

Living Water Christian School



Athletic Handbook

THIS DOCUMENT IS PREPARED BY LIVING WATER CHRISTIAN SCHOOL

THE FOUNDATION OF LIVING WATER CHRISTIAN SCHOOL

INTRODUCTION:

Welcome to Living Water Christian School! As a Christ-centered, college-preparatory school, it is our goal to partner with parents/guardians in teaching and training a generation of young people to have a mature faith in Jesus, a love for learning, the ability to communicate effectively, the courage to lead and a heart to serve. In this Parent/Student Handbook are the policies that will guide our partnership. These statements are not intended to be restrictive and legalistic, but rather enlightening and liberating. By reading, understanding and following these guidelines, we will have the joy that comes from living in a supportive community of faith whose members have a common purpose.

SCHOOL FOUNDATION

Founded: August 1989

School Colors: Maroon, Black and Grey.

Mascot: Warrior

HISTORY

Living Water Christian School is a ministry that offers students a college-preparatory education from a Christian worldview. Founded in 1989, LWCS started as a primary school enrolling grades K5-8th grade. LWCS added grades 9-12 in 2006. In 2009, we added our K4 program followed by our K3 program in 2014.

MISSION STATEMENT

Living Water Christian School leads students to Connect with Christ, Grow in Academics and Serve with Humility.

VISION STATEMENT

Our vision is that LWCS students will acquire knowledge and wisdom with a Biblical world view as demonstrated through service and leadership in academics, athletics and faith to make a difference in their community.

PHILOSOPHY

The fear of the Lord is the beginning of wisdom. At the heart of the Christian philosophy of education is the acknowledgement that God created all things and that they exist by His power and for His purpose. Only through Christ can there be a unity which gives meaning to all parts of life. An education which fails to acknowledge God and His work will always be woefully inadequate and incomplete.

Living Water Christian School endeavors to give a completely God-centered orientation of life to each student. It strives to help produce the mind of Christ in its students and to establish a well-grounded, Biblical world view. Academics are not a means of self-promotion or pride but a way of increasing one's awareness of God and being useful in His kingdom. Christians should excel in all subject areas because they put Christ first and see their work as unto the Lord and not unto men.

The ultimate responsibility of educating a child has been given to the parents. Living Water Christian School operates as an extension and partner of the home and church in training children to be Godly and focuses on developing the whole child: spiritually, academically, athletically, creatively, and socially.

- **Spiritually** – LWCS students will be bold and courageous in their faith. They will desire to share and defend their beliefs using sound Biblical knowledge and a daily desire to apply the Word of God to their lives. They are committed to a lifestyle of passionately serving others.
- **Academically** – LWCS students have the critical thinking and problem-solving skills to be independent learners. They are college-ready, take ownership of their learning experience, and value life-long learning with a Biblical worldview.
- **Athletically** – LWCS students understand that athletics exist for them to glorify God through their athletic abilities. They have mental toughness and a sound work ethic. The students value the opportunity to represent their school in a meaningful way that is greater than one individual.
- **Creatively** – LWCS students discover and develop their unique God-given abilities. They strive to be open to a variety of aesthetic experiences and continue to develop a wide range of imaginative sensibilities using their gifts and talents.
- **Socially** – LWCS students have confidence in seeing themselves the way Christ sees them, and that confidence projects to the people in their sphere of influence. They are committed to serving Christ by serving others in their personal life, community, and around the world.

CORE VALUES

- Faith
- Excellence
- Integrity
- Respect
- Teamwork
- Creativity

ADMINISTRATIVE PREROGATIVE

The intent of this handbook is to give general overall guidelines to be adhered to by students and parents. Sometimes new situations will occur, or circumstances will arise not covered specifically by this handbook. The administration reserves the right to exercise its administrative prerogative in responding to these situations.

The school will not be responsible for any event that is not officially sanctioned by the administration.

NON-DISCRIMINATORY POLICY

Living Water Christian School admits students of any race, color, nationality and ethnic origin and accords them all rights, privileges, programs, and activities. It does not discriminate on the basis of race, color, nationality, or ethnic origin in administration of its educational policies, scholarships and loan programs, and athletic and all other school administered programs.

ATHLETE/PARENT EXPECTATIONS

ACADEMIC EXPECTATIONS

- Those who wish to be a part of the Warrior Athletic Department must first and foremost remain in good academic standing. Good academic standing is defined as passing all courses with the minimum of a 60% at the end of every grading period. This will allow athletes to remain on the Home Game Roster. The Athletic Director will check all athletes' grades, as well as conduct conferences and distribute consequences as necessary.

