will be responsible for acquiring needed managers, scorebook keepers, clock operators, ball boys, referees, etc.

Supervision at Athletic Events

CHILDREN ARE TO BE SUPERVISED AT ALL TIMES AT ATHLETIC EVENTS.
PARENTS ARE RESPONSIBLE FOR THE SUPERVISION OF THEIR CHILDREN.

CODE OF CONDUCT

Biblical Basis for Conduct

We believe that it is in keeping with God's word to compete with the desire to excel, including winning: "Whatever you do, do it with all of your might, as if done for the Lord...it is Jesus Christ you are serving in everything." (Colossians 3:23-24) We also believe that competing with this desire is only a part of a greater purpose, defined in Romans 8:29, "For from the beginning God decided that those who come to Him should become like His son." Our greater purpose in our athletic program is moving our athletes toward Christ-likeness, and shining the light of Jesus to all who witness this process. We do this by demonstrating the fruit of those who have His Spirit within them. "When the Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control." (Galatians 5:22) Here are some behaviors we will expect from all LWCS families at our athletic events:

1. Be mindful of our witness to unbelievers. Colossians 4:5-6 reminds us to "conduct yourselves wisely toward outsiders, making the most of your time. Let your speech always be gracious, as if seasoned by salt." Our words should witness to the world that we are His, as a star lights the darkness. "Do everything without complaining or arguing, so that no one can speak a word of blame against you. You are to live clean, innocent lives as children of God in a dark world, shining like stars in the darkness as you hold out the Word of Life." (Philippians 2:14-16)
2. Be mindful of our witness to our children. Our behavior gives our children an implied permission to behave the same way. It is clear how we should behave toward one another. "Let no unwholesome word proceed from your mouth, but only such a word as is good for edification...that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. And be kind to one another, tenderhearted, forgiving each other, just as God in Christ also has forgiven you." (Ephesians 4:29-32)
3. Think about how we should treat one another in light of this warning: "Things that cause people to sin are bound to come, but woe to that person through whom they come. It would be better for him to be thrown into the sea with a millstone tied around his neck than for him to cause one of these little ones to sin. So watch yourselves." (Luke 17:1-3)
4. Scripture speaks several times about the importance of not causing someone else to sin or to stumble (I Corinthians 10:28-32; Romans 14:13). But the words of Jesus in Luke 17

give pause to those of us who work with children. Those of us who are parents, teachers, or coaches are daily influencing minds, bodies, and souls. Our attitudes and the way we choose to treat people are contagious. Let us take seriously the words of Jesus, and let us take seriously our duty to “watch ourselves”; our attitudes, words, and actions at sporting events either demonstrate the spirit of Christ or they do not. There is no in-between.

Parents and Fans

Our fans are a vital part of the success of LWCS athletics and we encourage vigorous positive participation by our fans. LWCS fans are also ambassadors of Christ and of our school and should cheer our teams in an appropriate manner. Our cheering should build up and encourage (Ephesians 4:29). Our emphasis on sportsmanship and character among our student athletes and student body begins with the example set by our parents. Derogatory cheers, comments, “booing”, taunting, or disputing directed at any participate (players, coaches, officials, and fellow fans) will not be tolerated and will be considered grounds for removal from LWCS sport events. Spectators should NEVER approach an official before, during, or after a sporting event. Never ridicule or shout criticism toward officials and referees. During a game, the team bench is for coaches, players, and officials only. Do not approach the bench area during a game (including halftime).

A parent’s/fan’s inability to conduct themselves in an appropriate manner while at a LWCS athletic event could jeopardize their future attendance at LWCS events. Conducting ourselves in this manner should be done for one reason above all; we are not our own. Our old self has been crucified with Christ (Galatians 2:20), and we now have our minds set on higher things (Colossians 3:2). “Don’t copy the behavior and customs of this world, but be new and different people with a fresh newness to your thinking. Then, you will learn from your own experience how His ways will really satisfy.” (Romans 12:2)

Athlete Etiquette Expectations

Before the game, be sure you are appropriately dressed and outfitted: shirttails tucked in, (note: undershirts that “show” must be a solid color without printing and match the color of the jersey top) jewelry and metal hairpins out, and so on. Pre-Game warm-up time is no time for horseplay. Do your drills with a serious attitude to prepare your mind and body for competition. There should be no socializing with fans or family during warm-up time, half time, or any time until the game is over and post game activities are complete.

During the game:

1. Player Introductions

Some schools will introduce players through a loudspeaker. Often this will be “starters” only. Coaches will instruct athletes in the protocol for each specific sport, but in general, you will line up on the sideline “at attention” and run to the middle of the court or field when called, then line up there until everyone arrives. Your team will usually huddle at midfield/court for a team chant, and then return to the bench. We ask coaches to not

allow self-promoting actions such as chest thumping or any action that may lack the appearance of genuine humility. This is a great opportunity to shake hands with players from the other team and/or with officials.

