



**Life Center Academy
Athletic Handbook
For Students and Parents**

PHILOSOPHY OF LIFE CENTER ATHLETICS

Life Center Academy believes that all that is done in life should be pleasing to God, including athletics. The athlete, coach, and team are striving to do their best in all areas of life. Playing with actions pleasing to Christ is of the utmost importance. Performance at one's best for the benefit of the team is primary, while winning is secondary. The coach is to teach the athlete how to deal with both winning and losing, as well as with the pressures in the athletic world, in a manner that is pleasing to God. We believe the team is more important than one individual. Team unity is vital, while individual achievements are also recognized.

I Cor. 10:31 – Whatever you eat or drink or whatever you do, you must do all for the glory of God.

Col. 3:23 - Work hard and cheerfully at whatever you do, as though you were working for the Lord rather than for people.

STATEMENT OF PURPOSE

1. Our athletic program will strive to develop a Christ like character in our athletes. This goal will be incorporated into all practices and competition events.
- 2 LCA will seek out and utilize coaches who view athletics as a vehicle for ministry in the lives of young people. The development of the spirit and the body is to be biblically balanced.
3. Our approach and delivery will encourage parents to see sports as a valid extensions of Life Center Academy's (Christian) educational program.

TEAM LEVELS

Since there are different skill levels of the players within our athletic teams, it is important to emphasize different goals at each team level. Therefore, our goals are:

1. Junior High Team:

- a. To learn basic fundamentals of the sport(s) and the individual skills of the game.
- b. To learn team concepts
- c. To emphasize individual participation/playing time rather than team success.

2. Junior Varsity Team:

- a. To build individual skills.
- b. To further develop team concepts, strategy and tactics.
- c. To achieve a balance of individual participation/playing time and team success.

3. Varsity Team:

- a. To refine individual skills and team play. Team achievement and success is more important than individual achievement.
- b. To apply the learned team concepts, strategy and tactics.

c. To strive for team success.

GUIDELINES FOR TEAMS & PARTICIPATION

- A. It is a privilege not a right for a student to participate in interscholastic athletics. The school may revoke this privilege when the athlete does not conduct himself in an acceptable manner.
- B. The participant must maintain acceptable levels on academics, Christian character, citizenship and sportsmanship.
- C. Team Size- Student athletes that wish to compete must realize that often a “try-out” is necessary in order for the coaches to determine who is best prepared to compete. Unmanageable numbers can cause discouragement and unsafe conditions for all involved. The maximum number of team members will be as follows:

Soccer – 18

Cross Country – 14

Basketball – 12 (if no JV, 15 player max.)

Junior Varsity Basketball - 12

Baseball/Softball – 15

Volleyball – 12

Cheerleading – Size determined jointly by Administration, Athletic Director, and coach.

Track – Size determined jointly by Administration, Athletic Director, and coach.

Team sizes may exceed the maximum at the discretion of the Administration, Athletic Director, and coaches.

When a try-out is necessary, selection of a candidate may be based on athletic performance, attitude, conduct, cooperation, and the desire to represent both Christ and the student body in a manner that compliments the school.

Students in grades 9 – 12 are eligible to participate at the Varsity level. The decision to allow 8th graders to participate on a Varsity team will be made by the Athletic Director, Coach and the

Administration. However, if the 8th grader is allowed to play on a varsity team his/her parent(s) must sign a waiver that states they understand the implications that may arise if they transfer their athlete to another school that has 4-year eligibility rules.

Any student who turns 19 prior to September 1 will be ineligible for any Penn Jersey Athletic Association contests per the league By-Laws/Constitution.

Students is grade 12 are not eligible for Junior Varsity level teams unless consent has given by the Athletic Director and school administration.

It is not possible to state how much playing time each team member will have because coaching decisions are based on many factors.

D. Practices and Games

All athletes must be prompt and are expected to attend all practice sessions as well as games. Practices generally begin at 3:00 pm every day except Wednesday. There are no practices on Wednesday unless absolutely necessary. All Junior High practices finish at 4:30pm and Varsity practices finish at 5:00pm. The only exception to these times would be basketball. Practices vary due to gym availability.

Excused absences from school are also excused absences from practice and games.

It is at the coach's discretion to dismiss a player from a team due to numerous unexcused absences.

It is the responsibility of the athlete to notify the coach in advance of any practice or game that he/she will miss; otherwise the practice or game that is missed is considered unexcused.

If an athlete missed practice or a game that is unexcused, disciplinary action may result from the coach. This includes not starting, mandatory bench time, etc.

In order to participate in any athletic practice or game on a given day, the athlete must attend school on that same day and must be at school by 11:30a.m.

E. Miscellaneous

- 1, Parents are responsible to see that their children are picked up promptly after practices and games.
2. Students may bring electronic devices to games/practices but use of those devices will be subject to the head coach's discretion. Students are solely responsible for these devices.
3. The coach of each sport may set specific team rules in addition to those found in the Student Athlete Handbook. These rules will be given to the athletes by the coach at the first meeting or practice of that sport.
4. Athletes are expected to adhere to the school dress codes for all athletic events. When there are alterations to this policy, the coach and/or Athletic Director will give directions concerning what may be worn to these events.
5. Any player dismissed from a team for disciplinary reasons may not compete in that particular sport until further notice from the coaching staff involved, the Athletic Director, and the school Administration.

6. All sports are governed by the rules stated by NFHS (National Federation of High School), except when modified by the league rules to which a team belongs. The varsity and middle school teams are members of the Penn-Jersey Athletic Conference.

Eligibility Requirements & Expectations of Student-Athletes

Behavioral Eligibility

Proper behavior must be demonstrated whether in school or during competition. The consequences of improper behavior may be temporary or permanent suspension from a team as determined by administration.

It is the expectation of Life Center Academy that as a student-athlete you will represent our school in the best possible manner. Life Center Academy respects the rights of its students to use social media. However, it is important for all students to understand the need to exercise care in setting appropriate boundaries between their personal and public online behavior and to understand that what may seem private in the digital world can often become public, even without knowledge or consent. Social Networking Guidelines include avoid posting illegal activities, avoid bullying/threats of violence, and avoid lying, cheating, and plagiarizing. Failure to adhere to the social networking policy will result in disciplinary action.

Academic Eligibility

Athletes must maintain passing grades in all subjects while their sport is in season. Every week during the season an academic eligibility list will be generated by the school athletics office. If an athlete's grade in one or more subject drops to an "F" they will be on placed on the eligibility list. They will remain ineligible for one week regardless of when they bring their grade(s) to passing. During this week they may practice with the team but they cannot play in games or travel with the team.

Required forms for Athletic Eligibility

All athletes must have the following health forms on file with the school nurse

- Athletic Physical - MUST be updated every year (365 days)
<https://lcanj.org/documents/Sport%20Medical%20Form.pdf>
- Signed Head Injury/Concussion Protocol signed document
<https://www.nj.gov/education/safety/health/athlete/docs/Concussion%20Fact%20Sheet%20and%20Acknowledgment%20Form.pdf>
- Sports Related Eye Injury
<https://www.nj.gov/education/safety/health/athlete/docs/Concussion%20Fact%20Sheet%20and%20Acknowledgment%20Form.pdf>
- Sudden Cardiac Death
<https://www.nj.gov/education/safety/health/athlete/docs/Sudden%20Cardiac%20Death%20in%20Young%20Athletes%20Pamphlet.pdf>
<https://www.nj.gov/education/safety/health/athlete/docs/Sudden%20Cardiac%20Death%20Digital%20Sign-Off.pdf>
- Opioid Use and Misuse

<https://www.nj.gov/education/safety/health/athlete/docs/Sudden%20Cardiac%20Death%20in%20Young%20Athletes%20Pamphlet.pdf>

<https://www.nj.gov/education/safety/health/athlete/docs/Opioid%20Use%20and%20Misuse%20Digital%20Signature.pdf>

- Student-Athletes are expected to be leaders and mentors for younger students. Initiation rituals and hazing are not acceptable and will not be tolerated. One is expected to lead by example. Leave a positive legacy during your time at Life Center Academy.
- Profanity will not be tolerated at any time.
- Student security and safety in the locker room facility are priorities of the coaching staff. Each student-athlete is responsible to assist in keeping the locker room are clean, safe, and secure. Absolutely no horseplay. Lock and re-check your locker before leaving the locker room. Report any missing items to your coach or administrator immediately. Treat the facility with respect.
- All student-athletes, their parents, and head coach will sign Life Center Academy Athletics Rules and Expectations contract at the start of each season. This contract will be kept on file in the Athletic Directors office.
- LCA does allow for students to reclass. Any students choosing to reclass must submit a request to the school Principal prior to the start of the school year. The Principal will then send the students the reclass policy/procedures and official request form for the student and their parent(s) to sign.

AWARDS

All students who participate for an entire season with an athletic team will receive a certificate of participation.

Athletes at the Junior Varsity and Varsity level may earn letters by playing in 50% (25% for seniors) of total halves, quarters, or innings played.

A first-year letterman receives a letter with a pin representing the sport. A returning letterman receives a bar for each additional year completed. Captains receive Captain pins. Managers, scorers, and statisticians who complete a sport will be given a letter and receive a pin/bar indicating their participation with the team.

Varsity All-Stars who are chosen by the league are given All-Star certificates.

Other recognition may be given with the approval of the coach, Athletic Director, and Administration.

The following awards will be given for the various level:

- Junior High Sports: all participants will receive a medal
- Junior Varsity Sports: Most Valuable Player, Sportsmanship and Most Improved

- Varsity Sports: Most Valuable Player, Most Improved Player, Sportsmanship, Best Offensive Player, and Best Defensive Player.
- Scholar Athlete Award will be given to any athlete who achieves Honor Roll during their sport season.