ACADEMIC PROBATION

- The Athletic Director and Assistant Athletic Director will conduct grade checks at every Interim Report and Report Card and notify coaches and athletes of any who are now on Academic Probation. The following will be implemented if a 60% is not maintained in every class.
 - @ Interims: Weekly grade check forms filled out, for any course where the student has below a 60%. Forms are to be submitted to the Athletic Director.
 - @ Report Cards: Mandatory weekly tutoring and weekly grade check forms filled out, for any course where the student has below a 60%, which need to be submitted to the Athletic Director; 1 game suspension per failed course.
 - 6TH-8TH grade students failing 4 or more classes will automatically be removed from any athletic team
 - 9TH-12TH grade students failing 3 or more classes will automatically be removed from any athletic team

AFTER-CARE

- If practice does not begin immediately following dismissal, and you choose not to pick up your student, athletes will report to after-care. On days of practices and games, any time spent in after-care prior to either event beginning will not result in a bill. On days that there is not practice or a game, or you are contacted prior to 11:00 AM that the practice or game previously scheduled has been canceled, you will be billed for any time your student spends in after-care.

ATHLETE PARTICIPATION

- Athletes who play a current in-season sport may not participate in any official practices for the next season's sport, prior to the end of the tournament.
- Students who quit a current season sport to begin participating in another sport will be ineligible for the remainder of the next season.

ATTENDANCE: PRACTICES/GAMES

- Students are expected to attend all practices and games. If an athlete is unable to attend a practice or a game, they must notify their coach(es) of the absence.
- Students must be picked up within 5 minutes of the end of practice, home games, and the return from away games. Habitual tardiness (3+) in picking up your student athlete could result in loss of game time, suspension from a game, or temporary suspension from practices and games.
 - Parents/Guardians are to park in the main parking lot in front of the MS/HS building for pick-up/drop-off. Parents/Guardians will not be allowed to pick-up/drop-off students at the gym doors or stop at the end of the drive to wait for their athletes.

- If after-care is still open and you have not picked up your athlete within 5 minutes of the end of practice, your student will go to after-care, and you will be billed for time spent in after-care.
- If an athlete is unable to participate due to medical reasons, a doctor's note must be provided to both the athletic department and the coach(es) detailing the injury or situation, expected return of the athlete, and any limitations there may be. Not attending practices due to medical reasons will be at the discretion of the coach; however, athletes are still expected to attend all home games and away games held within 15 miles of LWCS.
- Additionally, in order to allow the coaches and athletes the opportunity to develop as a team, all practices are closed to parents, fans, and students not on an in-season athletic team. NO EXCEPTIONS.

ATTENDANCE: SCHOOL DAY

- In order to participate in practices or games, athletes must be present for 50% of the school day.
 - **Regular School Day**= 3 hours and 20 minutes
 - **2-Hour Delay**= 2 hours and 20 minutes
 - **Early Release**= 2 hours
 - **Special Schedules**= If release time is different due to an athletic event, dual enrollment, or other extracurricular activity, student must be here 50% of their "scheduled school day." For example, if athletes are to depart at 12:00 pm, students must be at school for 2 out of the 4 hours.
- If a student athlete is absent for any portion of the day on which a game is to be played, they may not be eligible to participate in the game at the discretion of the Administrator. Students who miss any portion of the day may be allowed to play if they present a doctor's note and are present for 50% of the day.
- For students that are dual-enrolled, attendance for athletic participation is only factored out of the courses the student is participating in on Living Water's campus.

ATTENDANCE: FOLLOWING GAMES

- Athletes are to report to campus, on-time, the school day following an athletic event, whether home or away. Failure to do so will result in:
 1. Written reminder by the coach
 2. Loss of play time at the next game; broken down as follows:
 - Soccer & Basketball: 1st half of the game
 - JV Volleyball: 1st set
 - Varsity Volleyball: 1st & 2nd set
 - Cross Country: Ineligible to participate in the following practice
 3. Loss of ability to travel to the next away game or play in the next home game

BEHAVIOR EXPECTATIONS

- Student-athletes are expected to behave as leaders within the school and to meet the behavior expectations set by the administration, teachers, and coaches during athletic practices and events. Aside from the issuance of demerits and consequences, by the administration, the following are additional consequences that will be issued by the Athletic Director and coaches:
 - Half Game Suspension: accumulation of 15 demerits or a Level 3 behavior
 - Full Game Suspension: accumulation of 20 demerits or a Level 4 behavior
 - 1-week Suspension from team: accumulation of 25 demerits or a Level 5 behavior (this does not include the time served for OSS)
 - Removal from team: accumulation of 30 demerits, 2 Level 5 behaviors, or a Level 6 behavior
- Multiple Level 3 or 4 behaviors can lead to higher level consequences. This will be discussed and decided by the Athletic Directors and Administrator.
- Suspension from athletic events does not exempt the athlete from attending practices and games. Attendance is still mandatory as it is imperative that they continue to support their teammates.

BOOSTERS/SPORTS FEES

- All athletes are required to pay a \$150 fee per sport they elect to participate in.
- All athletes are encouraged to acquire at least one sponsor per year (not per sport). By doing so, this will reduce all sports fees for that athlete to \$100, regardless of the number of sports participated in.
- Additional sponsorships acquired by an athlete will result in a one-time reduction to the athlete's sports fee(s). This reduction will be applied to the current sport or the first sport the athlete participates in. For families with multiple athletes, the discount will only be applied to one athlete.
 - **Maroon Sponsor:** \$100
 - **Silver Sponsor:** \$50
 - **Black Sponsor:** \$25

CAPTAINS

- Coaches will select one or two student-athletes to serve as captains. The students selected will be those who demonstrate reliability, knowledge of the game, ability to lead, and remain in good academic and behavioral standing. The responsibilities of a captain are to lead their team with integrity, ensure teammates remain in good academic standing, keep teammates on track with their behavior, hold the team accountable for maintaining the facilities and equipment, and maintain cleanliness of the locker rooms. Additional responsibilities will be defined by the individual coaches. * Homeschool athletes are not eligible to serve as a captain.

COMMUNICATION

- All communication regarding updated information/reminders for practices will be sent via Remind101. This is a free app, that upon joining a specific group you will begin to receive text messages for the coaches or other staff members. This is not to be used for 2-way communication. If you need to contact a coach for any reason, please e-mail them or call to schedule a conference. Below is the Remind groups for each team.
 - **Girls JV Volleyball:** Text @lwcsjvbb to 81010
 - **Girls Varsity Volleyball:** Text @lwcsvolley to 81010
 - **Boys Soccer:** Text @lwboyssocce to 81010
 - **Girls Basketball:** Text @lwgirlbbal to 81010
 - **Boys Basketball:** Text @lwboybbal to 81010
 - **Girls Soccer:** Text @lwgrlsocce to 81010
 - **Cross Country:** Text @lwccsc to 81010
- If you wish to discuss a concern or have questions regarding your athlete and matters dealing with a team they are currently on, you are to schedule a conference with that coach. Conferences with coaches will never be held prior to or following a practice or game. Conferences are to be requested via e-mail and will never be scheduled on a game day. If you have a concern that is not able to be resolved by the coach, or you have a concern with the coach/coaching staff themselves, you are expected to conference with the Athletic Director. The Athletic Director is responsible for handling such matters and will communicate with the administration as necessary.

CONCESSION STAND/DOOR

- Concessions are vital to Warrior Athletics. Proceeds raised help offset cost for Game Refs and other expenses. Therefore, LWCS firmly believes in a service-oriented athletic program. Therefore, it is expected and mandatory that all parents/guardians serve a minimum of 1 shift in the concession stand. We do not expect those shifts to take place while your student-athlete plays; however, parents/guardians who do not sign-up for a shift will be scheduled at the discretion and need of the Athletic Director and the department. Failure to serve during your scheduled time will result in a \$100 concessions fee. If the fee is not paid within a week, the student-athlete will not be able to participate in any team activities until the fee is paid.

EQUIPMENT

- Student-athletes are responsible for the care of all equipment, as well as the cleanliness of the facilities on our campus and while visiting other campuses. Prior to leaving games, and practices, all athletes will assist the coaching staff in putting away equipment, cleaning up trash, and removing personal items from the bleachers and/or locker rooms.

As a general rule- leave it better than you found it, whether it is yours or not!

HOMESCHOOL ATHLETES

- Students wishing to participate in athletics at LWCS are required by the NCCSA athletic conference to enroll in 2 courses within the year they are participating. These courses must include at least one core course, to be attended in person, and the additional course can be an online elective. LWCS will require that the 2nd course be either in-person or online and will be the appropriate bible course for the student's age and grade.
 - Fall and Winter high school athletes must enroll in courses in the Fall semester. Spring high school athletes may choose to enroll in the Spring semester.
 - Middle school athletes, regardless of the season they participate, are required to enroll in courses for the entirety of the year.
 - In the event there is a large number of athletes interested in a particular sport, tryouts may be conducted, and spots available for homeschooled athletes limited to 2.

There is no exception to this policy, including athletes only interested in participating in non-conference games.

Questions regarding fees for homeschooled athletes should be forwarded to the Business Office.

LETTERING/PINS/AWARDS

- The first year an athlete participates in athletics they will receive one letter, and a pin for each sport played. Any additional years an athlete participates they will receive a pin per sport, and captains will also receive a captain's pin.
- Additional athletic awards include- Most Improved, Most Valuable Player, and the Warrior Award. The coaching staff may also give an additional award of their choosing.
- To be eligible for any awards, the athlete must have remained on the team for the entirety of the season. Removal from a team by the Coach, Parents, or Student themselves will automatically make them ineligible for a letter or pin for that sport.

TRAVEL ROSTER ELIGIBILITY

- All Soccer, Volleyball, and Basketball Teams will select athletes to be on their Travel Rosters. These rosters can change throughout the season and are limited to:
 - Soccer= 15 athletes
 - Volleyball= 10 athletes
 - Crossover athletes do count as a player on each roster. For example, if an athlete plays JV and Varsity but is only listed on the JV roster, they will not be allowed to play during the Varsity game.
 - Basketball= 10 athletes
 - Crossover athletes do count as a player on each roster. For example, if an athlete plays JV and Varsity but is only listed on the JV roster, they will not be allowed to play during the Varsity game.
- Selection of travel rosters will be determined by individual coaches based on skill, sportsmanship, and practice/game attendance, as well as communication if a practice/game cannot be attended.

For those selected for the travel roster, each team will stop for food. Games that are 75 minutes or less travel time will stop at a convenience store to provide student-athletes the opportunity to purchase post-game snacks and drinks. Games that are 76 minutes or more travel time will stop at a local fast food establishment for a meal. The head coach, in both instances, will be the last to purchase their food. Once they have completed their purchase, student-athletes will be directed to clean up and head back to the vehicles. This is to ensure a timely and organized stop.

UNIFORMS

- Student-athletes are responsible for all uniform items distributed to them by their coaches and the Athletic Directors. Loss or damage to any items will result in charges to the students/family's account.
- Students will receive their uniforms before games and must be turned in after the game. Uniforms are not to go home with student-athletes.
- Uniformity is important in athletics, not only during the games but also in representing LWCS with integrity and respect. Therefore, coaches will establish the attire that athletes are to wear at the time they report for their home games or at the time that they will depart for their away games. Failure to report in the appropriate attire will result in the student not participating in the game.

COACHES EXPECTATIONS

ATTENDANCE, ACADEMICS, & BEHAVIORS (STUDENT)

- The Athletic Director will monitor attendance of all athletes the day following a game, as well as the academic status when determining athletes on probation and their ability to travel. However, we expect all coaches to know and understand the attendance policy, academic expectations, and behavior expectations and enforce them.

AFTER GAMES

- Following all games, the coaching staff is expected to do the following:
 - Update Max Preps with final scores and player stats
 - Select and photograph the Player of the Game
 - Send the Player of the Game photo and their stats to the Athletic Directors and Administrator
 - Collect and store equipment appropriately
 - Clean-up the facility and vans/bus used
 - Ensure athletes are picked up, prior to leaving campus. Coaches cannot leave until athletes are picked up

BEHAVIOR

- As coaches, you can impact student's lives through not only your knowledge of the sport, but through your actions, words, and treatment of others. Therefore, it is imperative that you behave with integrity, humility, and respect always. Situations may arise that could cause coaches to become frustrated, or situations may occur that are intended to provoke a reaction; however, at no point should a coach ever yell at players, parents, etc. in a way in which can be deemed aggressive or berating, communicate threats in any nature, or use vulgar or inappropriate language. Additionally, coaches should never provide anything outside of constructive criticism/correction to a player regarding technique or skill.
- Coaches should always encourage and exhibit sportsmanship. Therefore, as coaches it is imperative that you refrain from making disrespectful or negative statements regarding other programs, schools, athletes, and/or coaches. Rivalries are a pivotal part of all athletics; however, we must refrain from making overly emotional or harsh statements and should encourage athletes and parents to refrain from this as well.

- Coaches are to constantly seek improvement in every player, and provide equal opportunities for athletes, whether new or veterans of the sport, to grow. You are expected to encourage your athletes through the struggles and difficulties that come with learning and growing, as well as set the standard of teamwork for all participants. Games are never won or lost by a single player, but it is up to you to instill the teamwork mentality within each of your athletes.

