

WARRIOR ATHLETICS



**LITTLE ROCK
CHRISTIAN
A C A D E M Y**

2009-2010 Athletic Handbook

Little Rock Christian Student Athlete Handbook

Frank Gaebelein writes in *The Pattern of God's Truth* :

“From the point of view of Christian doctrine, a mile is in itself a neutral thing. The way in which a young man runs it, however, is so far from neutral that Paul did not hesitate to use the Greek games as a powerful figure in the Christian life.”

Mission: The Little Rock Christian Athletic Department exists to support the school's overall mission by providing a Christ-centered competitive athletic program that develops Christian character, leadership, and a desire to be an enthusiastic representative of Christ.

Philosophy: We will accomplish this mission by the principle of the 4 C's:

Christ Centered . . . fix your eyes on Jesus and seek him (Heb 12:2. James 1:4)

- Providing a coaching staff of called, committed Christian professionals
- Modeling Christ-like character to our student athletes
- Integrating biblical principles through discipleship, devotions, and other resources
- Teaching students to view athletics and competition from a biblical perspective

Competitive . . . walk in a manner worthy of your calling (Phil 1:27)

- Enabling our athletes to achieve their personal best for the glory of God
- Celebrating each athletes' unique abilities along with fostering team accomplishments
- Challenging students to reach their fullest athletic potential
- Developing a comprehensive program for all student athletes
- Providing professional coaches who strive to be life long learners in their respective sports

Character based . . . so run YOUR race to win (1 Cor. 9:24-25)

- Instilling discipline and personal accountability
- Teaching student athletes to respect authority, teammates, opponents, and the games in which they compete
- Developing leadership skills to better serve the team, school, and community
- Instilling a desire to serve the school and community
- Encouraging participation and support of all sports and school activities
- Instilling in our athletes loyalty, integrity, patience, perseverance, love, joy, peace, and self control

Contagious . . . These who have turned the world upside down (Acts 17:6)

- Teaching Warrior student athletes to be enthusiastic representatives of Christ on and off the field of play
- Showing others the incredible power of Christ through athletic competition

Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. (1 Corinthians 9:24-25)

We desire that when Warrior student athletes compete in the classroom, at practice, or in the game that they sense God's presence and run to win.

Eligibility requirements for students to participate in sports

Participation in competitive interscholastic activities as a part of Little Rock Christian Academy's athletic program is a privilege and not a right. The eligibility rules are designed to promote the educational and spiritual values derived from participation in interscholastic activities. These requirements are aligned with the Arkansas Activities Association (AAA)*. Student athletes at Little Rock Christian Academy should maintain the same academic standards required of all students in the school. Ultimately, the success in the classroom of students is determined through their willingness to accept responsibility for their efforts. Coaches also have a responsibility in this process. They are to encourage players to seek academic excellence in the same manner they pursue excellence in athletics. During the course of the year, the grades for all student athletes will be monitored. If a student athlete's grade falls below the passing mark, the student, teacher, parent and coach will develop an improvement plan to help the student make adequate progress in classes and show academic improvement.

*For more information concerning the AAA eligibility requirements, please refer to the Arkansas Activities Association website at www.ahsaa.org.

Responsibility of the Student Athlete

- All student athletes must adhere to the rules and regulations set forth by the Arkansas Activities Association.
- All student athletes must have a physical on file in the Athletic Director's office prior to participation in a sport.
- All student athletes must have a signed parent consent form on file in the Athletic Director's office prior to participation in a sport.
- All student athletes must adhere to the academic, disciplinary, and spiritual standards set forth by Little Rock Christian to participate in athletics.

Basic Guidelines for Participation

1. **Try-outs:** In a sport that has a limited number of available spots, there will be a period of time for all athletes to be observed with the Athletic Director's approval.

- The coaching staff of the particular sport will make notification of the try-out procedure via school announcements, website, and various postings around the school.
- After the coaches have reached agreement on a final roster, the roster will be posted for all participants to view. Those student athletes who do not make the final roster will meet with the coach to evaluate future possibilities of participation.

2. **Participation in Multiple Sports:** Student Athlete may participate in two sports during the same season with approval of both coaches. The student is required to choose one primary sport, which will take precedent over the other activity in case of conflict. Games/Matches will take precedent over practice. Both coaches involved should notify the Athletic Director of the student athlete's desire before the season in order to avoid any potential conflicts during the simultaneous seasons.

3. **Completing a season:** A student athlete who quits of his/her own accord will not be eligible to start practicing for another sport before the end of the competition in the sport that was dropped. However, if both head coaches are in agreement and a release form is signed and returned to the Athletic Director's office, the student may be allowed to change sports.

4. **Practice:** Team practices at Little Rock Christian will be determined by the respective coaching staff. Every effort will be made to conclude Wednesday practice by 5:30 pm and to avoid practices on school holidays and Sundays.