Overall awards will be given to the Male/Female Outstanding Athlete of the Year. The Athletic Director will choose the recipients of these awards. Also, an award will be given to the Male/Female Scholar Athlete of the Year. These awards will be given to the athlete who meets the criteria set forth below.

Outstanding Athlete of the Year – To be a great athlete and individual must be physically prepared, mentally agile, and a cooperative team player. The mastery of such qualities is worthy of recognition. The award of Outstanding Athlete of the Year goes to a male and female who has played a minimum of 2 varsity sports while demonstrating excellent athletic abilities, leadership, Christian character, and good sportsmanship on the playing field and in the classroom. The athlete must maintain a minimum 2.5 GPA.

Scholar Athlete of the Year – Success on the athletic field and in the classroom is an accomplishment that should receive the highest accolade. Both require stamina, endurance, determination, and hard work. To do both well is an exceptional feat. In addition to the Life Center Academy requires that the individual exhibit a good Christlike attitude. In recognition of this outstanding accomplishment Life Center Academy is awarding the title of Scholar Athlete of the Year to the deserving male and female junior or senior athlete who has played a minimum of two varsity sports and shown a desire for excellent overall athletic performance and has the highest GPA (minimum 3.75) in their sex group.

LCA Varsity Club - Any athlete who participates in a minimum of 2 varsity sports during an academic school year would be considered for this award.

3 Letterman Award - Any athlete who participates in 3 varsity sports during an academic school year would be considered for this award.

Physical Exams and Permission Slips

Each athlete is required to have a physical exam. A physical exam is good for 1 year from that date it was issued. This physical exam must be given by a licensed physician and reported in writing before the student may start practice.

If a student has been injured during a sport's season or has had an illness that prevents the athlete from playing that sport for an extended period of time, the athlete must have a licensed physician and a parent sign a "Return to Athletics" form before being permitted to return and participate in the sport.

Any athlete that sustains a concussion during any athletic contest or practices must submit a physician's approval to return to full competition.

Injuries:

Precautions are taken to prevent injuries, but they do occur. All injuries must be reported to the coach so that proper aid may be given. It is important that allergies or

other ailments that require special attention be reported to the coach at the start of the season.

If an athlete is injured, the parents will be contacted as soon as possible. If necessary, emergency personnel will also be contacted.

Uniforms and Equipment

- The team's coach will issue the team uniform. Each athlete who is issued a uniform is responsible for its proper care. It must be returned to the coach in good condition at the end of the season. If it is damaged, worn beyond normal wear, lost or not returned, the athlete will pay for the uniform at its replacement price. Usually one replacement uniform will cost far more than when originally ordered. Report cards, transcripts or any requests for official school documents will not be given out if the following uniforms are not returned or paid for.
- The uniform may not be worn anytime or place other than what is authorized in connection with official games.
- All uniforms must be returned cleaned with every piece included that was originally issued.
- All uniforms must be returned within one (1) week after the last game of that sport's season.
- The equipment a team uses is the responsibility of the team. Abusing equipment or supplies may result in the dismissal from the team and/or replacement of the damaged equipment by one or ones that damaged it.

TRANSPORTATION

- The school will provide transportation for the teams to go to the athletic event. After the athletic event, it is the parents' responsibility to pick up his/her own child at the appointed time and place.
- Students will ride school-provided transportation. Prior written request from the parents involved and approval by the Dean of Students will only grant exceptions.
- Student drivers are not permitted to transport themselves or other students to any athletic event. Prior written request from the parents involved and the approval of the Dean of Students will only grant exceptions. In specific situations verbal approval by the parent(s) involved will be allowed by the approval of the Dean of Students.
- For some athletic events, there may be room for student spectators to ride the school sponsored transportation. Student spectators must have written parental permission to travel to these events. The presiding coach will determine if there is sufficient room on the team vehicle for spectators.

Parent and Spectator Conduct Policy

Purpose

Life Center Academy Athletics exists to develop student-athletes who demonstrate Christ-like character, integrity, sportsmanship, and excellence. Parents and spectators play a vital role in helping create a positive and encouraging environment that reflects the mission and values of Life Center Academy.

Participation in Life Center Academy athletic events is a privilege. All parents, family members, and spectators are expected to conduct themselves in a manner that honors Christ, supports student-athletes, and promotes a positive experience for everyone involved.

Expectations for Parents and Spectators

Parents and spectators are expected to:

- Demonstrate Christian character, respect, and good sportsmanship at all times.
- Encourage all student-athletes through positive and uplifting comments.
- Respect coaches, officials, opposing players, opposing spectators, school personnel, and event staff.
- Model appropriate behavior for student-athletes and younger spectators.
- Support the decisions made by game officials, even when disagreements occur.
- Refrain from coaching athletes from the stands or sidelines.
- Maintain a positive atmosphere that promotes learning, growth, and healthy competition.
- Follow all school, league, and facility rules and regulations.
- Represent Life Center Academy in a manner that brings honor to Christ and the school.

