



LCL ATHLETIC HANDBOOK

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ALL THE TIME. IT'S JUST WHO WE ARE.



BIBLICAL TRUTH

We believe in the veracity of the Scripture and the literal interpretation of God's Word as it applies to our lives in service to others.

RELATIONSHIPS

Our commitment to others is marked by care, dignity, humility, integrity, and the application of Grace as we build meaningful life-long connections with one another.

COMMUNICATION

We aspire for interactions which are honest, respectful, clear, consistent, and timely, where expectations and accountability are embraced.

GROWTH

An attitude of continuous improvement and the pursuit of excellence allows each individual to seek opportunities that use God-given talents for the benefit of others.

LOVE

Evidenced by unconditional care, compassion, joy, and passion, we strive to emulate Christ's love for others in all situations.

WeTeachTruth

"Nothing makes me happier than to hear that my children are living according to the truth." 3 John 1:4

Introduction

The mission of Lake Country Lutheran High School is to Share Jesus, Shape Lives, and Develop Leaders. The Interscholastic Athletic Program of Lake Country Lutheran High School is an integral part of the school mission and affords opportunities and experiences not ordinarily obtainable in the conventional classroom. Through training and challenging competition, all Lake Country Lutheran High School athletes will discover, develop, and use their talents to glorify God and grow physically, socially, mentally, emotionally, and spiritually.

Biblical Truth

1 John 3:18 “Dear children, let us not love with words or speech, but with **actions** and in truth.”

Philippians 2:1-2 “Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being **one in spirit** and of one mind.”

Philippians 3:13-14 “...forgetting what is behind and straining toward what is ahead, I **press on** toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

Sports Offered

FALL

- Boys: Cross Country, Football, and Soccer
- Girls: Cross Country, Field Hockey (co-op team with ULS), Golf, Swimming (co-op team with Milw. Lutheran and Martin Luther), Tennis (co-op team with St. John's Northwestern Academies), and Volleyball

WINTER

- Boys: Basketball, Wrestling, Downhill Skiing (co-op team with ULS and Brookfield Academy), and Swimming (co-op team with Milw. Lutheran and Heritage Christian)
- Girls: Basketball, Dance (WACPC), and Downhill Skiing (co-op team with ULS and Brookfield Academy)

SPRING

- Boys: Baseball, Golf, Tennis, Track and Field, and Trap Shooting (co-op team with Milw. Lutheran)
- Girls: Soccer, Softball (co-op team with St. John's Northwestern Academies), Track and Field, and Trap Shooting (co-op team with Milw. Lutheran)

Affiliations

LCLHS is a member of the **Wisconsin Interscholastic Athletic Association** (WIAA). The following Lightning teams are eligible to participate in the WIAA State Tournament series: Cross Country, Football, Soccer, Swimming, Tennis, Volleyball, Basketball, Wrestling, Baseball, Golf, Softball, Track & Field.

LCLHS is a member of the **Midwest Classic Conference** for all WIAA sports except those in non-lead co-ops.

LCLHS is in **Cooperative Agreements** for several sports. LCL is a non-lead school in all listed co-ops for 23-24, except for Girls Tennis and Softball.

The following sports are governed by sport specific state associations: Field Hockey, Dance, Downhill Ski, and Trap Shooting.

Team Level Philosophies

Each athlete chosen for any team is expected to honor God by using their abilities to serve Him and those around them. Athletes are expected to conduct themselves in a manner that represents LCLHS in alignment with the school's mission and student-athlete code of conduct. Athletes are expected to act in the best interest of their team regardless of playing time (which will not be equal). At all levels, every effort will be made to provide an exceptional experience that includes social, cognitive, and spiritual development.

Freshmen (JV2): The freshmen teams are designed to provide each player developmental opportunities, both physical and social. The goal is that daily practice will improve skills and help each player utilize and refine their God-given abilities.

Junior-Varsity (JV1): The goal of the JV team is to prepare players to compete at the varsity level. Playing time is determined by who the coaches believe have the greatest potential to contribute at the varsity level in the future.

Varsity: Varsity teams are designed to perform at the highest level of athletic ability and compete against the school's highest level of competition. Communication between player and coach is critical for understanding each athlete's role to help that team achieve athletic success.

Athlete Code of Conduct

With the LCLHS mission and core values in mind, athletes will follow the below code of conduct.

