LCA

STUDENT ATHLETIC HANDBOOK

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**STUDENT ATHLETIC HANDBOOK**

1. **INTRODUCTIONS**
2. **To the Parents**

This publication is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him or her to participate. By supporting policies that govern school competition for the school and the conduct and training for school athletes. Parents, team members and coaches can maintain a sports program with positive opportunities and experiences which foster the personal growth of all team members.

We in the athletic department believe that a properly managed sports program helps meet students’ need for self-expression, mental alertness, and physical growth. Our obligation is to maintain a sound program to further students’ emotional and physical maturity. The staff is committed to provide adequate equipment and facilities, well-trained coaches and fair contests with skilled officials.

Students who enlist in one of our sports programs make choices and commitments to certain responsibilities: self-discipline, self-denial and prescribed training habit. To remain on the squad, all students are expected to comply with the rules of training and conduct, to discipline their minds and bodies for rigorous competition and to recognize the rights of other team members.

Through communicating to you and team members the specific policies necessary for a well-organized sports program, the members of the athletic department ask you to join in a community of support for a sports program. This program is characterized by the willingness of all participants to compromise their mediocrity and distinguish themselves to achieve excellence.

**PHILOSPHY OF MIDDLE SCHOOL AND JUNIOR VARSITY ATHLETICS**

Middle school and junior varsity athletics provide a healthy and desirable attitude towards athletic participation. They present an environment in which students can begin to learn all of the positive elements that can be gained by participation in sports.

Middle school and junior varsity athletics provides the opportunity for students to prepare for participation on varsity teams. Such items as learning and refining skills, sportsmanship, strategy, teamwork, competition, conditioning and maturity are necessary for athletes to advance to higher levels of competition.

Maximum participation by students is highly desirable. This participation is to be encouraged in both practice and in competition with other schools. Coaches are strongly encouraged to give each student the opportunity to participate in as many games as practical.

**PHILOSOPHY OF VARSITY ATHLETICS**

The varsity athletic program at LCA encourages each team and school to represent itself at the highest possible standard at every level of competition.

The varsity athletic program is intended to provide those students possessing a high degree of skill and talent in sports the opportunity to perform in the sport of their choice.

The varsity athletic program is seen as not only a program benefiting a specific group of athletes, but as a program, which also provides an opportunity for all students to enjoy athletics as spectators as well as participants. It is through the athletic program that much of a school’s spirit is generated.

1. **To the Athlete**

Being a member of LCA athletic team is the fulfillment of a goal. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight it takes hard work of many people over many years. As a member of an interscholastic squad of your high school you have inherited a wonderful tradition: at tradition to win with honor. You are challenged to uphold this tradition and to bring honor tour athletes, our school and our community.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of your school, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them**.**

1. **RESPONSIBILITES TO YOURSELF:** These important responsibilities are to broaden yourself and to develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your academic studies and your participation in other extracurricular activities, as well as in sports, prepare you for your life as an adult.
2. RESPONSIBILITES TO YOUR SCHOOL: Another responsibility you assume as a team member is to maintain the reputation of your school. Your high school cannot maintain its position as having an outstanding unless you represent it well. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on the athletic squad. The student body and citizens of the community know you. You are on stage: the spotlight is on you. The student body, the immediate community and outlying communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role you can contribute greatly to positive school spirit and community pride. Make LCA proud of you and your community and proud of your school by representing them through a positive performance and high character.

1. RESPONSIBILITIES TO OTHERS: When you have met all the training rules, have practiced to the best of your ability every day, and have played the game “all out” you have your self-respect, and your family can be justly proud of you.

The younger students in LCA system are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

1. Responsibility to the Lord, is only accepted by recognizing His continual presence with each athlete individually.
2. **ATHLETIC PHILOSOPHY**
3. **Statement of Philosophy**

The Legacy Christian Academy (L.C.A) Athletic Program provides a variety of experiences to aid the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

1. **Athletic Goal and Objectives**

OUR GOAL - The student athlete shall become a more effective citizen in a democratic society and serve the Lord.

