



2019-2020
Athletics Handbook





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lccs.cc

*"...And don't just do the minimum that will get you by. Do your best.
Work from the heart for your real Master, for God..." Col. 3:23 (MSG)*

Program Philosophy

It is our belief that the athletic program is truly an extension of the classroom. Through sports, students are given real life opportunities to develop a good work ethic; manage multiple academic tasks and activities; learn to balance church, school and family life; develop good relationship skills; and most importantly, develop a closer relationship with Christ. The experience of playing in team sports is something that athletes remember forever, and many lifelong lessons are learned in athletics.

It is our goal to provide a high-quality athletic program that gives our student-athletes every opportunity to reach their potential in the sports arena and as individuals. We expect players to work to the limits of their ability and to attain high skill levels, agility, and mental understanding of the game, as well as to maintain godly character in every situation.

Varsity Sports

The goal at this level is to train athletes for maximum performance. Every game is played to win using team strategies. Those athletes who are most skilled, have the best attitude, have committed themselves to attend and be diligent at practices, and are team responsive receive the majority of the playing time.

Middle School Sports

The goal at this level is to play competitively while focusing on the development of individual, game, and team skills. All players who attend and work hard in practice will have an opportunity to play.

Communication

Beth Richardson is the Middle and Upper Schools Principal (brichardson@lccs.cc). Ashley Redcay is the LCCS administrative assistant to the athletic coordinator. If you need to reach her, you may use one of the following methods:

Email: aredcay@lccs.cc

Phone: 717-556-0711 x. 231

Fax: 717-656-4868

Address: 2390 New Holland Pike
Lancaster, PA 17601

Varsity Coaches Directory

Girls Soccer: Joanna Herr

Boys Soccer: Shayne Huber
Girls Basketball: Janelle Dienner
Boys Basketball: Nate Long
Boys Baseball: Ron Brubaker

Youth Programs

At times, students in grades 2-5 have the opportunity to learn the basic skills of a sports through a variety of programs or clinics. These programs will focus on learning the basic fundamentals and rules of the sport.

Summer Camps

From time to time we will offer camps and clinics for students going into grades 2-8 who are interested in sports. There will also be team camps for varsity players. You will receive information regarding these camps during the spring. It is suggested that you sign up early.

Opportunities to Serve

Making the sporting events at Lancaster County Christian School a success takes more than just the hard work of the coaching staff and the Athletic Department. By partnering with us, you can make the athletic program a great experience for everyone who plays on a team or watches an event. Please consider helping out by serving (volunteering) in one of the following ways:

Booster Club

Special Event Team
Concession Stand
Team Dinners
Team Bus Driver

Financial Gifts

In past years, we have been blessed by a number of families and businesses wishing to see our student-athletes train and compete with the best equipment and facilities available in our league. If you or your business would like to support the athletic program in general or in a specific area of the program, please contact the athletic coordinator.

Coaches' Parent/Athlete Meeting

Parents and athletes are expected to attend the yearly athletic meeting held at the beginning of the year. The purpose of this meeting is to give general athletic information, highlight policy changes, answer any questions, give an opportunity to meet coaches, and ensure a mutual understanding of philosophy, conduct, and eligibility expectations of LCCS athletes.

Directions to Contests

Directions are available on the league website:
<http://www.ccaconferencepa.org/>

Sports Physicals

*** No student may participate in practices or games without a completed PIAA physical. ***
Only one physical is required for the 2017-2018 school year. A recertification form must be filled out by the parents of the athlete for each season following the initial physical. The comprehensive physical form and recertification form (section 5 of physical form) are available online at www.piaa.org/resources/forms.

Insurance

Lancaster County Christian School does not carry insurance to cover your child in the event of an injury during an athletic event or practice. All student athletes must have medical insurance coverage in order to participate on LCCS teams.

PIAA Transfer Waiver

Any upper school student who is new to LCCS may need to complete a PIAA transfer waiver in order to be eligible to play on LCCS teams. New students should check with the athletic department to see if this is necessary.

Age Restrictions

Any student who reaches the age of 19 before the start of the school year is ineligible for participation in sports.

Participation Fees

The charging of participation fees is done in an effort to provide quality coaching, facilities, and training equipment necessary to maintain a successful athletic program for the student-athletes at Lancaster County Christian School.

***A participation fee is due before the first practice. The fee for this year is \$100 for high school students and \$75 for middle school students. Athletes will not be allowed to participate until all fees and forms are turned in to the athletic office.

Participation Agreement

When athletes decide to play a sport, they make a commitment to every athlete on the team. It is the responsibility of every member of the team to help the other players get better and to hold each other accountable both on and off the playing field.

Athletes are expected to be at every practice and every contest on the schedule. It is the athlete's responsibility to communicate with the coach in advance of any potential conflicts. It is left to the coaches' discretion for the consequences for unexcused absences. They may apply up to one day for each day missed. Examples of excused absences are illness, college visits, and school activities.

