Longview Christian School

Athletic Handbook

Home of the Eagles

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INTRODUCTION

This handbook will provide the basic rules, expectations, and essential information regarding the athletic program at Longview Christian School. It serves as a resource for student-athletes, parents, coaches, faculty, and administrators to better understand the responsibilities and commitments involved in participating in LCS athletics.

With a wide variety of sports offered from grades 6 to 12, there is a place for every student-athlete within Longview Christian School's athletics program. We focus on shepherding each individual toward their athletic potential. Participation in LCS athletics is about far more than physical challenges and accomplishments. It is about using the vehicle of athletics to discover one's true identity in Jesus Christ and to be made ***"mature and complete, not lacking anything" (James 1:4)*** as a result of these very tangible opportunities.

Please understand that this handbook is not all-encompassing. As unique situations arise throughout the school year, the administration will make decisions based on sound reasoning, good judgment, and alignment with the mission of Longview Christian School. This handbook is to be used in conjunction with other school policies and procedures to ensure that all athletic activities reflect the values of our community.

MISSION STATEMENT

At Longview Christian School, we view athletics as an extension of our mission and a meaningful contributor to the spiritual, emotional, and social growth of our student-athletes. The athletic program is intentionally designed to support and enhance our core values by encouraging Christ-like character, perseverance, teamwork, and humility. Through sports, we seek to help student-athletes grow in their faith and apply biblical principles both on and off the field. As 1 ***Corinthians 10:31*** reminds us, ***"So whether you eat or drink or whatever you do, do it all for the glory of God."***

ATHLETIC FEE

At LCS, co-curricular activities including sports, fine arts, life skills, and other electives and activities are integral to the whole-person education philosophy. This is why our general policy is to not charge extra fees for participation. The athletic department has seen significantly rising costs related to equipment, officials, rentals, and more. For this reason, we ask our families with athletes to pay a small athletic fee to help offset these costs. The annual fee is $75 per athlete regardless of the number of sports they choose to play. Each season, the athletic department will submit rosters to administration and the $75 fee will

be added to the FACTS account for all athletes who have not been previously billed earlier the school year. Our goal is to be able to maintain quality athletic programs that benefit the students and school.

SPORTS OFFERED AT LCS

Longview Christian School offers a variety of athletic opportunities designed to engage and develop student-athletes from junior high through high school. Our programs focus on skill-building, teamwork, and spiritual growth, providing a well-rounded experience for every student-athlete.

Junior High Boys

- Soccer
- Cross Country
- Swimming (additional charges apply)
- Basketball
- Track and Field
- Baseball
- Tennis
- Golf

Junior High Girls

- Volleyball
- Soccer
- Cross Country
- Swimming (additional charges apply)
- Basketball
- Track and Field
- Tennis
- Golf

High School Boys

- Soccer
- Cross Country
- Swimming (additional charges apply)
- Basketball
- Track and Field
- Baseball
- Tennis

- Golf

<u>High School Girls</u>

- Volleyball
- Soccer
- Cross Country
- Swimming (additional charges apply)
- Basketball
- Track and Field
- Tennis
- Golf

Every year, we will evaluate the athletic programs offered by LCS for potential additions. We will consider the interest level and feasibility of each new potential program. It will then be reviewed by the Athletic Director and School Administration, aligning with the mission and vision of Longview Christian School Athletics.

CODE OF CONDUCT FOR ATHLETES

At Longview Christian School, athletics is more than competition—it's a platform for discipleship, growth, and character formation. Whether in practice, a game, or daily life, the athletics department considers itself a living representation of Jesus Christ and Longview Christian School. Our words, attitudes, and actions should reflect the heart of Christ and glorify God in every circumstance.

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters." – Colossians 3:23

Expectations for Athlete Conduct:

- **Honor Christ in All Conduct**
  As ambassadors of Christ and representatives of the LCS student body, student-athletes shall demonstrate humility, integrity, self-control, respect, and deference to authority at all times—whether in or out of uniform, on or off the court, in or out of class, and on or off campus. Student-athletes are to honor and obey all items stipulated in both the LCS Parent & Student Handbook and the LCS Athletics Handbook.

- **Commitment**
  Through regular attendance and active steps toward maintaining their health, student-athletes shall honor both the season's calendar and practice schedule, arriving on time and fully prepared to contribute their best efforts. In gratitude for their God-given gifts and abilities, athletes shall give their best in every moment, not for applause or recognition, but as an act of worship. LCS believes athletics provides a unique opportunity to honor God through discipline, perseverance, and teamwork.

- **General Misconduct**
  Any behavior that the head coach or school administration deems to damage the school's testimony or the unity of the team will result in appropriate disciplinary measures. These may include counseling, temporary suspension from team activities, or removal from the team, depending on the nature of the offense.

- **Sportsmanship and Respect**
  Athletes are expected to display Christlike sportsmanship at all times. This includes:
    - Respecting officials, opponents, coaches, and teammates.
    - Refraining from arguing, taunting, or using inappropriate gestures.
    - Avoiding profanity in any athletic setting.
    - Competing with excellence, humility, and a team-first attitude.