**OUR SPECIFIC OBJECTIVES – The student athlete shall learn:**

1. To work with others – In a democratic society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
2. To be successful – Society is very competitive. Learning to accept defeat comes by striving to win with earnest dedication and developing a desire to excel.
3. To develop sportsmanship – By accepting defeat with grace and dignity a person learns to treat others as he/she would like to be treated. Though participation in athletics, a student may develop desirable social traits; including emotional control, honesty, cooperation and dependability.
4. To improve – Setting a coal and working to achieve it is characteristic of good citizens. An athlete established personal goals to enhance skills and works to meet them.
5. To enjoy athletics – Athletics must enjoy participation, acknowledge all of the personal rewards to be derived from athletics, and give sufficiently of themselves to preserve and improve the school’s sports program. Good citizens appreciate the pleasures of their society and nation.
6. To develop – desirable personal health habits: To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits and to develop the desire to maintain this level of physical fitness after formal competition has been completed. Fit individuals are better able to contribute to society.
7. **GOVERNANCES**
8. **The School Board**

The School Board is responsible for interpreting the needs of the school and developing policies in accordance with state statutes and mandates and in accordance with the education needs of the LCA student.

1. **LCA Athletics**

The primary role of LCA is to maintain rules and regulations that ensure equity in competition for the student athletes and a balance with other educational programs.

List of Leagues and Associations: NACA (National Association of Christian Athletes) and CCA (Christian Cheerleading Association)

1. **REQUIREMENTS FOR PARTICIPATION**
2. **Physical Examination**

A yearly physical examination is required. The physical must be completed by the physician and submitted to the coach prior to participation. The physical covers all sports for the entire year provided the examination occurred after May 1 of the preceding season. The form will be kept on file in the athletic office.

1. **Emergency Medical Authorization**

Each athlete’s parents shall complete an Emergency Medical Authorization Card giving permission for treatment by a physician or hospital when the parents are not available. The card will be available at all practices and contests.

1. **Parental Acknowledgement of Athletic and Training Rules**

At the time a student has been selected for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics.

Each parent or guardian shall read all the enclosed material and certify that they understand the athletic eligibility rules and policies for the school district. This signed document will be filed in the athletic director’s office. Refusal to sign the training rules will result in student’s ineligibility to participate. See appendix for a copy of this form.

1. **Insurance**

The school district does not carry insurance to cover student athletic injuries, Parents sign an acknowledgment card stating they have purchased school insurance or possess a family insurance plan.

1. **Scholastic Eligibility of Athletes**

In order for a student to participate on an LCA athletic team each athlete must

have satisfied all of the scholastic eligibility requirements prior to participation.

These regulations state that all athletes:

1. Cannot receive money or awards for playing.
2. Cannot sign a contract to play professional sports while they still maintain high school eligibility.
3. Cannot be 19 on or before August 1st of the current year.
4. Must pass five courses the previous semester and be currently taking five courses.
5. Must not have more than a total of eight consecutive semesters of eligibility after he/she enters the 9th grade for the first time.
6. Each Student athlete must maintain a 2.0 average in his Core Subjects and dual enrollment subjects. If a student has an “F’ average in any of these subjects he/she will NOT be eligible to play until the “F” is brought up to a passing grade.
7. Must abide by the school training rules.
8. Must attend school the day of the game and must be in school by 10:00 am unless he/she has an administrative excuse or doctor’s appointment and provides the school with a doctor’s note.
9. Eighth grade students who become 14 years of age by September 1 are eligible for Freshman athletics at the high school they would attend.
10. **Risk of Participation**

All athletes and parents must realize the risk of serious injury, which may be a result from athletic participation. LCA will use the following safeguards to make every effort to eliminate injury:

1. There should be a parent/athlete meeting prior to the first contest of the season to explain fully the athletic policies and to advise, caution, and warn parents/athletes of the potential for injury
2. A continuing education program for coaches to learn the most up-to-date safety techniques and skills to be taught in their sport.
3. **Financial Obligations and Equipment**
4. Uniforms- In general, uniforms are provided to all athletes. However, in some cases the athletes must purchase certain items. Such items become the personal property of the student.
5. Equipment- All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practice. Students must pay for all equipment not returned in good condition at the end of the season.
6. **ATHLETIC CODES OF CONDUCT**
7. **Conduct of Athletes**

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of athletic department. The community, school, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration.