- If it is necessary to be absent from practice, the student is expected to notify the head coach prior to the scheduled practice.

5. **Game Day:** In order to be eligible to participate in an activity, contest, or trip, the student athlete must be in school for four full periods of the day of the activity. Student athletes who are absent are not allowed to participate in school activities without advance approval from the Upper School Principal.

- **Transportation** - Students who ride school transportation to school events are to ride the bus on the return trip unless a parent personally notifies the coach of different arrangements. (Notes or phone calls are acceptable prior to the departure from LRCA.) Students not riding the bus home will be allowed to return only with members of their immediate family or other specified adults. Students are **not** allowed to ride with other students. On occasion, parents may be asked to provide transportation to and from athletic events. On these occasions, the parent or guardian will assume all responsibility for their student athlete and/or anyone transported by them.

Basic Guidelines for Participation (cont.)

6. Parent/Coach Relationship: Parents are expected to respect coaches and school personnel as professionals. When a disagreement arises, the parents should talk to the coach involved at the appropriate time to resolve the problem. If the issue cannot be resolved, then the matter will go through the chain of command (Athletic Director then the Head of the School). We ask that parents not confront a coach after a contest. If a meeting with a coach is desired, this may be scheduled by calling the coach or Athletic Director. Parent conduct during games should be exemplary. Parents are expected to refrain from negative comments about officials, coaches, and opponents. Parents who abuse the expectations of proper behavior may be asked to leave the premises and continued non-compliance will endanger the student's eligibility to participate.

7. Use of Facilities: All events or teams wishing to schedule use of facilities must consult with the Athletic Director's office which will confirm with campus operations space and availability. A staff person must be present when any school facility is being used. Anyone wishing to conduct camps or tournaments in the gym or athletic field must receive permission from the Athletic Director and submit the proper forms.

8. Off Season Program: Student athletes will have the opportunity to continue developing their athletic skills with workouts after the season is complete. The coaching staff of the particular sport will make notification of the workouts to the athletes.

Communication

It is the desire of the athletic department to keep parents informed of all events, schedules, and changes in an efficient and timely manner. This communication will come from three primary sources.

- Sport specific pre-season parent meeting
- Email and e-newsletter communications
- The athletic page on the website www.littlerockchristian.com - then click on athletics

NCAA Initial Eligibility Clearinghouse

The NCAA has three membership divisions – Division I, Division II and Division III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

If you are planning to enroll in college as a freshman and wish to participate in Division I or Division II athletics, you must be certified by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse was established as a separate organization by the NCAA member institutions in January 1993. The Clearinghouse ensures consistent interpretation of NCAA initial-eligibility requirements for all prospective student-athletes at all member institutions.

All parents and student athletes wishing to pursue athletics at the collegiate level are strongly advised to log into the websites listed below for complete instructions on the application and clearinghouse procedures.

- www.ncaa.org
- www.ncaaclearinghouse.net

Qualifications for Athlete and Team Recognition

All JH (grades 7-9) student athletes who participate and complete the season will receive a certificate acknowledging their participation.

All SH (grades 9-12) student athletes who participate and complete a varsity season will be awarded the following recognitions:

- **First time participant** in Varsity sport: letter for sports participated
- **Second or more year** of participation in Varsity Sport: certificate acknowledging their participation.
- **Senior Award:** Seniors who participate and complete the season during their senior year will receive a senior recognition plaque.

Ninth grade students who are moved up to the varsity team after the completion of the JH season will not receive SH letter.

Qualifications for Athlete and Team Recognition (cont.)

Student Athletes that participated on a Junior High Varsity or Senior High Varsity team will be eligible to purchase a letter jacket.

Student Athletes that receive athletic achievement plaques will be eligible to purchase patches.

The Athletic Director will schedule a jacket fitting twice a year for all student athletes that desire to purchase a letterman jacket and patches. Orders will be taken in mid-October and mid-March

Plaques will be purchased for the following athletic achievements: All Conference, All State, State Overall, and individual State Champions.

Patches will be purchased for the following athletic team achievements: Conference Championship, State Championship, and State Runner-up.

The school will purchase team banners for a Conference Championship, State Championship, and State Runner-up.

State Championship rings will be designed by coach and committee. The Athletic Department and Warrior Club will both contribute \$50 towards the cost of the ring. The remaining balance over the \$100 contributed will be the responsibility of the student.

End of Year Awards

Male/Female Athlete of the Year:

This award will be given to the male and female senior athlete who made a significant impact on their particular sport(s).

Charles Jolliff Award (Male and Female):

The Jolliff award is the highest honor a LRCA athlete can receive. This award will be given to the male and female athlete that truly exemplifies the mission of Warrior Athletics (4 C's).