Athletes who violate any of Lancaster County Christian School's policies concerning immoral or illegal behavior (ie. tobacco, alcohol, drugs, weapons, sexual misconduct, etc.) may be immediately suspended from the sport/activity in which they are participating. The school administration makes the decision concerning the student's involvement in the school's extracurricular program. Furthermore, any athlete suspended or found to be in violation of said policies during an "off season" may participate in the ensuing sports season only with the approval of the administrative team.

Academic Policy

Athletes must be passing all classes and have satisfactory effort and attitude marks in order to participate in sports. Grades are checked weekly. If an athlete is failing a class, the student will be placed on academic probation. Once a student is placed on probation, he is ineligible to participate in practices or games from Sunday through Saturday of the following week.

Students who fail one of the first three quarters are ineligible to participate in practices and games for the first 15 school days at the start of the following marking period. Students who fail a course for the year are ineligible to participate for the first 15 school days of the next school year's fall season.

Detentions/Suspensions

All detentions will be served as outlined by the teacher and the principal. Coaches will be notified of all athletes receiving detentions. Consequences for receiving detentions will be decided by the coach. Any student serving a full or half day In-School Suspension (ISS) or Out-Of-School Suspension (OSS) will be ineligible to participate in practices or contests that day.

School Attendance

Athletes must be in school before 9:00 am in order to participate in practice or contests that day. Athletes will only be considered excused after this time with a doctor's excuse or approval by the athletic coordinator.

Proper Dress

All team members are to follow the coach's guidelines on expected dress code.

Quitting a Team

Students are encouraged to be committed to the team. If an athlete quits a team after the first 10 practices of the season, it may affect eligibility to participate in the future programs. An athlete wishing to quit a team must first talk to the coach and then to the athletic coordinator.

Transportation Between Campuses

For students in need of transportation for practices that start between 3:00 and 3:30 pm, LCCS will provide transportation on the shuttle. Students who drive are allowed to drive themselves. All others must ride on the LCCS shuttle.

For students in need of transportation for games that start between 3:30 and 4:30 pm, LCCS will provide transportation on the shuttle. Students who drive are allowed to drive themselves. All others must ride on the LCCS shuttle. A coach must be present by 3:15 pm to supervise players when they arrive.

For students in need of transportation for games that start after 4:30 pm, the school does not normally provide transportation. Students should not arrive at the campus before their coach arrives.

Students who go home after school are not restricted as to how they return for practices or games. It is the coaches' responsibility to monitor their players' compliance.

Citizenship and Sportsmanship

Any act of unsportsmanlike conduct in practice or during games may lead to immediate disciplinary action, which may include suspension or dismissal from the team. All Lancaster County Christian School athletes represent not only themselves, but also their families, our school, our community, and most importantly, our Lord. Athletes are expected to display appropriate behavior on and off the field, in and out of school.

Building and Gymnasium

Parents and siblings are encouraged to attend school athletic events. Only players are allowed in the locker rooms and on the fields or courts. Spectators need to remain in the field areas during the fall and spring sports or in the gymnasium during winter sports. The remainder of the building is off-limits during sporting events, with the exception of the restrooms and concession stand areas.

Parental Behavior

Parents and supporters of LCCS's athletes and teams must realize that any interference with a game or participants of a game (athletes, officials, and coaches) can result in disciplinary action taken by Lancaster County Christian School, the Commonwealth Christian Athletic Conference (CCAC) and/or the Pennsylvania Interscholastic Athletic Association (PIAA). Such actions may be taken against our teams, athletes, and parent-spectators. Acceptable and appropriate sportsmanship is a fundamental component of our athletic program, and we will help ensure that our athletes and spectators always exhibit exemplary conduct. Parents are advised to direct questions/concerns about their student/athlete to the following individuals in their listed order: team head coach, LCCS athletic coordinator, principal. Please do not approach coaches during or after any practice or team competitions to discuss concerns. To meet with a coach,

please schedule an appointment by contacting the coach; if unsuccessful, contact the athletic coordinator at 556-0711, ext. 227.

Postponements Due to Weather

We will make every attempt to monitor adverse weather conditions and postpone events if necessary. Given the size of the geographic area in which our students live, weather conditions may vary greatly. In the event that you feel it unsafe for your student to travel to a game or practice that has not been postponed, please use your best judgment. Students will be excused from practice or games where parents feel travel is unsafe.

Cooperative Sponsorship with JP McCaskey

Lancaster County Christian School student-athletes have the opportunity to participate in athletics not offered at LCCS due to an athletic cooperative agreement with JP McCaskey. The athletic team and individual sports offered through the cooperative agreement are listed below. Student-athletes participating in these sports will abide by the rules and regulations set forth by the host school's Athletic Department.

Athletics offered through the cooperative agreement are:

Girls/Boys Tennis

Girls/Boys Volleyball

Girls/Boys Track & Field

Girls/Boys Cross Country

Field Hockey

Football

Wrestling

Bowling

Swimming

If you have any questions concerning McCaskey Sports Programs, please contact the Athletic Office at McCaskey at 291-6198.