  Athletes ejected from a game must serve a **minimum one-game suspension** and pay any **TAPPS-issued fine** before returning to play.

- **Substance Use**
  The use or possession of illegal drugs, alcohol, tobacco, or vaping products is strictly prohibited and considered a serious violation of both school and biblical standards. Such behavior will result in suspension from all team activities for a duration determined by the school administration.

- **Attendance**
  Coaches will determine playing time based upon an athlete's readiness, effort, attitude, and overall contribution to the team. Athletes who miss practices or games—even for excused reasons—may not be as prepared to compete and may experience reduced playing time as a result. Thus, athletes should take care to communicate their absences while respectfully accepting the corresponding consequences, if any.

  Absences are reviewed and considered individually and may result in several of the following consequences, or none at all, depending upon the reason for the absence, the length of time missed, the number of athletes available to serve in your stead,

and the dynamics of the sport itself. Coaches reserve the right to apply these natural outcomes as they see fit, with the approval of the Athletic Director.

Possible outcomes related to absences from meetings, practices, or games include:

- Makeup workouts
- Reduced playing time
- Suspension from participation
- Team or role reassignment
- Removal from the team

Student-athletes must also be at school for at least 4 periods of the day to participate in the activity that day.

- **Coachability and Attitude**
  Athletes must be teachable, respectful, and responsive to instruction. Complaining, disrespect, or lack of effort will not be tolerated. A positive attitude honors God and strengthens the team culture.

- **Glorify God Through Your Effort**
  Give your best in every moment—not for applause or recognition, but as an act of worship. Athletics provides a unique opportunity to honor God through discipline, perseverance, and teamwork.

CODE OF CONDUCT FOR COACHES

At Longview Christian School, coaches are not only leaders in athletic development but also spiritual mentors who model Christlike character for their teams. Every coach is expected to lead by example—on the field, in the classroom, and in the community—shepherding athletes in a way that honors God.

"Be shepherds of God's flock that is under your care… being examples to the flock." – 1 Peter 5:2-3

Christlike Leadership:
Coaches must model humility, patience, integrity, and respect in all interactions. The tone and culture of the team should reflect the fruit of the Spirit (Galatians 5:22-23).

Spiritual Encouragement:
Coaches are encouraged to pray with and for their teams, integrate biblical truth into team

life, and view athletics as a platform for spiritual growth and discipleship.

Respect for Authority:
Coaches must show respect to referees, league officials, school administrators, and opposing coaches—both in word and action.

Professionalism and Preparedness:
Coaches should come to all practices and games fully prepared, organized, and focused on the physical, emotional, and spiritual growth of your athletes.

Positive Communication:
Coaches are expected to speak words that build up rather than tear down (Ephesians 4:29) and address athletes, parents, and officials with a calm tone, clarity, and compassion—even under pressure.

Discipline with Grace:
Coaches address significant behavioral or performance issues privately and biblically, correcting with love, consistency, and a desire to see restoration and growth.

Parent Communication:
Coaches are expected to communicate clearly and promptly with parents regarding the timing of practices, games, and return times from road games. This will most often be done through GroupMe or another approved messaging platform.

Practice Scheduling:
Coaches will provide a schedule for practices, including expected beginning and end times for each practice. Your child should not be kept longer than a 15-minute grace period after the communicated practice end time. If there are unavoidable delays, coaches will update parents through GroupMe as quickly as possible.

Accountability:
Coaches are expected to abide by all school and TAPPS policies. Misconduct or failure to uphold LCS standards will result in review by the athletic director and administration.

CODE OF CONDUCT FOR PARENTS

At Longview Christian School, parents play a vital role in creating a Christ-centered environment for our student-athletes. Your support, encouragement, and example have a profound influence on the tone of our teams and the growth of your children.

Christlike Support:
Encourage all players—not just your own—with words and actions that reflect the love and grace of Christ. Avoid criticism, gossip, or negativity toward athletes, coaches, officials, or other parents.

Respectful Communication:
Direct questions or concerns to coaches in a respectful and private manner, following the Matthew 18 principle. We strongly encourage a 24-hour waiting period before approaching a coach with a complaint. Emotions can run high during and immediately after games, and waiting allows time for perspective and clarity, leading to more productive and grace-filled conversations. Refrain from confronting coaches at the game site or in front of players. *For more information, please refer to the conflict resolution section below for guidance on addressing issues with coaches or athletic staff*.

Sideline Behavior:
Cheer positively. Refrain from coaching your child or others during games. Let the coaches coach and the referees officiate. Your role in the stands is to encourage the players.

Modeling Priorities:
Help your child keep Christ first by supporting team devotionals, service opportunities, and conversations that connect faith and sports. Reinforce that identity in Christ matters more than performance in the game.

Punctuality and Participation:
Ensure your child is on time for all practices, games, and team events, and communicate any scheduling conflicts to the coach in advance. We also ask that you be prompt in picking up your child after games and practices, as coaches are responsible for student-athletes until they are safely picked up. Your timeliness helps support the overall organization and respect for everyone’s time and commitments. We ask that you make every effort to attend games and contribute positively to the team community.

