



LEGACY PREPARATORY
CHRISTIAN ACADEMY
ATHLETIC HANDBOOK
2013-2014

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10 GOALS OF THE ATHLETIC DEPARTMENT

We are committed to:

1. Always make Christ the focal point of all activities, acknowledging the abilities and freedoms he has given us to compete and utilizing those talents and gifts as a testimony to those around us.
2. Surround students and families with Christian mentors as coaches who have a passion and knowledge of the sport they teach as well as a heart for kids and a character worthy of respect and trust.
3. Develop a program of athletic competition that constantly strives to achieve excellence in each sport.
4. Build a foundation of fundamental skills in the Jr High level, while refining those skills on the varsity level to supplement God-given ability with the skill sets necessary to be successful in athletics.
5. Build character and commitment into the student athlete by clearly detailing expectations and making them accountable to those requirements.
6. Build and model leadership for a generation in need of strong Christian leaders.
7. Maintain an attitude of fiscal responsibility, being good stewards of the funding dedicated to us and carefully reviewing needs vs. wants on an ongoing basis.
8. Keep athletics in its proper perspective within the functioning of LPCA by maintaining an “academics first” mentality.
9. Build an athletics program whose reputation is above reproach in the eyes of fellow competitors, families, institutions, and communities.
10. Create an atmosphere that is positive, uplifting, and fun so that all former athletes will look back on their experiences at LPCA as some of the greatest times of their lives.

ATHLETICS REQUIRES COMMITMENT

Practice Time vs. Playing Time

There is a direct correlation between playing time in an athletic contest and time spent on the practice field/court. Because LPCA has a family and academics first philosophy, it is important that both student and parent carefully evaluate whether athletics can be a part of their daily schedule.

- If a student has a regular or recurring conflict with practice times due to work, transportation, other activities, etc., the student should not sign up for athletics.
- Missing practice is justified for reasons involving academics, health issues, family travel, or emergencies. It is the athlete's responsibility to meet the expectations of his/her coach by email.
- Simply coming to practice is not a guarantor of playing time. Coaches will carefully evaluate effort, ability, desire, and attitude as part of the equation for playing time. Athletes who attend practice should show up ready to work and not simply go through the motions.

Team vs. Self

- If a coach decides a certain position or event is in the best interest of the team, the athlete should comply without complaint. No athlete should go into a sport with an expectation of participating in a certain event or position. Likewise, no athlete should be placed in an event or position for which he has not been trained.
- It is the coach's responsibility to put the athletes in events and on the field that are most ready to compete and help the team achieve success. It is expected that fellow teammates will respect these decisions and maintain a positive, supportive attitude while awaiting their opportunity to perform.
- It is the responsibility of the athlete to bring problems with the athletic program or team to the attention of the coach, or if necessary, the Athletic Director. Problems that are ignored are problems that will fester. Be proactive rather than reactive.
- All athletes should stay until the final race is run or until the game clock expires in support of their teammates. It is very detrimental to the team concept to have athletes leave a contest after their event is completed. This is the height of self over team.

EXPECTATIONS, EFFORT, AND DISCIPLINE

Attitude

There is probably no greater influence on a team sport than the attitude of the players. It can be the most effective builder of health in a program or the most detrimental aspect.

- Athletes must conduct themselves with a Christ-like attitude at practice and at athletic competitions. LPCA will not tolerate a bad attitude, as it brings embarrassment to the team and is poison to the morale of the squad.
- With a team comes loyalty to coaches and fellow athletes. Backbiting can be destructive to the team concept. It is not practical to expect all teammates to be buddies, but all should be treated respectfully and with dignity.
- Constant complaining about the Coach, workouts, teammates, or the team itself only causes dissension among the players and will not be tolerated. Constant complainers will be given the opportunity to change their attitudes or take leave from the program.
- A positive attitude often leads to favor in the eyes of coaches and fellow athletes. This positive attitude could lead to an athlete with lesser ability being given more playing time than the superior athlete with the lax or negative attitude.
- Intensity is a welcome attribute in athletics; trash talking, arrogance, or an inhospitable attitude is not. This includes whether directed at opponents, teammates, coaches, students, game officials, or fans.

Effort

Effort is a tangible aspect of both practice and athletic competition that is constantly measured by a coach. A Coach has a way of knowing which athletes are giving their all and which are going through the motions or giving a half-hearted effort. This aspect definitely weighs into the equation when deciding who will and will not play or participate in a particular position or event.

- Practices are an opportunity to assess skills and abilities. All athletes are expected to give their very best effort in practice just like they would games so that an accurate evaluation of progress can be measured.
- Players that do not give a good effort in practice or games are a detriment to the other athletes on his/her team that are giving their all. These players need to decide if athletics is worth the effort. If it is, then 100% effort is expected.

DEPARTURE FROM TEAM

There are three types of departure from a team. Please note no athletic fee refunds will be given for any departure.