All athletes shall abide by a code of ethics, which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, immorality, or violations of law, tarnish the reputation of everyone associated with the athletic programs and will not be tolerated.

1. **Individual Coaches’ Rules**

Coaches may establish additional rules and regulations with the approval of the athletic director for their respective sports. These rules pertaining to a particular sport must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violation of the team rules will also be in writing and shall be administered by the coach. Copies of all additional team rules by coaches are on file in the athletic director’s office.

1. **Appeal Procedure**

The initial notice of disciplinary action is given to the student and the parent in writing by the coach initiating the action.

1. **Disciplinary Report During the Sport Season**

Parents are required to pursue issues involving athletics within the appropriate administrative channels. The first point of contact should the coach, followed, if necessary, by the athletic director.

The head coach, in each sport, must keep a notebook of disciplinary actions taken on each athlete during the course of the season. The purpose of this notebook is to provide the athletic director with times, dates and the nature of the problems. This data can be used as supporting documentation should it become necessary to recommend an athlete’s suspension or dismissal.

* 1. Anytime during the course of a sports season when a coach must discipline an athlete, he/she must make telephone contact with the parent and notify the athletic director. If telephone contact cannot be made, a letter must be sent to the parent with a copy to the athletic director.
  2. In the event that it becomes necessary to dismiss an athlete from a team the following procedures are to be followed:
     1. The coach will communicate with the athletic director to give the reason for recommending the athlete’s dismissal from the team.
     2. The athletic director will then inform the athlete, explain the charges, and hear the athlete’s response to the charges.
     3. The athletic director will make contact with the parent.
     4. The athletic director will then make a decision. If the athlete is to be dismissed, the student and the parents of the athlete will be notified in writing.
  3. The parent(s) guardian or the student athlete, if 18 years old, may ask for a review of the decision of the athletic department to the principal within three working days. The request for review will require the following.
     1. The written request must be presented to the principal within three working days of the initial ruling.
     2. The principal shall render a decision in writing within five days, to the student and his/her parents or guardian.

In the event that the athletic director is unavailable, and circumstances warrant prompt action on a recommendation for dismissal of athlete, the principal or his/her designee may act in place of the athletic director. In such an instance any review shall be conducted by the Director of Secondary Education.

1. **BASIC ATHLETIC DEPARTMENT POLICIES**
2. **Participation**

An athlete may participate in only school sponsored sport per season.

1. **Equipment**

School equipment checked out by the student/athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the athlete’s financial obligation.

1. **Missing Practice**

An athlete should always consult his/her coach before missing practice. Missing a practice or a game without prior approval of the coach or athletic director will result in disciplinary action.

1. **Travel**

At no time will athletes be transported to or from athletic events in private cars unless prior arrangements have been made. Athletes may ride home from events with their parents/guardians. The parent/guardian must tell the coach or sponsor in person when they are leaving.

If at all possible one coach should in the front of the bus and one in the rear to the bus during the trip.

The bus driver has the authority to maintain proper discipline while on the bus. Additionally, the bus driver makes the final decision in route of travel and is responsible for assuring all transportation procedures are followed.

* + - 1. Athletes will remain with their squad and under the supervision of the coach when attending away contests.
      2. Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
      3. All regular school bus rules will be followed.
      4. Dress must be appropriate. Reference Attachment #2

1. **College Recruitment Policy**
2. Selecting a college and making career plans are two of the most important decisions to be made by high school student-athletes and their parents. The student-athlete and his/her parents must initiate the efforts, assert themselves, and work primarily on their own behalf.
3. In the event an athlete should be contacted personally by a college recruiter, he/she an obligation to work through his/her coach and the athletic department. The coach should be informed of such a contact as soon as possible. College recruitment information is available in the athletic office. NCAA standards are available in the athletic director’s office.
4. Since 1994-95, students must go through the NCAA Clearing house. Applications for this process are located in the main office.
5. **Conflicts in Extracurricular Activities**

The athletic department recognizes that each student should have the opportunity for a broad range of experience in the area of extracurricular activities, and to his end, will attempt to schedule events in a manner to minimize conflicts.