Handling Disappointment Biblically:
When your child experiences disappointment, such as limited playing time or team discipline, encourage them to respond with humility, self-reflection, and perseverance, trusting that God uses these moments to build maturity.

Accountability:
Failure to uphold this code of conduct may result in a meeting with the athletic director and could lead to restricted involvement in team activities.

GAME DAY ETIQUETTE

Whether on the court, in the stands, or traveling with the team, all Longview Christian School athletes, students, and parents are expected to conduct themselves in a way that honors Jesus Christ. Our behavior during athletic contests reflects not only on our school, but also on our faith. Every action—cheering, competing, reacting—should be guided by integrity, humility, and Christian sportsmanship.

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves." – Philippians 2:3

Expectations for Players, Parents, and Fans:

- **Respect Officials:**
  Please refrain from arguing with a referee or official, whether you are a participant or a spectator. Disputing calls in an aggressive or combative manner undermines our testimony and damages the spirit of the game.

- **Positive Cheering Only:**
  When cheering, cheer for Longview Christian, not against the opponent. Taunting, mocking, or "trash-talking" has no place in our athletic culture. Students, athletes, and fans are expected to uphold a standard of encouragement, not provocation. Noisemakers, body paint, or other distracting decorations are not allowed at indoor contests such as those held in field houses or gymnasiums, as outlined in TAPPS prohibited activities.

- **Honor the Opponent:**
  Never laugh at or ridicule another athlete, team, or school. Whether at home or away, treat the opposing school with hospitality and respect, as guests and fellow image-bearers of Christ. Compete with intensity and a desire to win, but always with humility and grace.

- **Zero Tolerance for Fighting:**
  Longview Christian athletes must never start or participate in a fight, on or off the

field or court. Players must not leave the bench during a conflict. Any such involvement will result in disciplinary action in line with TAPPS guidelines and school policies.

- **Respect Facilities:**
  When at LCS or when visiting another school, remember that you are a guest. Do not damage or misuse the school's facilities, property, or equipment. Treat all spaces with respect.

- **Ejections and Penalties:**
  Any athlete, student, parent, or fan who is ejected from a contest will be required to pay the applicable TAPPS fine and will be suspended from participating in or attending the next scheduled game. Additional penalties may be imposed at the discretion of the athletic director or administration.

CONFLICT RESOLUTION PROCESS

We believe in the biblical model of conflict resolution, as described in Matthew 18, which emphasizes resolving conflicts directly with the person involved before escalating the issue.

"Let us do good to all people, especially to those who belong to the family of believers." - Galatians 6:10

We ask that you follow this step-by-step process if there is ever a need for conflict resolution between a student-athlete or a student-athlete's parents and a coach.

STEP 1: Speak With the Coach

If a concern arises, the student-athlete and/or their parent should request a meeting with the coach at an appropriate time, rather than immediately after a game or practice. We ask that parents observe a 24-hour waiting period before initiating any complaint to ensure the conversation is respectful and constructive.

Most concerns are best resolved at this level through honest and prayerful conversation.

STEP 2: Involve the Athletic Director

If the issue is not resolved after speaking with the coach:

- The student-athlete and parent may request a meeting with both the coach and the Athletic Director.
- If the parent has already been involved in the initial meeting, the Athletic Director will determine whether to meet with the parent alone or together with the coach.

STEP 3: Meet With the Administrator

If the concern remains unresolved:

- A meeting will be scheduled by the Athletic Director involving the parent, student-athlete, coach, Athletic Director, and the School Administrator.
- Parents must submit their concerns in writing prior to this meeting.
- The School Administrator will serve as the moderator and make a final determination in alignment with LCS values and policies.

Retribution

At Longview Christian School, we believe that open, respectful communication strengthens our athletic community. Student-athletes and parents must feel confident that voicing a concern or opinion, when done appropriately and through the proper channels, is not only welcomed but encouraged as part of a healthy, Christ-centered environment.

The Athletic Director and coaching staff are firmly committed to ensuring that no form of retribution will be tolerated against any student-athlete or parent who brings forward a concern in good faith. Whether addressing a misunderstanding, offering feedback, or seeking clarity, families can trust that their voice will be heard without fear of penalty, judgment, or adverse consequences.

As we are called to ***"speak the truth in love" (Ephesians 4:15)***, we strive to cultivate an atmosphere of trust, transparency, and mutual respect, reflecting Christ in all our actions, on and off the field or court.

This communication plan is designed to protect the integrity of our relationships, our teams, and the name of Christ. We encourage everyone involved to speak with grace, listen with humility, and pursue resolution with a heart for unity.

UNIFORM AND EQUIPMENT CARE

At Longview Christian School, athletes are entrusted with uniforms and equipment that represent both their team and the name of Christ. Proper care and stewardship of these items is a reflection of our values - responsibility, respect, and integrity.

"Whoever can be trusted with very little can also be trusted with much..." – Luke 16:10

Expectations for Uniform and Equipment Use:

- **Responsibility**: Athletes are expected to keep all issued uniforms and equipment clean, well-maintained, and in good condition throughout the season.
- **Proper Use**: Items are to be worn only during official practices, games, or approved school functions. They should not be used for personal or recreational purposes.
- **Storage & Transport**: Athletes should take care to store uniforms and equipment in a way that prevents unnecessary damage, loss, or excessive wear.

