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LCA Athletic Handbook Form

1. All decisions concerning an athlete’s or manager’s eligibility to participate in the athletic program will be made by the school administration subject to Virginia State rules.
2. All Athletes and managers are to abide by all school rules for student conduct, they are to conduct themselves at all times in a manner that brings credit to themselves as athletes and as representative of LCA while participating in or traveling to and from athletic events.
3. Rules become effective the first day of tryouts/practice.
4. The athlete must report athletic injuries to the coach or athletic trainer immediately upon occurrence. Failure to report injuries will result in the athlete’s parents assuming responsibility.
5. Athletes and managers must travel to and from contest with their team unless prior approval is given by the coach or school administrator.
6. Each school is responsible for establishing team rule regarding practice schedules and excused and unexcused absences from practice. Students are expected to abide by the rules established for each team.
7. Any athlete or manage who is participating in the athletic program and who becomes involved in situation which is detrimental to the team and/or school can expect disciplinary action. Action will be in accordance with school for behavior for student; deemed appropriate by the coach and local school administration and school board.
8. In order to participate in an athletic activity or practice on any given day, an athlete or manager must report to school by 10:00 am and must remain in school the entire day or until 1:00 pm. Exceptions may be made for doctor or dental appointments, or reason excused by the principal. (Doctor/Dental note is required for this exception)
9. Any athlete or manager serving suspension or in-school restriction for violation of school rules will be ineligible to practice or play in a scheduled event on the day or days he/she is serving the punishment.
10. Any athlete or manager who uses or possess tobacco, drugs, or alcohol or involved in immoral behavior during sports season, will be dismissed from the team.
11. Any athlete or manager may resign from a team any time before the first game, match or meet without sacrificing his or her eligibility for any other sport during the season.
12. When an athlete or manger resigns or is dismissed from a team after the first game, match or meet, he or she will be ineligible to participate in the school athletic program until the team from which he or she resigned or was dismissed has concluded all activities for the season.
13. Any athlete who is ejected from a game by an official during the regular season will automatically be suspended for at least one subsequent game. The coach and administration may take additional disciplinary measures in accordance with school rules. A second violation in the same sport shall carry a minimum two contest suspension.
14. An athlete may not participate in more than one sport per season.
15. An athlete must maintain an overall “C” average with no “F’s”.

Athletes, managers, and parents must sign and return this form to the coach. (See attachments, Coaches training Rules)

I have read, understand and agree to abide by LCA rules and regulations for students participating in middle and high school athletic activities. **ALL RULES BECOME EFFECTIVE THE FIRST DAY OF TRYOUTS/PRACTICE.**

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**Athlete’s Signature Date Signed**

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**Manager’s/Coach Signature Date Signed**

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**Parent Signature Date Signed**