- Leaving a team – season ending injury, poor health status, family emergency or academic performance all may lead to permissible departure from the team only after being discussed between parents, the head coach and/or Director of Athletics. A student athlete may still be eligible for a varsity letter or academic credit in this circumstance, and he or she will still be eligible for his or her next season sport.
- Quitting a team – regardless of reason, any player quitting a sport after they have started the sport will not be eligible to participate in the next sport of their choice until the current sport they quit is over. Ninth through twelfth graders will not earn a letter or academic credit in that sport. The only exception to this rule is if the student-athlete and head coach have clearly communicated up front that a quit might be in play. As an example, if the Head Coach has agreed to let a student-athlete try a sport out for a week to see if they would like to play it and the student-athlete then quits within the agreed upon time, that would not render them ineligible for the next season’s sport.
- Being dismissed from a team – regardless of reason, any player who is dismissed from a team for conduct, rules infractions or disciplinary reasons will not earn a letter or receive academic credit in the sport (for a 9th-12th grader) or be eligible to play in the following season sport.

Conduct off the Field/Court

Participation in athletics at LPCA is a privilege, not a right. With that privilege come responsibilities away from the field/court.

- Athletes should conduct themselves off the field/court in a manner that will not bring dishonor to the team. This includes conduct and academic performance at school.
- Unruly behavior off campus, even in times when school is not in session, can result in discipline or suspensions within athletics.
- LPCA athletes are expected to have a respectful attitude toward teachers at the school. Disrespect or classroom disruption is cause for discipline or suspension within athletics.
- Athletes are expected to assume a leadership role on campus.
- LPCA Athletics will not tolerate profanity, bullying, or poor sportsmanship of any kind.

Academics

- Participation in athletics is a privilege of which academics is a prerequisite. If a student falls behind academically, it is at the discretion of the Coach and/or Athletic Director in consultation with the teacher to restrict the student’s participation in a sport until academic performance is at acceptable levels. An acceptable level is at least a 70 average in core academic courses.
- All sports at LPCA are subject to no pass-no play rules of participation. Students who miss practice/games due to no pass-no play are not guaranteed of previous positions or events upon return to the squad.

- Athletic competitions and/or practices are not a legitimate excuse for failure to turn in academic assignments.
- Students will occasionally find themselves behind in school work or facing a large project with significant academic ramifications. In these cases, both student and parent should meet with the Coach to explain the situation and receive leave from participation for the given period. It is not enough to simply tell the coach you have too much homework and then not show up for practice. Leave should be with an understood start and completion time.

Minimum Numbers Requirements

Just like the academic classes at LPCA, athletic classes also have a minimum number of participants required for the class to make. This is necessary in order to meet financial obligations and to present a team that is able to compete throughout the course of a sports season.

- In most all sports on both the Varsity and Jr High level, a minimum of 8 athletes is required for the sport to make.
- In sports in which both boys and girls are coached by the same person, the 8 minimum requirements can be met by a combination of boys and girls.
- Donations to offset Minimum Numbers Requirement: There will likely be instances where a person offers to donate the funds necessary to cover a sport that runs short of the 8 participant minimum. It should be noted, however, that varsity and Jr High sports venues will sometimes not allow entries by small groups that cannot constitute a full “team”. This is true in Track and Field especially, where invitations to meets are very limited and the inclusion of a two or three person “team” is not guaranteed. Parents, athletes, and donors for sports should understand that simply paying for the sport does not mean that other schools are obligated to include us in the sports venues when our numbers make us non-competitive in all but a handful of events.
- Team sports that do not meet the minimum of 8 will be dropped for the season unless granted permission to compete by the Athletic Director and Administrator. LPCA will give greater consideration to Varsity sports venues than for Jr High. This is due to contractual obligations through TAPPS and schedules set up with neighboring schools well in advance of the sports season.

THE COACH

Coaches at LPCA are men and women who follow Christ, love kids, and have a passion and knowledge of the sport they teach. All coaches at LPCA have completed the NFHS Fundamentals of Coaching, attended a SCOPES meeting and are certified in CPR prior to the beginning of their season. It is important to remember that Coaches are not infallible but are still worthy of respect and understanding. It is an expectation that Coaches will understand the fundamentals of their sport, as well as proper motivational techniques and the ability to tie athletics back to the cross with every opportunity.

Motivation

- Coaches are to create a positive, reinforcing environment for student athletes. Negative motivational techniques should not be used.
- Coaches should exhibit humility and demand the same from their team. LPCA will not be a prideful, arrogant team in aura or presence.
- Each athlete should be treated in a manner that shows they have value, with no consideration given to athletic ability or status.

The Tongue

- Coaches should never single an individual out for criticism before his teammates or attempt to “make an example” of a student before his peers. Criticism should be done in private and in a manner to address a specific correctable error without causing the athlete public embarrassment.
- Coaches should avoid losing their patience with game officials, opposing teams, athletes or fans. Self-control is one of the fruits of the spirit Coaches are expected to exhibit.
- Coaches should refrain from profanity, dirty jokes, “locker room talk”, or any other form of communication that could be found offensive.
- Coaches will not allow students to engage in profanity, dirty jokes, locker room talk, or criticism/gossip aimed at another player, student, team or teacher.

Expectations

- The Coach will have Varsity experience either as a player or high school coach in the sport that he or she will coach. It will also be the sport or sports that the coach has a passion for.
- Coaches will surround themselves with assistants who are men/women of high moral character who also follow Christ, love kids, and have a passion and knowledge of the sport they coach.