Return Policy:

- All uniforms and equipment must be returned in clean and good condition within one week of the final game or team event, unless otherwise instructed by the coach or athletic department.
- Items should be washed and neatly folded before being turned in.

Damage or Loss Penalty:

- Any item that is not returned, excessively damaged, or mishandled will result in a replacement fee of $75 (minimum) per piece. If the replacement cost is higher than $75, the fee will equal the replacement cost.
- This includes jerseys, shorts, warm-ups, practice gear, and any school-issued accessories or equipment.

Caring for what has been entrusted to us is one way we demonstrate our faithfulness to God and our commitment to excellence at Longview Christian School.

VOLUNTEER EXPECTATIONS

At Longview Christian School, we deeply value the support and involvement of our families in the athletic program. Our sports seasons are made possible not only through the

dedication of our coaches and athletes but also through the generous time and service of our families.

"Serve one another humbly in love." — Galatians 5:13b

Home Games:

To help ensure the smooth operation of home games and tournaments, we ask that each family volunteer to work the gate or concessions at least twice during each sports season in which their child participates. These duties are essential and directly support the athletic department, allowing us to provide quality experiences for our athletes and visiting teams.

In addition to working the gate and concessions, there are other opportunities to serve, including:

- Keeping the official scorebook
- Operating the scoreboard
- Assisting with set-up and clean-up at home events

We are grateful for your time and sacrifice. Your service not only benefits the LCS athletic program but also demonstrates your commitment to your child's growth and development. Your willingness to pitch in fosters a strong sense of community and Christ-like service that we hope to model for all our athletes.

Sign-Up

A volunteer sign-up website will be included in all preseason emails and will also be made available in the GroupMe communication group for each sport. We encourage you to sign up early to secure dates that work well for your family.

If you have any questions or need help signing up, please reach out to the Athletic Director or your child's coach. Thank you for partnering with us!

MEDICAL POLICY

At Longview Christian School, the health and safety of our student-athletes are a top priority. Our athletic program is committed to providing a safe environment where athletes can thrive physically, mentally, and spiritually. We are grateful to partner with CHRISTUS Trinity Clinic, which provides us with a certified athletic trainer once a week and at select high school games. This partnership enhances our ability to care for athletes with excellence and professionalism.

"Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers." – 3 John 1:2

CHRISTUS Trinity Clinic Partnership

- An athletic trainer from CHRISTUS Trinity Clinic will be available on campus once a week in most weeks and at designated high school games throughout the athletic seasons.
- To be evaluated or treated by the CHRISTUS athletic trainer, each student-athlete must have all CHRISTUS-provided medical paperwork completed, signed, and on file with the athletic department.
- This service is a tremendous blessing to our school, and we expect all student-athletes and families to comply with the requirements for access.

Participation Requirements

- All student-athletes must have a current physical examination and medical history form on file with the athletic department before participating in any practice, workout, or game.
- Physicals must be completed annually for high school athletes and once during their junior high years for junior high athletes. Any changes in a student-athlete's health condition should be updated with the school immediately.

Injury Reporting and Return-to-Play Policy

- Any injury requiring medical attention must be reported immediately to both the head coach and athletic director.
- The coach or athletic director will file a Student Accident Report for insurance purposes. LCS carries a supplemental insurance policy that may assist with costs related to injuries incurred during school-sponsored athletic events, in coordination with a family's primary insurance.
- A student-athlete who has received medical treatment for an injury may not return to practice or game play until a licensed healthcare professional has provided a written medical release.

- If a student-athlete suffers a concussion, they must be cleared by a licensed medical professional and must complete the return-to-play protocol outlined by TAPPS and medical guidelines.

Extreme Weather Protocols

LCS recognizes the risk posed by extreme heat, humidity, and severe weather. To ensure athlete safety, the following measures will be enforced during applicable conditions:

1. Mandatory Water Breaks: All practices will include frequent water breaks. The timing of breaks will be dependent upon the location and environment of athletic activities.
2. Constant Water Availability: Water will be made readily available at all times, including during drills and scrimmages.
3. Practice Modifications: Practices may be shortened, moved indoors, or canceled based on temperature and humidity.
4. Coach Vigilance: Coaches will be trained to monitor signs of heat illness and respond appropriately. Drills may be modified, and equipment may be removed if athletes show signs of heat stress.
5. Lightning & Storm Protocol: Practices will be delayed, modified, or canceled in the event of lightning or severe weather. LCS will utilize internet-based warning systems to inform decision-making.

ATHLETIC DRESS POLICY

At Longview Christian School, everything we do, including how we dress, should reflect our identity in Christ and bring glory to Him. Our standard of dress promotes modesty, respect, and unity, and all student-athletes are expected to follow these guidelines during all athletic-related activities.

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies." - 1 Corinthians 6:19-20

Practice Attire

- General Guidelines:
    - Shorts must have a minimum 3-inch inseam.