Prohibited Conduct

The following behaviors are unacceptable and may result in disciplinary action:

- Using profanity, vulgar language, or inappropriate gestures.
- Arguing with, confronting, or verbally abusing officials, coaches, players, or spectators.
- Publicly criticizing student-athletes, coaches, officials, or school personnel.
- Taunting, mocking, or intimidating opposing teams or spectators.
- Entering the playing area, bench area, locker rooms, or officials' areas without authorization.
- Engaging in threatening, aggressive, or disruptive behavior.
- Using social media to harass, intimidate, embarrass, or disparage student-athletes, coaches, officials, or schools.
- Possessing or being under the influence of alcohol, tobacco products, vaping devices, illegal drugs, or other controlled substances during school-sponsored athletic events.

Communication with Coaches

Life Center Academy encourages respectful and constructive communication between parents and coaches.

Appropriate topics for discussion include:

- The student-athlete's academic progress.
- The student-athlete's behavior and attitude.

- Ways to help the student-athlete improve.
- Team expectations and program requirements.
- Concerns regarding the health or safety of the student-athlete.

The following topics are not appropriate for discussion with coaches:

- Playing time.
- Team strategy or game decisions.
- Other student-athletes.
- Team selection decisions after tryouts.

Parents who wish to discuss a concern with a coach should schedule a meeting at a mutually agreeable time.

Twenty-Four Hour Rule

Parents and spectators should not approach coaches to discuss concerns immediately before, during, or after a game or practice. Emotions are often heightened following competition.

Life Center Academy requires a twenty-four (24) hour waiting period before requesting a meeting regarding concerns related to athletic competition.

Social Media Expectations

Parents and spectators are expected to use social media responsibly and, in a manner, consistent with Christian values.

Posts, comments, messages, photos, or videos that are disrespectful, defamatory, threatening, harassing, or detrimental to the reputation of Life Center Academy, its students, coaches, officials, or athletic programs may result in disciplinary action and restrictions from athletic events.

Consequences for Violations

Violations of this policy may result in one or more of the following actions:

1. Verbal warning.
2. Written warning.
3. Removal from the athletic event.
4. Temporary suspension from attending athletic events.
5. Long-term or permanent restriction from attending Life Center Academy athletic events.
6. Additional disciplinary action as determined by the Athletic Director and Administration.

Life Center Academy reserves the right to take immediate action when behavior threatens the safety, well-being, or integrity of any participant or event.

Partnership Commitment

Life Center Academy Athletics is most successful when coaches, parents, spectators, and student-athletes work together in a spirit of unity, respect, and Christian fellowship. By attending athletic events, parents and spectators

agree to uphold the expectations outlined in this policy and contribute positively to the mission of Life Center Academy Athletics.

Anti-Hazing, Bullying, and Harassment Policy

Purpose

Life Center Academy is committed to providing a safe, respectful, and Christ-centered environment for all student-athletes. Every student deserves to participate in athletics free from hazing, bullying, harassment, intimidation, and humiliation. Student-athletes are expected to treat one another with dignity, respect, and kindness, reflecting the character of Christ in all interactions.

Hazing, bullying, and harassment are contrary to the mission and values of Life Center Academy and will not be tolerated under any circumstances.

Definitions

Hazing

Hazing is any intentional, knowing, or reckless act committed by an individual or group against another student that causes physical, emotional, mental, or social harm, regardless of whether the student willingly participates.

Examples of hazing include, but are not limited to:

- Forced physical activities or excessive exercise.
- Acts intended to embarrass, humiliate, or ridicule.
- Requiring students to perform degrading or inappropriate tasks.
- Verbal abuse, threats, or intimidation.
- Forced consumption of food, beverages, or substances.
- Exclusion from team activities as a form of punishment or initiation.
- Destruction of personal property.
- Any initiation activity that causes discomfort, fear, embarrassment, or harm.

Consent by a student does not excuse or justify hazing behavior.

Bullying

Bullying is unwanted, repeated behavior that intentionally harms, intimidates, humiliates, or excludes another person.

Bullying may be:

- Physical (hitting, pushing, tripping, damaging property).
- Verbal (name-calling, insults, threats, derogatory comments).
- Social or relational (spreading rumors, exclusion, public embarrassment).
- Psychological (manipulation, intimidation, coercion).
- Electronic or cyberbullying (texts, emails, social media posts, messages, photos, videos, or online harassment).

Harassment

Harassment is any unwelcome conduct that creates an intimidating, hostile, offensive, or disruptive environment for another individual. Harassment may be based on personal characteristics, appearance, abilities, beliefs, or any other factor that demeans or targets an individual.

Expectations for Student-Athletes

Student-athletes are expected to:

- Treat teammates, opponents, coaches, officials, and spectators with respect.
- Encourage and support fellow athletes.
- Demonstrate Christian character and sportsmanship.
- Welcome new teammates and foster an inclusive team culture.
- Report incidents of hazing, bullying, or harassment.
- Intervene appropriately by seeking help from a coach or administrator when witnessing misconduct.

Student-athletes who observe misconduct and fail to report serious incidents may also be subject to disciplinary review.

Reporting Procedures

Any student-athlete, parent, coach, volunteer, or spectator who becomes aware of hazing, bullying, or harassment should immediately report the incident to:

- The Head Coach
- Athletic Director
- Dean of Students
- School Administration

Reports may be made verbally or in writing. All reports will be taken seriously and investigated promptly and confidentially to the extent possible.

No student shall suffer retaliation for reporting a concern in good faith or participating in an investigation.

Investigation Process

Upon receiving a report, school administration and/or the Athletic Director will:

1. Review the allegation.
2. Interview appropriate individuals.
3. Gather relevant information and evidence.
4. Determine whether a violation has occurred.
5. Implement appropriate disciplinary and corrective action.

The school reserves the right to take immediate action when student safety is at risk.

Consequences

Any student-athlete found to have engaged in hazing, bullying, harassment, intimidation, retaliation, or related misconduct may be subject to one or more of the following consequences:

- Verbal or written warning.
- Parent conference.
- Team suspension.
- Loss of leadership positions or captaincy.
- Suspension from practices or competitions.
- Removal from the team.
- School disciplinary action.
- Expulsion in severe or repeated cases.

The severity of the consequence will be determined based on the nature of the offense, the impact on others, and the student's disciplinary history.

Team Culture Commitment

Life Center Academy Athletics seeks to develop teams characterized by unity, encouragement, servant leadership, and Christ-like love. Every athlete is expected to contribute to a culture where teammates are valued, respected, protected, and encouraged to reach their full potential.

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." — Ephesians 4:32

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

Concussion Management Procedures

Purpose

Life Center Academy is committed to the health and safety of all student-athletes. A concussion is a traumatic brain injury that can occur during athletic participation and must be treated seriously. Student-athletes who exhibit signs, symptoms, or behaviors consistent with a concussion shall be removed from participation immediately and managed according to these procedures.

Definition of a Concussion

A concussion is a brain injury caused by a bump, blow, jolt, or impact to the head or body that causes the brain to move rapidly within the skull. Concussions can occur with or without a loss of consciousness.

Signs and Symptoms of a Concussion

Coaches, parents, and student-athletes should be aware of the following signs and symptoms:

Physical Symptoms

- Headache or pressure in the head
- Dizziness or balance problems

- Nausea or vomiting
- Sensitivity to light or noise
- Blurred or double vision
- Fatigue or drowsiness

Cognitive Symptoms

- Confusion
- Difficulty concentrating
- Difficulty remembering information
- Slow response to questions
- Appearing dazed or stunned

Emotional Symptoms

- Irritability
- Mood changes
- Anxiety
- Emotional instability

Emergency Warning Signs

Emergency medical services (911) should be contacted immediately if an athlete experiences:

- Loss of consciousness
- Seizure activity
- Repeated vomiting
- Increasing confusion
- Difficulty speaking or walking
- Unequal pupil size
- Severe or worsening headache
- Neck pain following a significant impact
- Any condition that appears life-threatening

Removal from Play

Any student-athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be:

1. Immediately removed from practice, competition, or athletic activity.
2. Evaluated by appropriate medical personnel when available.
3. Prohibited from returning to participation on the same day.
4. Monitored until released to a parent, guardian, or medical professional.

When in doubt, the athlete will be removed from participation.

Parent Notification

The coach or designated school representative shall notify the parent or guardian as soon as reasonably possible whenever a concussion is suspected.

Parents will receive information regarding concussion symptoms and recommendations for medical evaluation.

Medical Evaluation

A student-athlete suspected of sustaining a concussion should be evaluated by a licensed healthcare provider experienced in concussion management.

The school reserves the right to require medical documentation before an athlete resumes athletic participation.

Return-to-Play Protocol

A student-athlete diagnosed with a concussion shall not return to practice or competition until:

1. All concussion-related symptoms have resolved.
2. The student has returned to normal academic activities as appropriate.
3. Written clearance is provided by a licensed healthcare provider.
4. The athlete successfully completes a graduated return-to-play progression approved by school personnel and/or the healthcare provider.

The return-to-play progression may include:

- Light aerobic activity
- Sport-specific exercise
- Non-contact training activities
- Full-contact practice (with medical clearance)
- Return to competition

If symptoms reoccur at any stage, participation shall stop immediately and the athlete shall return to the previous symptom-free level.