An individual student who attempts to participate in several extracurricular activities will undoubtedly, be in a position of a conflict of obligations.

Students have the responsibility to reduce the likelihood of frequent conflicts by being cautious about joining too many organizations. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from the activity.

When a conflict arises, the sponsors/coaches will attempt to work out a solution. If a solution cannot be found the principal will make the decision based on the following considerations:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. When each event was scheduled.
5. Talk with parents.

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by either the faculty sponsor/coach.

1. **Attendance**
2. Each school is responsibility for establishing team rules regarding practice schedules and excused and unexcused absences from practice. Students are expected to abide by the rules established for each team.
3. In order to participate in an athletic activity or practice on any given day an athlete or manager must report to school by 8:15 am and must remain in school that entire day. Exceptions may be made for doctor or dental appointment, or reasons excused by the principal.
4. **Release Class**

Athletes must see their teacher the day before the classes they will miss because of an athletic contest. All work shall be made up at the convenience of the teacher. In general, the work will be due the next day the student is present.

1. **Grooming and Dress Policy**

A member of an athletic team is expected to be well groomed. Appearance, expression and actions always influence people’s opinion of athletes, the team and the school. Once a member of a squad, the athlete has made a choice to uphold certain standards expected of athletes in this community. See attachment 2.

1. **Vacations Policy**

Vacations by athletic team member during a sport season are discouraged. Parents/athletes wishing to take a vacation during the season should consult the athletic director and coach.

1. **Squad Selection**

In accordance with our philosophy of athletics and our desire to see many students as possible participate in the athletic program, coaches are encouraged to keep as many students as possible. Time, space, facilities, equipment personal preference and other factors place imitations on the most effective squad size for any particular sport.

The following policy will be used as a guideline for bringing up J.V. players to dress for post-season varsity tournaments and will be followed by all varsity coaches.

In the case of injury or ineligibility to one or more varsity players when the only substitute that has the necessary skills to play the position is a J.V. player, the coach may promote him/her to the varsity team. The number of players that will be moved up will be commensurate with the number of ineligible or injured varsity players.

1. **Cutting Policies**

Choosing the members of athletic squads is the sole responsibility of the coaches of those squads.

Prior to trying out, the coach shall provide the following information to all candidates for the team: Date of try-out period, criteria used to select the team, practice commitment for the team members, and game commitments. When a squad cut becomes necessary, selected candidates will have competed in a minimum of three practice sessions and performed in at least one intra-squad practice. All students trying out for the team will be informed by a letter or in person if he/she did or did not make the squad. No list will be posted. Coaches will discuss alternative possibilities for participation in the sport or other areas in the activities program.

1. **Reporting of Injury**

All injuries, which occur while participating in athletics, should be reported to the athletic trainer/coach. If the injury required medical attention by a doctor or treatment center, an injury report form must be completed. Once a physician treats an athlete, the athlete must obtain the doctor’s permission to return to the activity.

1. **Locker Room Regulations**
2. Roughhousing and throwing towels or other objects are not allowed in the locker room. Hazing of other players is not allowed.
3. All Showers must be turned off. The last person to leave the shower room is expected to check all showers.
4. No one except coaches and assigned players are allowed in the locker room.
5. No glass containers are permitted in the locker room.
6. All spiked or cleated shoes must be put on and taken off outside of the gym and room. No metal or hard plastic cleats or spikes are allowed in any other part of the school building.
7. **ATHLETIC AWARDS POLICY**

Requirements for earning a letter have been established. Athletes are to be informed of these requirements prior to the season. These requirements will add more meaning and significance to earning a letter and prevent many problems that arise after the awards program.

Special athletic awards shall be given to those teams who win their district championship, regional championship, and/or a state championship. The coach and the athletic director will determine the type of award.