    - Tops must cover at least 2 inches on the shoulders and not show a bare stomach when worn normally.
    - Inappropriate clothing includes:
        - Spandex or tight-fitting shorts
        - Strapless or low-cut tops
        - Exposed midriffs
- Footwear: Athletic shoes are required for all practices.
- Uniforms: Practice or game uniforms may not be worn during the school day unless otherwise approved. Uniforms are purchased and approved by the athletic director.
- Student-athletes should refer to the LCS Student Handbook for any additional dress code expectations.
- For junior high practices during P.E., they must abide by the school P.E. dress code.

Game Day Attire

- Student-athletes must adhere to the designated game day dress code before games and during travel.
- Approved Game Day Options:
    - Option 1: Thursday dress code with a team shirt or LCS athletic department shirt.
    - Option 2: The official athletic department hoodie and sweatpants. This may not be worn during the day at school.
    - This dress code applies before and after games, including on road trips and at away venues.

If student-athletes or parents have any questions about acceptable attire, they should refer to the Longview Christian School Student Handbook or contact the Athletic Director for clarification.

PLAYING TIME POLICY

At Longview Christian School, our athletic program seeks to glorify Christ through excellence in effort, attitude, and sportsmanship. We believe athletics is a tool for

discipleship and growth, and our playing time philosophy reflects both spiritual and athletic development, tailored appropriately to each level of competition.

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves." - Philippians 2:3

Junior High

In junior high athletics, the emphasis is on development, participation, and character formation. Every student-athlete who is dressed and eligible will receive coaching instruction in practice and will participate in each game, including tournaments and championships.

- Participation and growth are our primary focus in these developmental years.
- Coaches will seek to involve all athletes in games, but not all playing will be equal.
- Coaches will make playing time decisions based on:
    - Attitude and effort in practice
    - Skill level and physical readiness
    - Team needs and strategic considerations
    - Commitment to the team and the mission of LCS Athletics
- A student-athlete may be held out of a game due to:
    - Disciplinary concerns
    - Missed practices
    - Ineligibility or behavioral issues

High School

At the varsity level, our focus shifts to competition, team unity, and pursuit of excellence, while still honoring the individual growth of each athlete. Playing time at this level is not guaranteed and is determined at the discretion of the coaching staff.

- Coaches will make playing time decisions based on:
    - Attitude and effort in practice
    - Skill level and physical readiness
    - Team needs and strategic considerations

    - Commitment to the team and the mission of LCS Athletics
- While every effort will be made to develop each athlete, the goal at this level is to field the most competitive team possible.

Coaches' discretion is key to managing both development and competitiveness. Their decisions regarding playing time should be respected and trusted as they seek to honor Christ, care for student-athletes, and lead their teams with integrity.

We encourage ongoing respectful communication (see Communication Plan) and ask all athletes and parents to remember that our ultimate goal is to reflect Christ on and off the field.

CUT POLICY

At Longview Christian School, we strive to see student-athletes develop in character, discipline, teamwork, and spiritual maturity through their participation in athletics. We value teamwork and development, especially in our junior high programs, but recognize that in some situations, it may be necessary to limit the number of athletes on a team.

"So in everything, do to others what you would have them do to you." - Matthew 7:12

While it is our preference to allow every interested student to participate in athletics, circumstances may require tryouts and cuts based on several key factors. These may include, but are not limited to:

- The number of student-athletes trying out for a given sport
- Availability of coaches and staff
- Number of teams offered at each level
- Gym or facility limitations
- Safety concerns and the nature of the sport

Junior High

In Junior High, our emphasis is on participation and development. Cuts will be avoided whenever possible, and all reasonable efforts will be made to accommodate students who demonstrate commitment and effort. If cuts are necessary, students will be evaluated on:

- Effort, attitude, and commitment
- Coachability and willingness to grow
- Athletic ability and readiness for competition
- Attendance and behavior during tryouts

All athletes will be treated with dignity and care, and students not selected will be encouraged to stay connected to athletics through other opportunities.

High School

At the high school level, the level of competition increases, and roster spots are often limited. Coaches are responsible for fielding teams that are both competitive and cohesive, which may involve selecting a smaller number of athletes.

Tryouts will be held with clear communication about expectations, evaluation criteria, and the nature of the selection process. Athletes will be assessed on:

- Performance and skill development
- Work ethic, attitude, and teamwork
- Positional needs and team balance
- Attendance and coachability

General Guidelines

- The decision to make cuts is determined on a sport-by-sport and season-by-season basis, depending on participation numbers and program capacity.
- Coaches, in collaboration with the Athletic Director, will prayerfully and thoughtfully make roster decisions.
- Families will be informed of tryout dates and criteria at the beginning of each season.
- Student-athletes and parents are encouraged to communicate respectfully with coaches if they have questions regarding the process.

Longview Christian School is committed to glorifying God in all aspects of our athletic programs, including how we handle difficult decisions. We believe that each athlete,

whether selected or not, is a valued member of our school community and a reflection of Christ.

QUITTING A SPORT POLICY

At Longview Christian School, athletics are a powerful tool for developing perseverance, responsibility, and a Christ-like character. As followers of Jesus, we are called to remain steadfast, even when challenges arise. Quitting a team prematurely undermines both personal growth and the team's unity.