Lake Country Lutheran High School student-athletes will:

1. Follow all guidelines laid out in the LCL Student Handbook & Athletic Handbook.
2. Make academic studies their highest priority as a STUDENT-athlete.
3. Perform to the best of their God-given ability.
4. Demonstrate commitment by working hard and being on time to practices and games.
5. Communicate with their coach.
6. Be gracious in victory and accept defeat with dignity.
7. Be respectful to others - No offensive remarks, trash talking, taunting, boastful celebrations, or other actions that would demean individuals or sport.
8. Treat game officials with respect – No complaining about calls during or after an athletic event.
9. Exercise self-control – Avoid excessive displays of anger or frustration.
10. Exemplify a healthy lifestyle encouraging good nutrition and rest.
11. Be COACHABLE - open-minded, willing to listen, trust, and learn.
12. Encourage teamwork on and off the court.
13. Engage in positive cheering only.
14. Be respectful of equipment and obtain equipment necessary for participation.
15. Accept their role on the team and understand how their attitude and actions affect the group.

Code Violations

The athletic code of conduct is aligned with school policies outlined in the Student Handbook. Any behaviors in and out of school resulting in disciplinary actions are subject to athletic penalties as well. Continued conduct contrary to the ideals of LCLHS and the Athlete Code of Conduct will result in removal from the team. The athletic code of conduct applies to student-athletes not only during their sports seasons, but also during the entire 12-month calendar year. Code violations, which occur outside of an athlete's season, will result in penalties during the next season. Violations, which occur after an athlete's final season, may result in penalties that impact eligibility for athletic awards.

Violations of the athletic code will be handled by the school administration at Lake Country Lutheran High School. When a code violation occurs, administrators and staff will give the student-athlete an opportunity to be heard and minister to the athlete with the goal of leading the athlete to recognize his/her behavior as a sin against God, repent, accept God's forgiveness through Jesus Christ, and demonstrate intent to live a Christian life with the help of God. The following are examples of athletic code violations:

1. physical violence
2. theft, including possession of stolen property (this includes personal and athletic equipment from other schools as well as LCLHS)
3. negative acts against person (i.e. hazing, disrespect) or property (vandalism)
4. any conduct resulting in suspension from school
5. possession or use of any illegal drug including alcohol or tobacco

Code violations may carry with them a penalty of ineligibility for one or more of the contests for the current season (for in-season violations) or the contests for the next season (for out-of-season violations). Code violations involving the a) use/possession of alcohol b) possession and/or use of tobacco and/or c) use, possession, buying or selling of controlled substances, street drugs and performance enhancing drugs (PES) carry with them a minimum one-competition suspension, by WIAA state association rules. (Article VII)

Parent / Spectator Code of Conduct

With the LCLHS mission and core values in mind, parents will follow the below code of conduct.

LCL Parents/Fans will:

1. Serve as Christian role models in all situations.
2. Support the coaching staff and allow the coach to manage the team without interruption (even if you disagree).
3. Positively cheer for the team.
4. Refrain from yelling at officials or making demeaning comments regarding the officials or opposing school.
* Spectators unable to adhere to these expectations will be asked to leave the event
5. Follow proper channels of communication when there is a concern.
6. Assist coaches and staff in the setting up and taking down of equipment for games.
7. Become active in the BOLTS Booster Club by fulfilling Servant Team requirements and volunteering at athletic events hosted throughout the year.

Pre-Participation Requirements

The following forms must be completed before a student can participate in the athletic program:

1. Athlete Registration (Completed Online) Includes: Agreement of Treatment and Medical Insurance Sign-Off, MCC Sportsmanship Sign-Off, Handbook Sign-Off, WIAA Eligibility Information Bulletin Sign-Off Form, Concussion and Sudden Cardiac Arrest Information and Sign-Off Forms.
2. Completed Physical Exam Card approved by Parents and Physician—Necessary every two years unless the student has suffered a serious injury or illness since their last exam. OR Completed WIAA Alternate Year Card – Parent's Consent Card is necessary for the years between physical exams.
3. **\$80 Sports Fee per Season** (Paid online during Seasonal Athletic Registration)
4. All Athletes must bring their LCL Athletic Participation Permit to the first practice of each season. The Athletic Participation Permit can be collected from the Main Office prior to the season.

Academic Eligibility

Lake Country Lutheran utilizes a *"No Pass/No Play"* standard that must be met for participation in any school-sponsored or school-supported athletic and extracurricular activity. Students will be given a three-week grace period at the beginning of each semester. Grades will be checked each Monday and eligibility will be determined for that week.

If the student has an "F" in a class on a Monday, the student is ineligible to participate in any school-sponsored activities for the rest of the week (Tuesday through Sunday). Any ineligible student is required to visit their teacher(s) during Student Support Time on the Tuesday morning after the ineligibility list is released to teachers. If the student is no longer receiving an F in ANY class the following Monday, the student will be eligible for that upcoming week's events.

Students with more than one F / Incomplete at the end of the semester will be ineligible for the first 15 scheduled school days of their next semester. This includes a spring to a fall semester of grades. (Article V Section 2 of Rules of Eligibility in the WIAA Handbook)

Students can regain eligibility immediately for Incompletes in the new semester if they are made up within the first two weeks.

Students may take a summer school class(es) to regain eligibility for the fall semester.

Social Media

The use of the LCL name, brand, and logo to create social media accounts is strictly prohibited. Accounts for sports teams, clubs, and other student groups must be approved by school administration.

State Association Eligibility Regulations

1. Students must be enrolled as full-time students at LCLHS to compete on interscholastic athletic teams for LCLHS.
2. Transfer students with no change of residence of the parent/guardian(s) at the **beginning** of the year listed are allowed:
 - 9th grade – unrestricted participation
 - 10th grade – unrestricted participation
 - 11th grade – non-varsity for one calendar year (365 days)
 - 12th grade – no competition at any level but may practice.

*Situations for students who transfer **during** the year are subject to different terms. There are cases where **the transfer is made necessary by a total change in residence by parent(s)** or there are **extenuating circumstances** which is defined as an unforeseeable, unavoidable and uncorrectable act, condition or event which results in severe burden and/or involuntary change, that mitigates the rule. These types of situations would require documentation that would be reviewed by the WIAA. Full WIAA policies can be reviewed on the WIAA website:

<https://www.wiaawi.org/>

3. A student who transfers to LCLHS from another school with a status of ineligibility for disciplinary reasons retains such status at LCLHS for the same period as decreed by the former school.
4. A student is ineligible to compete if he/she reaches his/her 19th birthday before August 1 of any school year. A student has eight consecutive semesters of potential eligibility, starting with the first semester of his/her 9th grade year.
5. A student must be an amateur in all sports recognized by the state association to compete in any sport. Students must not receive salary, cash, or share of game proceeds for their achievements in athletics. They must not sign a professional contract, they must not permit themselves to be used in any way for commercial purposes because of their athletic status, and they must not play in any contest under a name other than their own.
6. Athletes may compete in not more than two non-school competitions with school approval during each regular season sport. Athletes must have documented school approval prior to participation in any non-school competitions.

School Regulations

1. Athletes not dressed for Physical Education class (unless excused by the instructor) will not be allowed to practice or play in a contest that day.
2. To be considered a full-time student, athletes must be attending at least 5 classes a day OR participating in an LCL approved educational opportunity.
3. No athlete will be allowed to practice or play in a contest if absent from school during the day. **A student who gets to school by 9:25 am may participate in practice or contest.** A parent excuse will be permitted for certain absences (Doctor or dentist appointment, Field trip, College Visit, Funeral, etc.)
4. A student who is ill on Friday and is absent the whole day can participate in a competition on Saturday if the student has his/her parents' permission to compete, and the coach feels in his/her best judgment that the athlete is well enough to compete.
5. Original equipment issued to each student must be returned at the end of the season. Substitution of equipment will not be permitted. Athletes will be held financially responsible for all lost or damaged equipment issued to them.
6. School-issued athletic equipment and uniforms are to be worn only for practice, competition, or to school (with administrative approval).
7. Participation in 2 school sports during the same season is a special circumstance and not permitted unless approved by the involved coaches and athletic director.

Transportation

1. When a bus or transit(s) is used to transport the team to an event, all team members must ride the bus or transit(s), unless parents/guardians give the coach written notification that the athlete will ride with them or with another adult, and the coach agrees. Any student may ride home with a parent instead of the bus if the coach is notified.
2. If the team is to be transported in cars, arrangements will be communicated by the coach.
3. For teams traveling to away events, the minimum attire is based on the school dress code.

*At times, it is necessary for athletes to drive themselves or make their own transportation arrangements to off-site practices or competitions. Athletes will be notified in advance of these types of situations. Athletes in a co-op sport will be responsible for transportation to and from practices and competitions.

Awards

Freshman team members are eligible for numerals and a certificate of participation. (Numerals are given to athletes following the successful completion of their first season in the LCLHS athletic program.) JV team members may earn a minor letter and a certificate of participation. Varsity team members may earn a major letter and major letter certificate. