

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: Student will be required to sit half of the next scheduled game or meet. 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 meet
 - @ 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 3 or more classes will automatically be removed from any athletic team
 - 9TH-12TH grade students failing 2 or more classes will automatically be removed from any athletic team

ADMISSIONS

- The price of admission is \$5 per person.
 - Students of LWCS and Staff Members of LWCS only, are free of charge.
- Group passes are available for \$15 per group of four; ages 5+.

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, through TeamSnap
 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)

- Student-athletes are expected to adhere to the following expectations during athletic games and practices:
 - Student-athletes are to maintain the same behavior expectations as expected during the academic day.
 - They are to respect and honor each other, their coaching staff, and their opponents and officials.
 - They are to always carry themselves with integrity.
 - They are to report any behaviors that do not align with the expectations of Living Water Christian School and the NCCSA to the coaching staff (practices and gameplay) and officials (during gameplay), to ensure accountability is maintained.
 - Under no circumstances may the length of the shorts, the length of the jerseys, or the sleeves and neckline of the jersey be adjusted. Modification to the uniform may result in the loss of gameplay or practice time.

- Jewelry is strictly prohibited during practice and gameplay.
- Males- must keep facial hair length maintained to less than one inch and should not extend down the neck.
- Males- may not have unnatural hair color, and the hair may not extend beyond the halfway point of the ear lobe or touch the collar of the jersey, or the shoulders of the athlete.
- Females- may not have unnatural hair colors, or other decorative pieces in their hair. Hair should be pulled away from the face during practices and gameplay.
- Student-athletes are expected to adhere to the following expectations regarding behavior during the academic day:
 - Student-athletes should behave as leaders within the school and 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 the team with at least a two-game suspension: accumulation of 25 demerits or a Level 5 behavior (this does not include the time served for OSS)
 - Removal from the 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.
 - Students who received or exceeded 50 demerits in a semester, will have a meeting to the athletic director to discuss potential consequences, including possible probation or removal from athletic teams.
 - Suspension from athletic events does not exempt the athlete from attending practices and games. Attendance is still mandatory as they must continue to support their teammates.

BEHAVIOR EXPECTATIONS (SPECTATORS)

Living Water sporting events are an extension of the classroom and are intended to promote sportsmanship, teamwork, and community pride. To ensure a positive and respectful environment for all participants, the following expectations apply to all spectators at school-sponsored athletic events:

- Be Respectful: Cheer positively and respectfully for all athletes, coaches, officials, and fellow spectators. Negative or derogatory comments, chants, or gestures are not acceptable and can be grounds for removal.
- Support Good Sportsmanship: Demonstrate good sportsmanship at all times. Applaud effort and skill regardless of the outcome or which team you support.
- Respect Officials and Coaches: Recognize that referees and coaches are doing their best to promote fairness and learning. Disputes or disagreements must be handled through proper channels — not from the stands.
- Follow School and Gym Rules: Comply with all posted and announced rules.
- Profanity, taunting, and unruly conduct may result in removal from the venue.
- Living Water Christian School is a smoke free campus.
- Be a Role Model: Adults set the tone for student behavior. Act in a manner that reflects the values of Jesus, our school, and community.
- Inappropriate behaviors include but are not limited to:
 - Derogatory comments
 - Inappropriate Language (cussing, racial slurs, sexual innuendos or language)
 - Arguing
 - Yelling
 - Becoming physical
 - Entering onto the court or field
 - Engaging in condescending chants or cheers
 - Being in unauthorized areas
 - Engaging in any of the above-listed behaviors on social media, in the parking, etc.
- Consequences for violating the behavior expectations includes:
 - Verbal warning, removal from the facility, suspension from future events, suspension for the remainder of the season.

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.
 - **Gold Sponsor**: \$100
 - **Silver Sponsor**: \$50
 - **Bronze Sponsor**: \$25

CAPTAINS

- The selection of captains is at the sole discretion of the coaching staff for that specific team. However, academics and behavior can impact the eligibility of a captain to retain that title.
 - Homeschool athletes are not eligible to serve as captains.

COMMUNICATION

- All communication regarding updated information/reminders for practices will be conducted through TeamSnap. TeamSnap is a platform that allows for schedules to be shared, attendance/availability of the athletes to be recorded, and announcements and conversations to be had. All families are required to download the app and create an account. You will receive an email when it is time to do so.
- 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 on the day of a game. Communication regarding concerns is not to be communicated within 24 hours of the area of concern.
- 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

- LWCS firmly believes in a service-oriented athletic program. Therefore, it is expected and mandatory that all parents/guardians serve a minimum of 2 shifts at the concession stand and/or at the entrance of the facility. 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 Directors and the department.

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. Before 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.

REQUIRED FORMS

- All athletes must have a current physical, a concussion form, medical insurance, and the NCCSA liability waiver on file with Living Water Christian School prior to participating in official practices and games for any 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 players 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 players 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.

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 student/family's account.
 - In the event an in-game uniform item is forgotten the day of a game, for the first offense the student may sign out an additional item from the Athletic Directors. Additional items beyond the first offense will be lent to the student.
- 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.
- Under no circumstances may the length of the shorts, the length of the jerseys, or the sleeves and neckline of the jersey are to be adjusted. Modification to the uniform may result in the loss of gameplay or practice time.

UNIFORMS- HAIR GUIDELINES

Females:

- Hair should be neat and have natural color

Males:

- Hair should be neat and have natural hair color
- Hair should not cover more than half the collar of a traditional dress shirt or polo shirt.
- Hair should not cover more than half the ears.
- Hair should not cover the eyebrows.
- Long hair that does not meet the listed criteria above should not be tied, gathered or held back above the ears, eyebrows or middle of the collar in order to comply with the stated hair policies.
- Man buns, ponytails, mullets or any other hairstyle that does not meet the criteria above are not allowed.

Facial hair:

- Male athletes should be clean shaven unless maintaining neatly trimmed (1" or less) facial hair. A clear cheek line and neckline must be established and maintained.
- The neck must be clean shaven below the neckline.