COMMUNICATION

- Clear and open communication is expected to be maintained between Coaches and their athletes, the parents, the Middle/High School Office, and the Athletic Director. This includes practice and games schedules, release times for away games, and other information that can impact the athletic department and school day.

EQUIPMENT/VANS

- Coaches and athletes are responsible for the care of all equipment, as well as the cleanliness of the facilities on our campus and while visiting other campuses. Prior to leaving games, and practices, all coaches and athletes will work together to put away equipment, clean up trash, and removing personal items from the bleachers and/or locker rooms.
- After using the bus or vans for travel to games, equipment and trash will be removed immediately upon your return to LWCS. Trash and equipment will not be left of the bus under any circumstances. Coaches are also responsible for reporting to the Athletic Directors how much gas is in the bus.

As a general rule- leave it better than you found it, whether it is yours or not!

FUNDRAISERS

- Coaches and teams should attempt to do at least one fundraiser each year to assist them in travel and uniform expenses. Funds raised may be appropriated towards overnight arrangements for tournaments, warm-ups, etc.

PRACTICES/GAMES

- Practices are your opportunity to measure and extend growth in every athlete. As coaches, you are expected to be present, active, and engaged throughout your entire practice. At no point should coaches be sitting on the sidelines while athletes are running drills or conditioning. Coaches should be moving throughout the practice to assist athletes in individual and team-wide growth by offering praise, correction, and/or constructive criticism.
- You are responsible for clearly communicating and adhering to your practice schedule, and departures/returns from games. All athletes should be released from practice and picked up within 5 minutes of the scheduled end time, as well as upon your return from away games (if transportation has been provided). You are required to supervise your athletes during the pick-up process. You may not leave campus until all athletes (in which you coach) have been picked up or have been taken to after-care.
- Prior to departing campus, all equipment needs to be neatly returned to its proper place and the facilities need to be organized and free of trash, food, water bottles, and clothing. This includes the locker-rooms, bathrooms, gym, hallway, and fields.
- If a previously scheduled practice needs to be canceled, you are to communicate this as soon as possible to the Athletic Director and Office Manager. The Office Manager will ensure the Extended Care Director is informed of cancellations or changes to practice schedules.
- Additionally, all practices are closed to parents, fans, and students not on an in-season athletic team. **NO EXCEPTIONS!**

PRACTICE SCHEDULES

- Official practices can begin no earlier than August 1st for Fall sports, the Monday of the Fall sports Varsity Tournaments for Winter Sports, and the Monday of the Winter sports Varsity tournament for Spring tournaments.
- Practice days will be designated by the head coach of each athletic team. This will be communicated through Remind and the weekly Warrior Report. Below are the times in which all practices will run.
 - Boys Soccer: 3:00-5:00
 - Middle/JV Girls Volleyball: 3:00 – 4:30
 - Middle & JV Girls Basketball: 2:45-3:45
 - Middle & JV Boys Basketball: 3:45-4:45
 - Varsity Girls Basketball: 6:15-7:45
 - Varsity Boys Basketball: 4:45-6:15
 - Girls Soccer: 3:30-5:00
 - Men's Volleyball: 3:00-4:30

ROSTERS

- All coaches must maintain, and have with them at all practices, games, and tournaments updated rosters (both home and away) with the following information:
 - Full first and last name (no nicknames)
 - Jersey Number (if applicable)
 - Athlete's Grade Level
 - Athlete's DOB
 - Athlete's Age
- Additionally, a copy of team rosters (both home and away) must be provided to the Athletic Director and the Office Manager prior to the first game of the season. Team rosters must also be provided to the Extended Care Director following the first mandatory practice of the season (to be done by the Office Manager).

UNIFORMS

- All uniforms will be distributed at the discretion, and under the supervision, of the Athletic Directors before each game. Coaches will distribute and collect uniforms, jersey and shorts, for each game. They will return the uniforms to the Athletic Directors office for washing and drying
 - Student-athletes are not allowed to take the uniforms home. On Away games, uniforms must be collected in the provided bag and returned. If a student is leaving with a parent after an away game, they must turn in their uniform before they leave. No Exceptions
- Uniformity is important in athletics, not only during the games but also in representing LWCS with integrity and respect upon our arrival at our facility and while visiting other campuses. Therefore, coaches will establish the attire that athletes are to wear at the time they report for their home games or at the time that they will depart for their away games. Failure to report in the appropriate attire will result in the student not participating and/or traveling with the team.