1. **Varsity Letter Requirements**

The varsity award shall be presented to an athlete who satisfies the participation requirements, completes all team obligations and receives the recommendation of the coach.

1. **Lettering Criteria That Pertain to All Sports**
2. An athlete whom moved from one level of competition to another will letter at the level of the highest competition, proved the athlete have met combined requirements.
3. A coach will have the prerogative to award a letter to a senior who has not met the seasonal requirements.
4. Any athlete who was a started or played regularly and was thereafter injured may be awarded a letter if in the coach’s judgment, he/she would have met the lettering requirements.
5. In a sport where state tournament play is sponsored, athletes may letter if they have become a starter; play 75% of the quarters, innings matches or score team points in individual competition in tournament play, regardless of other lettering criteria.
6. The athlete must complete the season in good standing with the school and coach.
7. **REQUIREMENTS FOR PARTICIPATION**

**These forms can be found at** [**www.legacychristian-academy.com**](http://www.legacychristian-academy.com) **under “Info”.**

1. Physical Examination

A yearly physical examination is required. The physical forms must be completed by the physician and submitted to the coach or athletic department prior to participation. They physical covers all sports for the entire school year provided the examination occurred after May 1 of preceding season. The form will be kept on file in the athletic office.

1. All Athletes must sign and return form – Read the Athletic Handbook.
2. All Athletes must sign the Student Athletic Handbook Guidelines for Grooming and Hygiene.
3. Cheerleader athletes must sign the Cheer Team Rules/Guidelines form.
4. Baseball athletes must sign the Baseball Team Rules/Guidelines form.
5. LCA Athletic Participation Form - Every athlete is required to fill out the LCA participation form yearly.

Attendance Eligibility

Rationale:

Student attendance is a significant factor in the successful completion of course requirements. While student growth is greatly enhanced through participation in extracurricular activities, student performance and achievement in the classroom are of primary concern.

Regulations:

       Attendance:

Please be sure you read the LCA attendance policy in the Parent/Student handbook for the current year to familiarize yourself with the attendance regulations for our school.

* Students must have a sports physical on file in the school office prior to participation including tryouts and practices.
* In cases where tryouts are held, students must demonstrate to the coach’s satisfaction a certain level of skill, hustle, attitude, respect, and cooperation.  Decisions of the coaches are final.
* Students must abide by the specific team rules of each individual coach, the player contract, and the Student Handbook.
* The commitment to play on a team includes the commitment to attend all practices and play in all games, including those few that may be held on Saturdays or during a holiday break.
* A student may not participate or practice in an extracurricular activity unless the student was in school for a full day (8:15-3:15) on the day of the activity.
* Students are expected to be in school for a full day (8:15-3:15) on the next school day following the extracurricular activity.  If a student does not attend, he forfeits his opportunity to participate in the next game.
* Students who participate on sports teams outside of LCA are expected to meet the same guidelines as our athletes.  That means that they must be present a full day of school (until the approved dismissal time) on the day of a game, and they must be present for a full day on the day after a game.  For example:  If a student has a weekend game, they are expected to be in school on Monday 8:15-3:15.  If players on teams outside of LCA are not here the full day, it will be counted as unexcused, and they will be in jeopardy of not being given permission to go to the tournament the next time.    LCA is an educational institution.  We realize that extra-curricular activities are important.  However, they are “extra-curricular”.  That means that being in school as much as possible is a high priority and a greater priority then the “extra”.
* Exceptions to these attendance requirements for an excused reason (doctor’s appointment with a doctor’s note) will be determined by the principal.  A student is expected to be in school for at least four full class periods to participate that day.  Rare exceptions may be granted by the principal.
* Students will participate in all normal school activities during the day of a game.  A student not participating in physical education cannot participate in practice or a game that day.
* Any student serving a detention is ineligible to participate in all athletic events that day.   Any student who serves a suspension will miss the next 2 games regardless of the day they serve the suspension.
* If an athlete is aware that they will miss a game for academic reasons, please notify the coach at least 24 hours in advance, if possible.