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." - Galatians 6:9

The LCS Athletic Department encourages student-athletes to demonstrate commitment, even when facing injury, adversity, or reduced playing time. We expect all team members to contribute to their teams in every way possible.

Policy Guidelines

- Injured Athletes
    - Injured players are still considered full members of the team.
    - They are expected to attend all practices, games, and team functions unless excused by the coach.
    - Being physically sidelined does not remove the opportunity for leadership, encouragement, or team support.
- Quitting After Team Commitment
    - Any student-athlete who voluntarily quits a sport after teams have been selected or after the first official game will need to schedule a meeting with the coach and athletic director and potentially be ineligible to participate in the next two consecutive athletic seasons.
        - *Example:* An athlete who quits basketball may not be allowed to participate in spring or fall sports of the following year.
    - This consequence is in place to promote accountability, teamwork, and integrity. We recognize not all situations are the same, however, and will consider the application of this consequence on a case-by-case basis.
- Grace Period During Tryouts

- There is a grace period during the tryout and team selection phase of each season.
- During this time, student-athletes may choose to withdraw from the team without incurring any penalties.
- Once the final roster is announced and the season officially begins, quitting is strongly discouraged and will result in the consequences stated above.

By committing to a team, student-athletes commit to something greater than themselves: developing discipline, honoring their word, and learning to glorify God through perseverance.

SCHEDULING OVER SCHOOL BREAKS

At Longview Christian School, we recognize the importance of rest, family time, and balance for our student-athletes. We make every effort to honor those priorities while also maintaining competitive and complete athletic schedules.

"There is a time for everything, and a season for every activity under the heavens." - Ecclesiastes 3:1

Games

We strive to avoid scheduling games during school breaks whenever possible. However, there are times when this cannot be avoided due to league requirements, TAPPS deadlines, or coordination with other schools.

- District Game Scheduling: District and TAPPS scheduling consider the calendars of all member schools. Occasionally, this may result in district games being played during or near school breaks.
- Pre-Break and Post-Break Games: Games may occasionally be scheduled near the beginning or end of a school break.
- Tournaments: The weekends surrounding school breaks are often key times for tournaments. When possible, we will take advantage of these opportunities to strengthen our programs while striving not to disrupt family schedules more than necessary.
- Fall Sports Start Dates: Cross country, soccer, and volleyball seasons begin before the first day of fall classes per TAPPS scheduling and league calendars To field a

complete schedule and remain competitive, we start practices and games before school begins for those sports, while we are still on summer break.

Practices

Coaches are permitted to schedule optional practices during school breaks. These practices are not mandatory, and any missed sessions during these periods are considered excused absences. However, student-athletes should be aware that consistent attendance helps with team cohesion and skill development. Players who participate may see improvement that naturally influences playing time.

The only exception to this guideline applies to fall sports that begin before the school year starts. Once official TAPPS practice dates begin (usually early August), these practices are classified as standard, required sessions and are governed by the attendance policies outlined in the Athletic Code of Conduct section.

COMMUNICATION POLICY

Clear, timely, and respectful communication is essential for the success of our athletic programs. At Longview Christian School, we are committed to keeping athletes and families informed while encouraging a Christ-like approach to all interactions.

"Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." - Colossians 4:6

Schedule Availability

- The most current practice and game schedules for each sport will be posted on the LCS website calendar.
- While we strive to ensure the schedule remains accurate and up to date, changes may occur, particularly due to weather or scheduling conflicts. We will update the website promptly when changes are made.

Communication Methods

- GroupMe or a similar communication platform will be used to share:
    - Practice times
    - Game times and locations

    - Last-minute updates and reminders
- All families should join the GroupMe group(s) relevant to the sport(s) their child participates in to ensure they receive timely updates.
- Parents should be aware that last-minute changes are sometimes unavoidable, though we will do our best to minimize them and communicate them as early as possible.

Athlete-Only Communication Groups

- In addition to parent groups, there may be separate GroupMe groups for athletes and coaches only.
    - These groups are used to foster team culture, communicate strategy, and provide daily reminders directly to student-athletes.
    - This structure helps reduce unnecessary notifications for parents while allowing coaches to maintain team focus and cohesion.
    - All athlete-only groups are monitored by the LCS Athletic Director for appropriateness and oversight.

Pre-Season and General Email Communication

- Before the beginning of each sports season—Fall, Winter, Spring, and Summer—an email will be sent out to notify families about:
    - Tryout schedules
    - Game schedules
    - Practice start dates and schedules
    - Required forms and equipment
- Additional emails may be sent throughout the year regarding special events, opportunities, and updates to athletic policies.

Responsibility of Families

- It is the responsibility of each family to:
    - Check the LCS website regularly for schedule updates.
    - Join and remain active in the appropriate communication group(s).

- Encourage student-athletes to monitor their own athlete-only groups for updates and instructions.
- Reach out directly to the coach or athletic department if any communication has been missed or unclear.

At Longview Christian School, we strive to maintain a standard of communication that builds trust, promotes teamwork, and models the character of Christ both on and off the field.

TRANSPORTATION POLICY

At Longview Christian School, we strive to support our student-athletes by providing safe and efficient transportation to and from athletic events. Transportation decisions will be made with the best interest of student-athletes in mind and may vary depending on scheduling, availability, and resources.

"Commit to the Lord whatever you do, and he will establish your plans." - Proverbs 16:3

General Transportation Guidelines

LCS will follow these priorities regarding transportation for practices and games:

- LCS will provide transportation (bus or school van) to out-of-town practices and games in most circumstances.
- If LCS transportation is unavailable, the Athletic Director may authorize coaches or parents to provide transportation as necessary. All arrangements must prioritize safety and require parental permission.
- On occasion, LCS may permit high school student-athletes to transport themselves, but this will be approved on a case-by-case basis and only with the permission of the parent and the athletic director.
- When games are local (within a 15 miles radius of LCS), but not on the school property, families are expected to arrange transportation for their child. Students will be picked up from school through normal pickup procedures and transported by parents to the game. Coaches will notify parents if local transportation will be

provided by the school.

Traveling Home from Games

- Student-athletes may ride home from games with their own parents only.
- If a student-athlete needs to ride home with someone other than their parent, the family must clearly communicate with the coach in writing and obtain approval from that coach.
- For safety and accountability, parents must check out their child directly with the coach before leaving the game site.

We thank our families for their flexibility and support in helping LCS maintain a safe, Christ-centered athletic experience. As always, communication with coaches and administration is key when coordinating transportation needs.

SOCIAL MEDIA AND PUBLIC RESPONSIBILITY

At Longview Christian School, we recognize that our student-athletes, coaches, and parents are representatives of Christ and of our school community both on and off the field, including in the digital world. Social media platforms are powerful tools that can either build up or tear down. As followers of Christ, we are called to use every platform and every word to honor Him.

"Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." – Colossians 4:6

Expectations for All Members of the LCS Athletic Community:

- **Represent Christ Online**
  Your presence on social media should reflect the values of humility, integrity, and grace. Whether you're posting, commenting, liking, or sharing, your conduct should point others to Christ.
- **No Inappropriate Language or Content**
  Crude jokes, vulgar language, or any form of offensive media have no place in the life of a Christ-follower. We are to model purity and self-control in all communication.

- **No Bullying, Gossip, or Slander**
  Speak and post with love. Malicious speech, whether directed at teammates, opponents, officials, or anyone else, is not only harmful, it's unbiblical.
- **Use Your Platform to Encourage and Inspire**
  Use your influence to be a light in a dark world. Highlight teamwork, celebrate others, share Scripture, and be a source of encouragement in all things.
- **Coaches and Parents as Role Models**
  Your words and actions online set the tone for the teams and families you influence: model maturity and self-restraint. Avoid engaging in online arguments or criticism, especially involving games, referees, or opposing teams.

Disciplinary Consequences

Failure to uphold these standards may result in disciplinary action, including but not limited to counseling, suspension from athletic activities, or further review by school leadership. As with all areas of LCS life, we aim for restoration and growth for those who fall short. Let your public life, digital and personal, mirror your private devotion to Christ.

Unofficial Social Media Pages

To maintain the integrity, unity, and Christ-centered mission of Longview Christian School Athletics, any social media page that represents, references, or is affiliated with an LCS athletic team or the LCS name must follow these guidelines:

- **Approval Required**:
  Any unofficial social media account (e.g., Instagram, Facebook, Twitter/X, TikTok) created to represent an LCS athletic team or program must be approved in advance by the LCS Athletic Director.
- **Ongoing Oversight**:
  The LCS Athletic Director will monitor all approved accounts to ensure that the content remains appropriate, Christ-honoring, and aligned with the values and mission of Longview Christian School.
- **Content Standards**:
  Posts, captions, images, and comments should reflect the same standards required of individual athletes and parents, avoiding inappropriate language, taunting, gossip, or disrespect toward others. The goal of these pages should be to celebrate growth, build community, and glorify Christ.

- **Consequences for Unapproved or Misused Pages**:
  Any social media page found to be operating without approval or any page that violates LCS standards may be subject to removal and disciplinary action against those involved in managing the account.

Let every post from our athletic community serve as a testimony to the grace, excellence, and joy we have in Christ.

ATHLETE ELIGIBILITY PROCESS

At Longview Christian School, we are committed to upholding the standards set forth by TAPPS, ensuring that our student-athletes represent our institution with integrity, both academically and athletically.

"An athlete is not crowned unless he competes according to the rules." - 2 Timothy 2:5

High School Participation Requirements

- **Academic Requirements**
  - **Minimum Academic Standards**:
    Student-athletes must not be failing more than one course at the end of a grading period to remain eligible for extracurricular activities.
  - **Grade Checks**:
    Academic progress is monitored regularly, with grade checks occurring at mid-quarter and end of quarter.
  - **Ineligibility Period**:
    If a student-athlete is failing more than one course, they become ineligible for a minimum of two weeks. This period begins no later than one week after grades are announced and continues for fourteen days.
  - **Incomplete Grades**:
    Incomplete grades must be resolved within five days of the grade check; otherwise, they are considered failing grades.
- **Enrollment and Attendance**
  - **Full-Time Enrollment**:
    Student-athletes must be enrolled as full-time day students at LCS, taking at least four academic courses on campus.