Coach Responsibilities

Coaches shall:

- Complete required concussion education and training.
- Remove athletes from participation when a concussion is suspected.
- Never allow an athlete with suspected concussion symptoms to return the same day.
- Notify parents or guardians promptly.
- Follow all return-to-play requirements.
- Document incidents and actions taken.

Student and Parent Responsibilities

Student-athletes and parents are expected to report all suspected concussions and concussion symptoms honestly and immediately. Failure to report symptoms may place the athlete at risk of serious injury.

Substance Abuse, Alcohol, Tobacco, and Performance-Enhancing Substance Policy

Purpose

Life Center Academy Athletics is committed to promoting the physical, mental, spiritual, and emotional well-being of all student-athletes. Participation in athletics is a privilege that carries the responsibility of maintaining healthy habits and making choices that reflect Christian character and good judgment.

The use, possession, distribution, or influence of alcohol, tobacco products, nicotine products, vaping devices, illegal drugs, controlled substances, or performance-enhancing substances is inconsistent with the mission of Life Center Academy and will not be tolerated.

Expectations of Student-Athletes

Student-athletes are expected to:

- Abstain from the use, possession, purchase, distribution, or sale of alcohol, tobacco products, nicotine products, vaping devices, illegal drugs, and unauthorized controlled substances.
- Refrain from using performance-enhancing substances, supplements, or medications in an unsafe or unlawful manner.
- Comply with all school policies and applicable laws regarding substance use.
- Make choices that positively reflect the values of Life Center Academy both on and off campus.
- Immediately report concerns regarding the health and safety of teammates when substance abuse may be involved.

Student-athletes represent Life Center Academy at all times and are expected to maintain conduct that honors Christ and promotes healthy living.

Prohibited Conduct

The following behaviors are prohibited during the school year and while participating in Life Center Academy athletics:

- Possessing, using, purchasing, distributing, selling, or being under the influence of alcoholic beverages.
- Possessing, using, purchasing, distributing, selling, or being under the influence of illegal drugs or controlled substances without a valid prescription.
- Possessing or using tobacco products, electronic cigarettes, vaping devices, nicotine pouches, smokeless tobacco, cigars, cigarettes, or similar products.
- Misusing prescription medications or using prescription medications prescribed to another individual.
- Possessing drug paraphernalia.
- Using performance-enhancing drugs or substances prohibited by governing athletic organizations.

- Attending athletic events, practices, team functions, or school-sponsored activities while under the influence of any prohibited substance.

Prescription and Over-the-Counter Medications

Student-athletes may use prescription medications legally prescribed by a licensed healthcare provider. Medications should be used only as directed and in accordance with school policies.

The misuse or abuse of prescription or over-the-counter medications may be treated as a violation of this policy.

Performance-Enhancing Substances

Student-athletes are prohibited from using performance-enhancing drugs, anabolic steroids, or other substances intended to artificially improve athletic performance without proper medical authorization.

Athletes are strongly encouraged to consult a parent, physician, athletic trainer, or school administrator before using nutritional supplements, energy products, or performance-related substances.

Self-Reporting and Assistance

Life Center Academy recognizes that students may face challenges related to substance use and seeks to provide support whenever possible.

Students who voluntarily seek help for themselves before a policy violation is discovered may be referred to appropriate counseling, support services, or intervention programs. Seeking assistance will not automatically eliminate disciplinary consequences but may be considered when determining appropriate action.

Investigation and Reporting

Reports of suspected violations will be reviewed by school administration and the Athletic Director. The school reserves the right to investigate alleged violations through appropriate means, including interviews with students, parents, coaches, and other individuals who may have relevant information.

Students are expected to cooperate honestly during any investigation.

Consequences for Violations

Violations of this policy may result in one or more of the following consequences:

- Parent notification and conference.
- Written warning.
- Suspension from practices and/or competitions.
- Loss of team leadership positions or captaincy.
- Probationary participation status.
- Required counseling, education, or intervention program.
- Removal from a team.
- Suspension from athletic participation for a specified period.
- Permanent loss of athletic participation privileges.
- Additional school disciplinary action as determined by administration.

The severity of the consequence will be based on factors including:

- The nature and seriousness of the violation.
- Whether the violation involved possession, use, distribution, or sale.
- Prior disciplinary history.
- The student's level of cooperation during the investigation.
- Any threat posed to the health or safety of others.

Criminal Violations

Student-athletes who are arrested, charged with, or convicted of offenses involving alcohol, illegal drugs, controlled substances, or related criminal activity may be subject to athletic disciplinary action independent of any legal proceedings.

Parent Partnership

Parents and guardians are encouraged to support the goals of this policy by discussing healthy decision-making, substance abuse prevention, and responsible behavior with their student-athletes.

Commitment to Christian Character

Life Center Academy Athletics seeks to develop student-athletes who honor God through their actions, decisions, and lifestyle choices. Student-athletes are expected to exercise self-discipline, integrity, and wisdom in all areas of life, recognizing that their choices affect not only themselves but also their teammates, families, school, and testimony.

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? Therefore, honor God with your bodies." — 1 Corinthians 6:19-20

Heat Illness and Weather Safety Policy

Purpose

Life Center Academy Athletics recognizes that environmental conditions can significantly impact the health and safety of student-athletes. Appropriate precautions shall be taken during periods of excessive heat, humidity, lightning, severe weather, and other hazardous conditions.

Heat Illness Prevention

Heat-related illnesses can include:

- Heat cramps
- Heat exhaustion
- Heat syncope (fainting)
- Heat stroke

Heat stroke is a medical emergency and requires immediate activation of Emergency Medical Services (911).

Hydration Requirements

To reduce the risk of heat illness:

- Water shall be readily available at all practices and competitions.
- Athletes are encouraged to hydrate before, during, and after activity.
- Coaches shall provide regular hydration breaks.
- Athletes shall never be denied access to water as a form of discipline.
- Student-athletes should arrive properly hydrated for all activities.

Heat Acclimatization

At the beginning of each season, coaches shall gradually increase the intensity and duration of physical activity to allow athletes to safely adapt to environmental conditions.

Special consideration shall be given to:

- New athletes
- Athletes returning from injury
- Athletes returning after extended inactivity

Recognition of Heat Illness

Signs and symptoms may include:

Heat Exhaustion

- Excessive sweating
- Weakness or fatigue
- Dizziness
- Headache
- Nausea
- Muscle cramps
- Pale or clammy skin

Heat Stroke (Medical Emergency)

- Altered mental status
- Confusion
- Collapse
- Loss of consciousness
- Seizures
- Hot skin
- Rapid pulse

Response to Heat Illness

If heat illness is suspected:

1. Stop activity immediately.
2. Move the athlete to a cool, shaded area.
3. Begin cooling measures.
4. Provide fluids if appropriate.
5. Contact parents and medical personnel as needed.
6. Activate EMS immediately for suspected heat stroke.

Lightning and Severe Weather Safety

The safety of participants shall take precedence over practice schedules, game schedules, and competition results.

Lightning Procedures

At the first sight of lightning or sound of thunder:

1. All athletic activities shall be suspended immediately.
2. Athletes, coaches, officials, and spectators shall seek appropriate shelter.
3. Open fields, dugouts, bleachers, tents, and isolated trees are not considered safe shelter.
4. Participants should seek shelter inside a substantial building or fully enclosed vehicle.

Return to Activity

Athletic activity may resume only after:

- Thirty (30) minutes have passed since the last observed lightning strike or sound of thunder.
- Conditions are deemed safe by school administration, athletic staff, or game officials.

Any additional lightning strike or thunderclap resets the thirty-minute waiting period.

Severe Weather Procedures

Activities may be postponed, suspended, delayed, relocated, or canceled when conditions create an unreasonable risk to participants, including:

- Severe thunderstorms
- Tornado warnings
- High winds
- Extreme heat
- Flooding
- Hazardous air quality
- Other dangerous environmental conditions

The Athletic Director, school administration, game officials, or head coach may suspend or cancel activities when safety concerns exist.

Communication During Weather Emergencies

Parents and guardians should ensure that emergency contact information remains current. When activities are delayed, suspended, or canceled due to weather conditions, communication will be made through the school's approved communication platforms whenever possible.

Responsibility

All coaches, student-athletes, parents, volunteers, and spectators are expected to comply with these safety procedures. Failure to follow weather safety directives may result in removal from athletic facilities or events.

Life Center Academy Athletics will always prioritize the health and safety of student-athletes above competition.

Name, Image, and Likeness (NIL) Guidance Policy

Purpose

Life Center Academy recognizes that student-athletes may have opportunities to benefit from the use of their Name, Image, and Likeness (NIL) through endorsements, appearances, social media activities, camps, clinics, or other permissible activities. The purpose of this policy is to provide guidance to student-athletes and families while protecting the integrity of Life Center Academy Athletics and ensuring compliance with applicable laws and athletic association regulations.

Participation in NIL activities shall not interfere with a student-athlete's academic responsibilities, athletic commitments, Christian testimony, or compliance with school policies.

Definitions

Name, Image, and Likeness (NIL) refers to a student's legal right to control and potentially receive compensation for the commercial use of their:

- Name
- Photograph
- Image
- Voice
- Signature
- Social media presence
- Personal brand or reputation

General Principles

Student-athletes may pursue NIL opportunities when permitted by applicable laws and governing athletic organizations; however, participation in NIL activities must:

- Reflect positively on Life Center Academy and its Christian mission.

- Be consistent with the school's values and code of conduct.
- Not interfere with academic performance or athletic participation.
- Not create conflicts of interest with school programs, sponsors, or partners.
- Comply with all state laws and governing athletic association regulations.