       Quitting:

* One’s character is not built by quitting.
* A student may drop off the team anytime within the first three practices.  Once a person has decided to become a team player, he/she should not even consider the word “quit.”
* Parents who insist on allowing their student to quit the team without administrative consent automatically make their student ineligible to participate in his/her next chosen sport.  Permission to play again will be granted by school authorities.
* Sports fees will not be refunded to parents of players who quit or stop playing for any reason after the first 4 weeks of practice.

       Practices/Games:

* Players must be at every practice unless they are excused for one of the following reasons:  doctor/dental appointment, personal sickness, bereavement, preapproved by the coach.
* If an individual misses practice for an unexcused absence, the coach will use his/her own judgment and discretion regarding playing time (if any) in the next game.
* Missing practice due to serving a detention is regarded as an unexcused absence.
* All players must be on time for practice unless preapproved by the coach to receive academic help.
* Any student with two detentions in a single calendar month may be suspended from the next game.
* A player who serves a one-day school suspension may be suspended from the next two games.  A two-day school suspension will mean a loss of four games.  A three-day suspension means loss of all extracurricular activities.  The player will not be allowed to practice during the duration of games missed.

Conduct Eligibility

Rationale:

Participation in extracurricular activities provides students with beneficial opportunities for personal growth and achievement. Those students involved in extracurricular activities comprise much of the visible student leadership in a school.  Their visibility projects an image of the school to the community.  Participants serve as an example to younger students.

Participation in extracurricular activities, public performances, or holding student leadership positions is regarded as a privilege. Students chosen for participation are subject to reasonable rules of conduct and training.

Any student who has been declared conduct ineligible by the administration and participates in a contest/activity will be suspended for the length of time determined by the administration and Athletic Director.

* Players who are posting on any social media pictures, language, or comments that are not acceptable to LCA standards will face disciplinary action.  If it continues, they may be asked to leave the team.

Disciplinary Regulations:

* Students who participate in athletics represent LCA in a very visible fashion.  This demands that participants always have and maintain a reasonable Christian testimony, and this includes behavior during an athletic event.  Outbursts of temper, foul language, or any other unsportsman-like conduct will not be tolerated.
* Any student who does not complete the season due to loss of eligibility will forfeit his/her right to any awards he/she would have otherwise earned during that season.
* Violations of the disciplinary regulations, including rules outlined in the Student/Parent Handbook, player contract or behavior which is disruptive and detrimental to the operation of the school or the extracurricular activity by a participant or a spectator will result in disciplinary action commensurate with the seriousness of the offense and may range from a reprimand to permanent exclusion from the activity.
* Additional training rules and/or other regulations may be required by the Athletic Director, Coach, or advisor with final approval by the school administration.
* Students may be removed from leadership roles such as class officers or team captains for misconduct including violation of disciplinary regulations.  These decisions will be made by the administration with the appropriate involvement of the coach or advisor.

Operational Guidelines

Assistant Coaches

All suggested assistant coaches must be cleared by the Athletic Director and the Administrator before they are asked to help.

Captains

Before announcing team captains, the names must be submitted to the Athletic Director and Administrator for approval.

Sports Professionalism

       Players:

* Every player must have a current physical examination on file at LCA before participation in any practices or games.
* Every player must provide evidence of insurance which will cover athletic injuries.
* Emergency phone numbers and medical information must always be present for each player.
* Players will only be eligible for four consecutive years of play upon entering 9th grade.
* Players will only be eligible for three consecutive years of play on middle school teams upon entering 6th grade.
* A student who has reached his 19th birthday on or before September 1 will be ineligible to participate in interscholastic competition unless an exception is granted by the conference.

**Fundraising:**

Any Fundraisers must be submitted to the athletic director. The athletic director will then submit it to the principal for approval. Fundraising information should not be put out until the fundraiser has been approved by both the athletic director and the principal.

**Non-LCA students/parents**

Non-LCA students and parents must be interviewed by the athletic director and principal before they would be allowed to be considered to play. They must also discuss their academic grades.

Non-LCA students will be expected to follow the same rules and guidelines (dress code, conduct, academics, etc.) as the Legacy Handbook and all LCA players.