- **Daily Attendance**:
  While TAPPS does not mandate specific attendance rules for game days, LCS requires student-athletes to attend at least 4 scheduled classes on the day of a game or practice to participate in that day's athletic activities. Exceptions may be granted by the Athletic Director on a case-by-case basis based on the nature of the absence.

- **Age and Duration of Eligibility**
  - **Age Limit**:
    Students who turn 19 before September 1 of the current school year are ineligible for TAPPS activities.
  - **High School Tenure**:
    Students who have been enrolled in high school for more than four years are ineligible to participate in TAPPS activities.

- **Transfer Students**
  - **Transfer Approval**:
    Students transferring to LCS must complete the TAPPS transfer process, including necessary documentation, before participating in any interscholastic competition.
  - **Senior Transfers**:
    Students transferring for their senior year must be enrolled and attending LCS by the TAPPS-designated senior transfer deadline to be eligible for participation.

- **International and Homeschool Students**
  - **International Students**:
    Eligibility for international or foreign exchange students requires prior approval from TAPPS.
  - **Homeschool Students**:
    Only students enrolled full-time at LCS are eligible to participate in TAPPS activities; homeschool students not enrolled full-time are ineligible.

- **Conduct and Representation**
  - **Behavioral Expectations**:
    Student-athletes are expected to exhibit Christ-like behavior, demonstrating integrity, humility, and respect both on and off the field.

- **Disciplinary Actions**:
  Any misconduct may result in counseling, suspension, or removal from the team, depending on the severity of the offense.

Junior High School Participation Requirements

- **Academic Requirements**
  - **Minimum Academic Standards**:
    Student-athletes must not be failing more than one course at the end of a grading period to remain eligible for extracurricular activities.
  - **Grade Checks**:
    Academic progress is monitored regularly, with grade checks occurring at mid-quarter and end of quarter.
  - **Ineligibility Period**:
    If a student-athlete is failing more than one course, they become ineligible for a minimum of two weeks. This period begins no later than one week after grades are announced and continues for fourteen days.
  - **Incomplete Grades**:
    Incomplete grades must be resolved within five days of the grade check; otherwise, they are considered failing grades.
- **Enrollment and Attendance**
  - **Full-Time Enrollment**:
    Student-athletes must be enrolled as full-time day students at LCS, taking at least four academic courses on campus.
  - **Daily Attendance**:
    LCS requires student-athletes to attend at least 4 scheduled classes on the day of a game or practice to participate in that day's athletic activities. Exceptions may be granted by the Athletic Director on a case-by-case basis based on the nature of the absence.
- **Conduct and Representation**
  - **Behavioral Expectations**:
    Student-athletes are expected to exhibit Christ-like behavior, demonstrating integrity, humility, and respect both on and off the field.

- **Disciplinary Actions**:
  Any misconduct may result in counseling, suspension, or removal from the team, depending on the severity of the offense.

FINAL THOUGHTS AND THANK YOU

At Longview Christian School, athletics is more than competition. It is an opportunity to glorify God through teamwork, perseverance, humility, and excellence. Whether on the field, in the stands, or behind the scenes, each person involved in LCS Athletics plays a crucial role in shaping our community and advancing our mission.

To our student-athletes: thank you for your commitment, your effort, and your example. We encourage you to pursue excellence in all things, not for your own glory, but to honor Christ in every action, attitude, and interaction.

To our coaches, staff, and volunteers: thank you for your leadership, sacrifice, and faithful service. You are helping shape lives and disciple young people through your words, actions, and dedication.

To our parents and families: thank you for entrusting your children to us and for your support in all that we do. Your presence, encouragement, and willingness to serve are vital to the success and spirit of LCS Athletics.

Let us all continue to work together, as one body, striving for excellence in everything—on and off the field—so that Christ may be glorified in us.

"Whatever you do, do it all for the glory of God." – 1 Corinthians 10:31

Longview Christian School Athletic Handbook Acknowledgment Form

By signing below, we acknowledge that we have read and understood the Longview Christian School Athletic Handbook in its entirety. We agree to abide by the policies, expectations, and standards set forth for student-athletes, coaches, and parents as members of the LCS athletic community.

We understand that participation in athletics at Longview Christian School is a privilege and a responsibility. As representatives of Christ and LCS, we commit to upholding the values of sportsmanship, integrity, accountability, and Christlike character both on and off the field.

We also acknowledge the following:

- We have reviewed the sections on conduct, dress code, medical policy, transportation, communication, and eligibility.
- We agree to support team policies, including expectations for playing time, attendance, volunteering, and communication.
- We commit to honoring the mission of Longview Christian School through our involvement in athletics.

Student-Athlete Name (Printed): _____

Student-Athlete Signature: _____ Date: _____

Parent/Guardian Name (Printed): _____

Parent/Guardian Signature: _____ Date: _____

Please return this signed form to the Athletic Office before the first official practice.