TEN PRINCIPLES FOR PARENTING AN ATHLETE

- Be positive with your student-athlete. Let them know they are accomplishing something simply by being a part of the team.
- Avoid offering excuses for the student-athlete if they are not playing or seeing only limited action.
- Encourage them to work hard, reach their potential, and contribute to the team's efforts.
- Open criticism of the coaches is unnecessary. By openly criticizing the coaches, your student-athlete becomes trapped between the coach's authority and the parent's criticism. This situation merely erodes the athlete's effectiveness and affects their contributions to the team effort.
- Encourage and support your student-athlete's efforts to follow the team's rules and athletic code.
- Remember that you sign a parent athletic pledge stating your support of the athletic code, its enforcement and penalties. This is a year-round responsibility and not limited to the athletic season.
- Emphasize the importance of academics and understand the academic requirements necessary for participation in interscholastic athletic activities. With few exceptions, most student-athletes do not receive athletic scholarships. Their future as an active, contributing citizen is determined by their academic abilities, not their high school athletic abilities.
- Criticizing or showing envy in relation to the failures or successes of other student-athletes is inappropriate behavior. Most are trying the hardest on any given day and they deserve respect for their efforts. Living your life vicariously through your student-athlete puts undo pressure on all concerned. Remember, a sport is a game and it is supposed to be fun.
- The coaches work with the athletes on a regular basis and they have had the opportunity to evaluate the athletes' strengths and weaknesses objectively. Focus your energy toward being a supporter of the team and do not waste it tearing the team down. Remember, every team is composed of three groups: athletes, coaches, and parents. Be a positive part of the team.
- Emphasize good sportsmanship with your student-athlete. Win or lose, they must show respect for opponents and demonstrate the maturity necessary to show class. In addition, encourage your student-athlete to respect the authority of the officials. Self-respect begins with self-control.
- Emphasize that "team" must take precedence over the individual. Recognition of individual's contributions happens at the end of the season. Recognition is directly affected by the success of the team and the individual's contribution to the team's success. Remember, there is no "I" in the word team.
- The lessons learned through athletic competition are lessons for life. The skills learned are for leisure in the future. Keep sports in perspective.

VARSITY SPORTS

Purpose

- Athletics teaches many life lessons to student athletes. Through these lessons, the truth outlined in the Bible can be seen very clearly. Principles such as the value of a strong work ethic, the dedication and commitment necessary to reach a goal, the cost of slothfulness or lack of preparation and the dangers of pride and overconfidence are all real aspects of success or failure in sports as well as life. Athletics at LPCA will teach students these Biblical principles as a part of the greater goal of rising up a group of students prepared for the challenges of college and life as a whole.
- Varsity athletics is the venue in which LPCA puts forth its best-prepared athletes in friendly competition against other schools of equal or slightly greater size. These student athletes represent the finest in their sport available at our school.
- Varsity participation is the only level of athletic competition in which winning is the goal, with the right to advance within TAPPS athletics to the regional and state level. This is especially true of the team sports, where playing time is not guaranteed for every athlete. Individual sports are the venue to allow each child the ability to advance based upon his or her level of ability in a particular event.
- It is assumed that when an athlete reaches the Varsity level of athletics that fundamentals of the sport are already engrained and practiced. Students joining a sport for the first time at the Varsity level will be behind. Since it is the purpose of Varsity sports to put the best prepared athlete in the spotlight, new and developing players must understand that their opportunity to perform will be limited until an adequate skill level is apparent to the coaching staff and that student's participation in the contest will not cost the team the opportunity to succeed.
- In conjunction with the bullet point directly above, varsity athletics will continue to teach fundamentals, but will focus more directly on the honing of skills and abilities.
- Athletics at LPCA is divided into team sports and individual sports. Team sports include Basketball, 6-man Football, and Cheerleading. Individual sports include Track & Field, Triathlon Team, Swim & Dive. The distinction between the two lies in the ability to advance in playoffs or tournaments. Team sports are all or none, while individual sports can advance portions of the team based upon individual performances.
- The athletic department at LPCA will do its best to promote student athletes to potential colleges and universities commensurate with the skill level exhibited by the athlete. While the athletic department will promote students to the colleges/universities, scholarship or grant offers are not within LPCA control.

FOOTBALL

Season

- Begins with two-a-day practices, usually on the first Monday of August (date set by TAPPS, not LPCA).
- Scrimmages will be set on Fridays or Saturdays prior to the start of the regular season. The first week for scrimmages is two weeks after the beginning of two-a-days.
- Regular season games will be played on Fridays, with an occasional Saturday or Thursday scheduled for traveling convenience or other school conflicts when they arise
- Regular season will consist of 10 games prior to the start of playoffs. The season is close to a 50/50 split between road and home games. Jr. High Season consists of 8 to 9 games.
- Playoff games will be played on either a Friday or Saturday, upon mutual agreement of both schools involved.
- Playoffs are single elimination format.
- The regular season ends on or around the second week of November.
- Playoffs conclude with the State Championship game usually the first week of December.
- Football season does not officially end until all equipment and uniforms are turned in clean and undamaged. Athletes will be charged for equipment or uniforms that are not returned or are damaged.