Life Center Academy reserves the right to review NIL activities that may affect the school's reputation, mission, or athletic program.

Use of School Name, Logos, and Uniforms

Student-athletes may not use:

- Life Center Academy's name
- School logos
- Athletic department logos
- Team uniforms
- School facilities
- School trademarks or branding

for commercial NIL purposes without prior written approval from the Athletic Director and school administration.

Approval may be denied if the proposed use conflicts with school values, sponsorships, or institutional interests.

Prohibited NIL Activities

Student-athletes may not enter into NIL agreements that:

- Promote or advertise alcohol, tobacco, vaping products, nicotine products, illegal drugs, or controlled substances.
- Promote gambling, sports wagering, casinos, or betting activities.
- Promote adult-oriented products, services, or entertainment.
- Promote products, services, organizations, or activities that conflict with the Christian mission and values of Life Center Academy.
- Suggest school endorsement of a product or service without written authorization.
- Violate any school, league, or state regulations.

Athletic Participation and Recruiting

NIL opportunities may not be used to:

- Guarantee athletic participation.
- Influence team selection decisions.
- Influence playing time.
- Provide improper recruiting inducements.
- Create unfair competitive advantages.

Athletic participation and team membership shall continue to be based solely on the standards established by the Athletic Department.

Academic and Athletic Responsibilities

Student-athletes must ensure that NIL activities do not:

- Cause excessive absences from school.
- Interfere with practices, games, meetings, or team activities.
- Negatively affect academic performance.
- Create distractions that compromise team responsibilities.

The Athletic Director may require modifications to NIL activities that substantially interfere with a student's educational or athletic commitments.

Social Media Expectations

Student-athletes participating in NIL activities through social media are expected to:

- Maintain appropriate online conduct.
- Demonstrate integrity and honesty in all promotional content.
- Avoid inappropriate, offensive, or misleading content.
- Clearly distinguish personal endorsements from official school communications.
- Comply with all school social media policies.

Student-athletes should recognize that online conduct reflects upon themselves, their families, teammates, and Life Center Academy.

Disclosure of NIL Agreements

Student-athletes and parents are encouraged to disclose NIL agreements to the Athletic Director prior to entering into any formal arrangement.

Disclosure allows the school to:

- Review potential conflicts with school policies.
- Identify potential concerns involving school trademarks or branding.
- Assist families in understanding applicable regulations.

Life Center Academy does not provide legal, financial, or tax advice regarding NIL agreements. Families are encouraged to seek independent professional guidance when necessary.

School Authority

Life Center Academy reserves the right to prohibit or restrict NIL activities that:

- Conflict with school policies.
- Conflict with the school's Christian mission and values.
- Interfere with educational or athletic responsibilities.
- Create safety, legal, or reputational concerns for the school community.

Compliance Responsibility

Student-athletes and parents are responsible for understanding and complying with all applicable NIL laws, regulations, and athletic association requirements.

Questions regarding NIL activities should be directed to the Athletic Director before entering into any agreement or promotional arrangement.

Commitment to Christian Character

Life Center Academy Athletics seeks to develop student-athletes who honor Christ in every area of life, including business opportunities and public influence. NIL opportunities should be approached with wisdom, integrity, humility, and a commitment to representing Christ, family, school, and teammates in a positive manner.

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

ATHLETE PARTICIPATION FORM AND RELEASE JUNIOR/SENIOR HIGH SCHOOL

Last Name	First Name	Grade
Address		
Home Phone Number	Emergency Number	
Birthday (month, day, year)	Place of Birth (city, state)	

The above-named student has my permission to participate in Interscholastic Athletic Activities as approved by the Board of Directors of Life Center Academy.

We have read the Life Center Academy Athletic Handbook and understand our responsibilities involved.

We realize that there is a risk of the above-named student being injured that is inherent in all sports. We expect school authorities and coaches to exercise every reasonable precaution to avoid accidents and injury. We hereby release Life Center Academy, the Board of Directors and its agents, servants, teachers, and employees of any liability, what so ever, for any accidents that may occur during such participation.

We understand that the above-named student will be responsible for the safe return of all athletic equipment issued to him/her, and we agree to responsible to the Board of Directors in the event of loss or damaged through careless or improper use.

I, _____, have read the Athletic Handbook and agree to abide within the guidelines.

I, _____, understand that any violation to the handbook could result in a dismissal from the team or from participation in future Athletic Department events.

Print Student's Name

Student Signature

Print Father's Name

Father's Signature

Print Mother's Name

Mother's Signature

Date

LIFE CENTER ACADEMY
ATHLETE INSURANCE INFORMATION

Accident or Hospitalization insurance carried by parents, which would cover any injury, the student might have while participating in school athletics:

Insurance Co.

Family Physician Phone Number

Hospital Preference (list two)

Parent/Guardian Signature Date