2. Pre-game Prayer

If a prayer is offered, line up at attention with head bowed on the sideline or at mid-court and be in prayer along with the one who leads.

3. National Anthem

Some schools may play or sing our national anthem. We will line up on the sideline at attention with our eyes toward the flag and respectfully listen or sing along.

4. Just before the game begins

In some sports or at some schools, you may have had opportunity to shake hands with players from the other team before or during pre-game warm ups. If not, this is the time for that. Run around the court or field from player to player, coaches to coach and officials and with a firm handshake offer a sincere “Good Game”.

5. During the game

Players do not talk to friends or family in the stands or if they come from the stands to talk to you. Keep your mind and attention on the game. Stand and greet teammates (who are exiting the game) with applause and encouragement. Stand and cheer good effort and good plays by your teammates. Bench enthusiasm is required. Sulking or pouting on the bench is forbidden. During timeouts, all players must gather around the coach giving full attention to the coach. No players speak during timeouts unless asked to do so by the coach or raising the hand to be recognized by the coach.

Players never argue with or complain to or about game officials. Players may never speak unkind or derogatory comments toward opposing players. Christ-like demeanor and conversation is always our standard. If an injury occurs to a teammate or opponent, LWCS athletes will be expected to respectfully “take a knee” on the field or court and bow in prayer for the injured athlete while they are treated.

Players shall not respond to questionable referee decisions with any kind of verbal or body language indicating displeasure, shock, anger or negative emotion. LWCS players instead will quietly accept referee decisions by politely handing the ball to the referee and moving on with a smile.

LWCS athletes who “knock someone down” or collide with someone in competition are expected to extend a hand to “pick them up” and demonstrate a spirit of loving competitiveness.

6. After the game

As quickly as possible, players should line up single file to greet the opposing team with a handshake and congratulations or other encouraging words. Gracious whether we win or lose! Never complaining! Where appropriate for your sport and the time available, many coaches will gather both teams together for a short post-game prayer. Players should then report to the locker room or the designated area for a meeting with their coach before dismissal.

Parent/Coach Communication

PER LWCS BOARD POLICY AND THE LWCS SECONDARY STUDENT PARENT HANDBOOK, IT IS EXPECTED THAT BIBLICAL GUIDELINES (Matthew 18 Principle) BE FOLLOWED FOR THE RESOLUTION OF ALL DISPUTES AND GRIEVANCES CONCERNING ANYASPECT OF LIFE WAY CHRISTIAN SCHOOL. SPECIFICALLY TO ATHLETICS:

1. ALL CONCERNS MUST BE FIRST PRESENTED BY THE PARENT OR STUDENT TO THE COACH. IN ALL CASES, A RESPECTFUL DEMEANOR IS REQUIRED AT ALL TIMES.
2. IF THE PROBLEM IS NOT RESOLVED, THE PARENT OR STUDENT MAY BRING THE CONCERNS TO THE ATHLETIC DIRECTOR. IF THE STUDENT BRINGS THE CONCERN, PERMISSION FROM THEIR PARENTS IS REQUIRED.
3. If the problem is still not resolved, the parents may appeal to the Administrator.
4. If there is still no resolution, a request in writing for a resolution must be presented to the Life Way Christian School Board through the Administrator's office. Please be assured that our coaches want parental feedback and are expected to be grateful when you bring your concerns to them in a humble respectful manner, seeking as much to understand as to be understood.

Sportsmanship

Coaches, directors, and players are representing the name of Christ during all public events. Therefore, compliance with the following guidelines will be expected from all participants.

1. Comments by coaches, directors, participants, and spectators should be only uplifting, positive, encouraging statements. See Ephesians 4:29-32 for specific guidelines for speech.
2. Verbal abuse and/or unChrist-like language or tones of speech toward athletes, spectators, or referees is forbidden. The activities director will determine whether or not such abuse has occurred. Generally, Ephesians 4:29-32 and Galatians 5:22- shall be the standard.
3. Actions of coaches, directors, and athletes should set a positive, encouraging example of Christian conversation and behavior for spectators.