Practice Times and Locations

- Fall practice sessions run from 5:00 pm to 7:00 pm in the evening session. The purpose for these times is to avoid heat related complications and dangers.
- Regular practice schedules, which begin with the first day of school, are Monday through Thursday, 5:00-7:00 pm.
- All practice sessions will take place on the grounds of LPCA or schedule a special field trip through the school with parental notification/permission just like any academic course would do.

Fixed Costs

- Football will have a fixed course fee and material fee that must be paid through the school. Since this fee will be evaluated on a year-to-year basis, please contact the financial offices of LPCA for current fee schedule.

- Fixed costs go toward the game equipment, practice equipment, traveling expenses, uniforms, officiating expenses, field repair and preparation, first aid supplies, linens, film and media equipment, advertising, etc.

Equipment Provided

As a part of the fixed costs items, the following equipment will be provided to each athlete for the duration of the football season. Unless otherwise stated, this equipment remains the possession of LPCA and must be returned upon completion of the season or upon departure from the team.

- Protective Equipment: helmet and helmet accessories, shoulder pads, hip and tail pads, thigh pads, knee pads, and mouthpiece.
- Game Clothing: home and away jersey, pants, belt, socks
- Practice Clothing: jersey, pants, belt
- Practice Equipment: blocking sleds, tackling sled, hand dummies, cones, footballs
- First Aid Equipment along with student Trainer. This will include ice and fresh water.

Equipment Not Provided

There are a few items of a personal nature that are not provided by LPCA. These items are the responsibility of the athlete to provide for himself and have available at all practices/games.

- Practice/Game Clothing: jock strap, body armor (completely optional), practice socks, towel for showering
- Athletes will also need to provide their own cleats. Please check with the coach for the style and color acceptable for game usage.

Other Costs

- Parents are advised that the team will stop and eat a meal after a road game. This location is usually at a sit-down type of establishment with a cost of \$5-\$10 for the meal.
- Students are responsible for getting a complete athletic physical before Fall Practice. The cost of this varies according to the Doctor you use. Physical forms are available at the school. If the student already has a physical from the same calendar year for another event or organization, a copy of the physical is acceptable.
- Equipment Upgrades: Some players have a preference for upgraded equipment, such as cleats or specialized pads. LPCA purchases equipment based upon the average healthy player and cannot anticipate special needs or requirements. Any equipment that is specialized or an upgrade in quality is the responsibility of the parents to provide. Upgraded equipment that effects the visual appearance of the participant must be approved by the Head Coach before being allowed in games (Ex: cleats that are of a differing color or style than the team cleat)

- In the event of overnight stays associated with playoff games, students will need to be prepared to pay for hotel accommodations and meals for the extended stay.

Travel Requirements

- Currently, LPCA does not provide transportation to and from games.

Requirements for Participation

- Athletes must be enrolled in at least 4 credit bearing courses at LPCA (other than athletics) and maintain a GPA of 70 in all core academic classes.
- Must be at least a freshman in classification and may not be over 19 years old before September 1st.
- Must pass a physical examination by a physician. A physical that is taken during the same calendar year is admissible to fulfill this requirement.
- Parents and student must sign a TAPPS required “Acknowledgement of Rules” form.
- Parents and student must sign a LPCA “Release of Liability” form.
- Requires at least 10 athletes to field a team.

BASKETBALL

Season

- Begins with afternoon practices on the Monday preceding October 14 and run through on or around February 14th, not including playoffs. A break will be taken at Thanksgiving (Wed-Fri) and Christmas (7 consecutive days as determined by yearly calendar).
- The season will consist of 16 to 18 regular season games and 2 tournaments. Traveling and home games will be as close to a 50/50 split as practicable. Jr. High season will consist of 12-14 games and 2 tournaments.
- Schedules are made with traditional rival schools and other schools both UIL and TAPPS that are of about equal levels of competition for our squads. Boys and girls teams will not necessarily play the same team, but will play on the same night and location whenever possible.
- Most basketball games will begin at 5:30pm, both home and road. It is the goal of the athletic department to stick to a Tuesday and/or Friday game schedule if at all possible.
- Due to the lack of a school gymnasium on campus, LPCA must arrange for home games to be held at an area facility willing to accommodate such an event. In the past, games have been held at Faith Bible Church in The Woodlands.

- The Athletic Department will do its best to secure a practice and game facility for basketball that will not add additional costs to parents for the sport.

Practice Times and Locations

- Practice time will be Monday through Friday from 3:30-5:30 for the girl's team and 5:30-7:30 for the boy's teams. The Coach reserves the right to adjust the length of practice (up or down) based upon conditioning and performance. Any changes to the schedule will be communicated to the families in writing in advance of the change.
- Practices will be held at the LPCA campus gym.

Fixed Costs

- Basketball will have a fixed course fee and material fee that must be paid through the school. Since this fee will be evaluated on a year to year basis, please contact the offices of LPCA for current fee schedule.
- Fixed costs go toward the game equipment, practice equipment, traveling expenses, uniforms, officiating expenses, facilities fees (including memberships), and first aid supplies.

Equipment Provided

As a part of the fixed costs items, the following equipment will be provided to each athlete for the duration of the basketball season. Unless otherwise stated, this equipment remains the possession of LPCA and must be returned upon completion of the season or upon departure from the team.

- Home and away uniforms, a LPCA Athletics t-shirt, practice balls, first aid kit, water bottles, and shooting shirts.

Equipment Not Provided

- Practice shorts, shoes, towels.

Other Costs

- Parents are advised that the team will stop and eat a meal after a road game. This location is usually at a sit-down type of establishment with a cost of \$5-\$10 for the meal.
- Students are responsible for getting a complete athletic physical before the first day of practice. The cost of this varies according to the Doctor you use. Physical forms are available at the school. If the student already has a physical from the same calendar year for another event or organization, a copy of the physical is acceptable.

Travel Requirements

- Currently, LPCA does not provide transportation to and from games.

Requirements for Participation

- Athletes must be enrolled in at least 4 credit bearing courses at LPCA (other than athletics) and maintain a GPA of 70 in all core academic classes.
- Must be at least a 9th grader in classification and no older than 19 by Sept 1st of the according school year to participate in High School athletics.
- Must pass a physical examination by a physician. A physical that is taken during the same calendar year is admissible to fulfill this requirement.
- Parents and student must sign a TAPPS required “Acknowledgement of Rules” form.
- Parents and student must sign a LPCA “Release of Liability” form.
- Requires at least 8 athletes to field a team.

TRACK AND FIELD

Season

- Varsity track will begin on February 1st (or the first Monday following the 1st day of February). For Swimmers and Basketball players, track will begin the first Monday following the end of the swim/basketball season.
- The season will consists of around 4 meets prior to district competition. Meets generally are held on Saturdays and last from 8:00am to 8:00pm. Jr. High track will also consist of around 4 meets per season
- The Regional Meet is held at a site determined by member schools of the district usually the second or third week of April.
- First through fourth place finishers at the Regional Meet qualify for the State Meet in Waco. This is a two-day meet usually the first weekend of May.

Practice Times and Locations

- Due to the lack of a track and field facility, the track team will train at the The Woodlands High School 9th grade campus track with the approval of the CISD. On occasion, distance running/conditioning can be done on or near the LPCA campus.

- Due to facility limitations, the practice times for track and field will be determined at the onset of the season. In past seasons, varsity track practiced from 5:00pm until 6:30pm, Monday through Thursday.

Fixed Costs

- Track will have a fixed course fee and material fee that must be paid through the school. Since this fee will be evaluated on a year to year basis, please contact the offices at LPCA for current fee schedule.
- Fixed costs go toward the track meet entry fees, uniforms, equipment (for field events except for pole vault) traveling expenses, district and state fees, and first aid supplies.

Equipment Provided

As a part of the fixed costs items, the following equipment will be provided to each athlete for the duration of the track season. Unless otherwise stated, this equipment remains the possession of LPCA and must be returned upon completion of the season or upon departure from the team.

- Uniforms (speed suits or singlets), shot, disc, starting blocks, and relay batons

Equipment Not Provided

- Shoes (spikes or training), practice shorts and shirts, undergarments.
- Due to the expense and dangers associated with the Pole Vault, it is the responsibility of the parents/athlete to purchase the appropriate pole for the athlete interested in competing in this event. Poles are personalized according to factors such as weight and height range for jumping which affect the type of pole issued. Using the wrong pole can be very dangerous for the athlete and those around the pole vault pit.

Other Costs

- Track meets are generally an all-day event, usually on a Saturday. As such, athletes will need sack lunches/snacks/drink sent along with them, as well as spending money for concessions and an after-the-meet meal (usually \$5-\$10).
- Qualifiers for the Regional and/or State Meet may find it necessary to book a hotel room for an overnight stay if they qualify in events that will require participation on both days of the meet. They will need one adult chaperone and enough money to cover meals while away.

Travel Requirements

- Currently, LPCA does not provide transportation to and from meets.

Requirements for Participation

- Athletes must be enrolled in at least 4 credit bearing courses at LPCA (other than athletics) and maintain a GPA of 70 in all core academic classes.
- Must be at least a freshman in classification and may not be over 19 years old before September 1st of the school year.
- Must pass a physical examination by a physician. A student who has had a physical for another sport during the fall semester will not need a new physical.
- Parents and student must sign a TAPPS required “Acknowledgement of Rules” form.
- Parents and student must sign a LPCA “Release of Liability” form.

BASEBALL

Season

- Varsity Baseball will begin in late January.
- Season will consist of 15-20 games with 2 tournaments, not including playoffs.
- The top 2 teams from each district qualify for the playoffs
- Playoffs are single elimination format.
- The regular season ends on or around the third week of April.
- Playoffs conclude with the State Tournament in the second weekend of May.
- Baseball season does not officially end until all equipment and uniforms are turned in clean and undamaged. Athletes will be charged for equipment or uniforms that are not returned or are damaged.

Practice Times and Locations

- Due to the lack of a baseball facility, the baseball team will practice at a site TBD.
- Due to facility limitations, the practice times for track and field will be determined at the onset of the season.

Fixed Costs

- Baseball will have a fixed course fee and material fee that must be paid through the school. Since this fee will be evaluated on a year to year basis, please contact the offices at LPCA for current fee schedule.
- Fixed costs go toward the game fees, officials, uniforms, equipment, traveling expenses, district and state fees, and first aid supplies.