4. Coaches should demonstrate Christ-like decision making when coaching a game where there is large lead by considering how the margin of victory will reflect on himself and Life Way Christian School, and how a large margin of defeat might impact the players, fans, and coaches of the opposing team. Coaches will be expected to take all measures available to avoid the humiliation of lop-sided scores, including but not limited to removing starters, playing players out of position, limiting who can score, even playing with fewer than the number of allowed competitors (if done discreetly). (Basketball teams should not play full court defense with a lead of 20 or more points and 6 minutes or less left to play)
5. Conduct judged to be improper by the coach, administrator, or activities director might result in immediate withdrawal from the activity, as well as further disciplinary action. All sportsmanship-related technical fouls, yellow cards, penalties, ejections, etc. will result in a game suspension for a first offense. Additional offenses will continue to result in game suspensions and possible removal from participation. Coaches must report to the athletic director ALL occasions where they or a team member receive an official rebuke for sportsmanship violations (technicals, yellow cards, ejections, etc.). Coaches and team members will also be subject to suspension or removal for inappropriate behavior even if an "official" rebuke is not given.
6. Coaches, fans, and athletes should be mindful of Phil. 2:14-16: "Do everything without complaining or arguing, so that you may be blameless and pure children of God, without fault in a crooked and depraved generation, in which you shine like stars in the universe as you hold out the word of life." Be careful of the example we set for our athletes and fans. Coaches must limit verbal disagreements with officials to matters of rule interpretation and rarely (if ever) argue judgment calls. Arguing with and/or complaining to officials/referees will be considered improper conduct subject to disciplinary action.
7. In summary, we expect all LWCS participants (coaches, fans, and athletes) to ask themselves: "Who is this about? Is this game about me-my needs, desires, or passions- or about serving the Lord? Who am I playing for? Who am I cheering for? Who am I living for? What am I demonstrating by my words and actions?" The preeminent goal of the athletics program at LWCS is to train young ladies and gentlemen to put their talents to work skillfully and graciously in order to extol and enjoy the excellencies of the Creator. In light of that fact, gracious and respectful behavior will be expected at all times toward coaches, players, officials and fans.



FORMS

LIFE WAY CHRISTIAN SCHOOL AUTHORIZATION TO TREAT A MINOR FORM

I (We), the undersigned parent, parents or legal guardian of _____ (Minor's Name) authorize any hospital or clinic or licensed physician to treat my/our child, provide any x-ray examination, anesthetic, medical or surgical diagnosis rendered under the general or special supervision of any member of the medical staff of the hospital/clinic or office of a physician who are licensed to practice in the State of Arkansas. It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power to render care when effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that treatment will not be withheld if the undersigned cannot be reached.

Signature of Coach/Witness

Signature of Parent/Legal Guardian

Date

Phone

Date

Phone

List any restrictions to your authorization to treat: _____

Date minor received last tetanus/diphtheria booster _____

List any allergies to drug(s) or food(s) minor may have: _____

Any special medication(s) or other pertinent information on minor: _____

This consent shall remain effective until the end of the minor's participation in: _____ or until: _____

Expiration date

I give my consent for my child's coach to administer the following over-the-counter medications: _____



ATHLETIC MEDICAL AND TRAVEL WAIVER

WARNING, AGREEMENT TO OBEY INSTRUCTIONS, RELEASE, ASSUMPTION OF RISK, AND AGREEMENT TO HOLD HARMLESS

Both the applicant student and a parent or guardian must read carefully and sign below.

SPORT/ACTIVITY: (Student must circle all sports he or she will participate in.)

- Baseball** **Cross Country** **Soccer** **Basketball** **Volleyball** **Cheerleading**
- Track** **Golf** **Shooting**

STUDENT

I am aware that playing or practicing to play/participate in any sport can be dangerous in nature involving MANY RISKS OF INJURY. I understand that the dangers and risks of death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, serious injury to virtually all internal organs, and serious injury or impairment to other aspects of my body, general health and well being. I understand that the dangers and risks of playing or practicing to play/participate in the above sport may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life. Because of the dangers of participating in the above sports, I recognize the importance of following the coaches' instructions regarding playing techniques, training and other team rules, etc. and to agree to obey such instructions. In consideration of Life Way Christian School permitting me to try out for the teams circled and to engage in all activities related to the team, including, but not limited to, trying out, practicing or playing/participating in that sport. I hereby assume all the risks associated with participation and agree to hold Life Way Christian School, it's employees, and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any activities related to Life Way Christian School (indicate sport(s)/activity) _____ team/teams. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

Date _____, 20_____

Signature of Student _____



PARENT

In consideration of Life Way Christian School permitting my son/daughter to try out for the _____ team, and to engage in all activities related to the team, including, but not limited to, (Indicate Team/Squad) trying out, practicing or playing/participating in that sport, I hereby assume all the risks of my son/daughter associated with participation and agree to hold Life Way Christian School, it's employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by; or in connection with his/her participation in any activities related to Life Way Christian School _____ team/squad. The terms hereof shall serve as a release and assumption of risk for my son's/daughter's heirs, estate, executor, administrator, assignees, and for all members of his/her family.

Date _____, 20_____

SIGNATURE OF PARENT OR GUARDIAN