Equipment Provided

As a part of the fixed costs items, the following equipment will be provided to each athlete for the duration of the track season. Unless otherwise stated, this equipment remains the possession of LPCA and must be returned upon completion of the season or upon departure from the team.

- Uniforms (shirts and pants)

Equipment Not Provided

- Cleats, practice pants and shirts, socks, towels for showering, bats, hats, and bags.

Other Costs

- Baseball Games are usually once or twice a week during the afternoon/evening time. As such, athletes will need snacks and drink sent along with them, as well as spending money for concessions and an after-the-game meal (usually \$5-\$10).

Travel Requirements

- Currently, LPCA does not provide transportation to and from meets.

Requirements for Participation

- Athletes must be enrolled in at least 4 credit bearing courses at LPCA (other than athletics) and maintain a GPA of 70 in all core academic classes.
- Must be at least a freshman in classification and may not be over 19 years old before September 1st of the school year.
- Must pass a physical examination by a physician. A student who has had a physical for another sport during the fall semester will not need a new physical.
- Parents and student must sign a TAPPS required “Acknowledgement of Rules” form.
- Parents and student must sign a LPCA “Release of Liability” form.

GOLF

Season

- Because golf is considered an individual sport, there is no start and stop date for practices
- Season will consist of 4 to 5 tournaments in the spring.
- The top 15 individuals and top 4 teams from each region qualify for the state tournament.

- The regional meet usually is in late March or early April.
- The season concludes with the State Tournament during the third week in April and consists of a two day, 36 hole format.
- Golf season does not officially end until all equipment and uniforms are turned in clean and undamaged. Athletes will be charged for equipment or uniforms that are not returned or are damaged.

Practice Times and Locations

- Once a practice course has been selected, the golf team will practice at that site.
- Due to facility limitations, the practice times for golf will be determined at the onset of the season.

Fixed Costs

- Golf will have a fixed course fee and material fee that must be paid through the school. Since this fee will be evaluated on a year to year basis, please contact the offices at LPCA for current fee schedule.
- Fixed costs go toward the tournament fees, uniforms, equipment, traveling expenses, regional and state fees, and first aid supplies.

Equipment Provided

As a part of the fixed costs items, the following equipment will be provided to each athlete for the duration of the track season. Unless otherwise stated, this equipment remains the possession of LPCA and must be returned upon completion of the season or upon departure from the team.

- 2 Legacy collared shirts and golf bag

Equipment Not Provided

- Golf Shoes, clubs, tees, golf balls, and practice clothing.

Other Costs

- Golf tournaments are usually an all day event. As such, athletes will need sack lunch/snacks/drink sent along with them, as well as spending money for concessions and an after-the-tournament meal (usually \$5-\$10).

Travel Requirements

- Currently, LPCA does not provide transportation to and from tournaments.

Requirements for Participation

- Athletes must be enrolled in at least 4 credit bearing courses at LPCA (other than athletics) and maintain a GPA of 70 in all core academic classes.
- Must be at least a freshman in classification and may not be over 19 years old before September 1st of the school year.
- Must pass a physical examination by a physician. A student who has had a physical for another sport during the fall semester will not need a new physical.
- Parents and student must sign a TAPPS required “Acknowledgement of Rules” form.
- Parents and student must sign a LPCA “Release of Liability” form.

CHEERLEADING

Season

- Varsity cheer will begin in April during the current school year.
- The fall season will consist of approximately 10 games prior to district competition. Games are generally held on Fridays and last from 3 pm-7 pm.

Practice Times and Locations

- Due to the lack of a gym facility at this point, the practice time and location is TBD.

Fixed Costs

- Cheer will have a fixed course fee and material fee that must be paid through the school. Since this fee will be evaluated on a year to year basis, please contact the offices LPCA for current fee schedule.
- Fixed costs go toward the rental of field facilities, uniform pieces, megaphones, cheer camp.

Equipment Provided

- Practice uniforms, poms, megaphones, shoes, and cheer camp

Equipment Not Provided

- Water bottles

Other Costs

- Cheer uniform

Travel Requirements

- Currently, LPCA does not provide transportation to and from games.

Requirements for Participation

- Athletes must be enrolled in at least 4 credit bearing courses at LPCA (other than athletics) and maintain a GPA of 70 in all core academic classes.
- Must be at least a freshman in classification and may not be over 19 years old before the start of the school year (fall semester).
- Must pass a physical examination by a physician. A student who has had a physical for another sport during the fall semester will not need a new physical.
- Parents and student must sign a TAPPS required “Acknowledgement of Rules” form.
- Parents and student must sign a LPCA “Release of Liability” form.

SWIM AND DIVE

Season

- Since swim and dive are considered individual sports, there is no start and stop date for practices
- The season will consist of around 2 meets prior to regional competition. Meets generally are held on Saturdays and last from 8:00am to 8:00pm.
- The Regional Meet is held at the Pearland Natatorium on February 1st.
- First through third place qualifiers at regionals will qualify for the state meet, with the following top 7 times after that to complete the heats. The state meet will be held in San Antonio on Friday February 14th. The State diving meet will be held in Mansfield on January 30th.

Practice Times and Locations

- Due to the lack of a swim facility, practice location will be TBD

- Due to facility limitations, the practice times for track and field will be determined at the onset of the season.

Fixed Costs

- Swim and Dive will have a fixed course fee and material fee that must be paid through the school. Since this fee will be evaluated on a year to year basis, please contact the offices at LPCA for current fee schedule.
- Fixed costs go toward the swim meet entry fees, uniforms, equipment, traveling expenses, regional and state fees, and first aid supplies.

Equipment Provided

As a part of the fixed costs items, the following equipment will be provided to each athlete for the duration of the track season. Unless otherwise stated, this equipment remains the possession of LPCA and must be returned upon completion of the season or upon departure from the team.

- Uniform and Swim Cap

Equipment Not Provided

- Practice uniform and towels

Other Costs

- Swim meets are generally an all-day event, usually on a Saturday. As such, athletes will need sack lunches/snacks/drink sent along with them, as well as spending money for concessions and an after-the-meet meal (usually \$5-\$10).

Travel Requirements

- Currently, LPCA does not provide transportation to and from meets.

Requirements for Participation

- Athletes must be enrolled in at least 4 credit bearing courses at LPCA (other than athletics) and maintain a GPA of 70 in all core academic classes.
- Must be at least a freshman in classification and may not be over 19 years old before September 1st of the school year.
- Must pass a physical examination by a physician. A student who has had a physical for another sport during the fall semester will not need a new physical.
- Parents and student must sign a TAPPS required “Acknowledgement of Rules” form.
- Parents and student must sign a LPCA “Release of Liability” form.

DUAL SPORT PARTICIPATION

Definition

Dual sports policy will apply only when two individual sports are competing at the same time, or when cheerleading and a team/individual sport conflict. A dual sport does not apply when one of the sports involved is a contact sport such as basketball or football.

Prioritization

LPCA will take a common sense approach when scheduling conflicts occur for practices and games. As a general rule of thumb

- a contest trumps a practice
- a district contest trumps a non-district contest
- a playoff trumps other contests
- The team sport trumps the individual sport due to that athlete's presence directly affecting the ability of the team to advance.
- When two individual sports conflict for a contest or playoff, the athlete must declare which sport will receive the priority

JR HIGH ATHLETICS

Purpose and Expectations

The purpose and focus of Jr High Athletics is quite different than the focus for Varsity Athletics. Jr High is the training ground and foundation for a successful varsity program in the future. As such, the criteria for what makes a successful Jr High program are quite different than the criteria for evaluating varsity sports. Wins and losses are not relevant. Development of fundamental skills and understanding of the game is very relevant.

- Jr High Sports is primarily a time spent under the tutelage of a coach to learn the basic fundamental skills necessary to improve and eventually master the sport undertaken.
- The quality of the program is not measured in wins and losses, but in overall improvement of the team and individuals as the season progresses. Where there is a lack of improvement or understanding of the game, changes in the program can be expected.
- Parents and athletes should not sign up for athletics if they are going to measure the value of a season based upon the number of games/tournaments/meets entered or competed in. Though competition is the fun part of athletics, the training and development under the tutelage of the coach is the most important aspect of Jr High sports and where the value of the course lies.

- Several sports offered to Jr High athletes at LPCA are not well-established at other schools, including area UIL schools. Jr High swimming, golf, and tennis are difficult programs to establish tournaments/matches for, as not every school offers these sports to their Jr High students. As a result, LPCA must sponsor its own tournaments/meets and/or be content to accept the invitations afforded us by neighboring schools for competition in those sports.
- Jr High sports should instill the fundamental skills and knowledge of the game necessary for the athlete to graduate to varsity athletics in the 9th grade. These fundamental skills and experience should add to the competency of the athlete in competing against varsity competition for the next four years.
- The success of a Jr High program can most easily be measured by the ease of transition into the varsity arena. Varsity athletics should be a honing of skills introduced during the Jr High years, not a time where basics and fundamentals have to be introduced. Athletes graduating from Jr High athletics will have a distinct advantage over players entering a sport for the first time at the varsity level due to the foundations established during the Jr High years at LPCA.
- Jr High athletes should remain separate and apart from Varsity athletes in every way possible to protect student eligibility. Though TAPPS makes allowances for Jr High athletes to practice with Varsity athletes under strict guidelines, no Jr High athlete or parent should expect that they will be allowed to participate as a part of the varsity sport team at a TAPPS or UIL sanctioned event. When confusion over Jr High participation occurs, LPCA will err on the side of caution and not allow the Jr High athlete to participate.

Participation by 6th Graders

Many private schools need 6th grade participation in Jr High athletics to insure they have the numbers required to field a competitive team. As a general rule, 6th graders will only be allowed to participate if a team sport lacks enough participants in grades 7 and 8 to field a team. At that time, 6th graders will be given the opportunity to participate in that given sport. In the meantime, parents and students should be aware of the following limitations and difficulties that could face 6th grade participation in athletics.

- Coaches will still expect anyone signed up for a particular sport to make all practices and be on time. This expectation is not altered due to scheduling conflicts, so it is again requested that parents and students carefully review scheduling before signing up for a particular sport.
- In contact sports such as football and basketball, 6th graders are at a distinct physical disadvantage when paired against 8th graders. Parents and athletes should both realize that coaches will usually need to carefully pick and choose the opportunities for the 6th grader to compete and succeed during these early years.

ADDING A NEW SPORT

The Athletic Department is always open to the possibility of adding a new sport at LPCA. It is our ultimate goal to field quality, competitive teams in all TAPPS athletic competitions. Several factors go into the addition of a new sport. These issues are outlined below.

Student Interest

- A sport must show that there is adequate student interest so as to provide enough athletes to field a team and enough reserves to sustain a competitive edge in the sport. To satisfy the student interest equation, there should be at least 1.33 times the students ready to play as there are starting positions in the sport. (e.g.: basketball would need at least 7 players to provide the 5 starters and adequate reserves to play the game).
- Athletes who will be competing in another sport during part or all of the season for the sport in question cannot be considered as part of the equation in gauging student interest.
- Student interest is the first step in adding a new sport. If students show enough interest to fulfill the points above, the athletic department will pursue the other factors involved in adding a sport.

Facilities

- Facilities for practice and games are a major factor in whether a sport is feasible for LPCA athletics. Availability and access to a gymnasium, playing field, or court is not within school control and must be secured before a sport can be added.
- If a facility is already accommodating LPCA for another sport, it is not necessarily a given that they will accommodate another sport during another time of the year.
- Facilities must be of the quality to present LPCA in a manner of excellence that the school strives to achieve in all endeavors.

Expense

- Introducing a new sport does not come without some one-time and recurring expenses. Expenses include uniforms, practice equipment, game equipment, travel expenses, officiating expenses, facility usage expenses etc. These must be calculated to check for a balance between expense and benefit.
- Travel related expenses are also a relevant consideration for adding a sport. If there is little or no local competition, the expense involved in traveling to game sites must be factored into the equation.
- Many sports are offered at the club level by local communities. The club leagues can field highly competitive teams at a much lower price than can a private school attempting to start

a program from scratch. For parents, the difference in expenses makes club level sports much more appealing than a school sponsored extracurricular sport.

- A sport will only be added when student interest is matched by payment for the sport. It is not enough for the student to be interested if the parent is not willing to incur the cost of the sport.

Other Factors

- LPCA will focus primarily on the addition of team sports and will not add sports that interfere with the preparation or training of athletes in an existing team sport. This is true even if the new sport could be seen as beneficial to the team sport. For example, power lifting will not be entered as a sport even though it benefits sports such as football if training for it in any way interferes with another team sport.
- LPCA is currently at a point to where all available athletes are already involved in a sport in one or both semesters. It is not reasonable to continue to add sports that call upon the same athletes time after time for reasons of athletic competition. To guard family time and academic stress, new sports will likely not be added until additional growth in the school occurs.

When all of these factors have been weighed, a sport will be introduced at LPCA as soon as possible. It is important to remember that when developing a program, the first season is always the toughest, both from a competitive standpoint and from an administrative standpoint. An expectation of instantaneous results is neither reasonable nor fair to athletes and coaches. Patience is a key virtue for parents, coaches, and athletes when dealing with a first-year program.

EXTENDING A SEASON OR PRACTICE SCHEDULE

The question often arises from parents of Jr High students regarding the desire to continue a sport past its listed season end. This is especially true of sports in which the varsity level is engaging in regional or state competition when the Jr High season is considered over.

- Just as every sport has a specific start date, it needs a specific end date as well. This date is set by the Athletic Department in consultation with the coaches and other schools engaging in the sport. It is also a major consideration when negotiating for facilities and when considering coach's pay. A definite end date is a must for these considerations alone.
- Jr High sports generally end when varsity sports enter regional/state competition because Jr High sports have no playoff system either in TAPPS or UIL.
- The end of the season is set when it is clear that the competition is also bringing their season to a close. This severely restricts the competition available for an extended season.
- Parents wishing to continue training in a sport after the official season has ended will do so on their own. Please do not negotiate with a coach to continue coaching your child or with a facility for continued use when the agreed upon end date has come and gone.

- Parents who have paid a membership fee to a facility used for practice that still have time left on the membership are welcome to continue practicing but will do so on their own. Again, please do not ask the coach to continue coaching when the season has officially ended.

PROTECTED FAMILY TIME

LPCA will continue to place a priority on protecting time dedicated to family. This family time will not be encroached upon by any school related function, including athletics. Athletics will not schedule any functions during the selected protected family times, including practices or contests. Coaches will not encourage or otherwise coerce athletes to participate in “voluntary” workouts by suggesting teammates get together if in town and with parental permission. Athletes are off-limits to coaches during this time.

The following times are considered Protected Family Time at LPCA:

- Thanksgiving: The Wednesday through Sunday of Thanksgiving.
- Christmas: 7 consecutive days off including Christmas Eve and Christmas Day
- Spring Break: 7 consecutive days off including either the weekend before or after Spring Break.
- Easter: Good Friday and the weekend following.

It is our belief that in honoring a family’s need for uninterrupted time together, we wind up with an athlete that is better prepared for mentally and emotionally for the stresses of athletic competition.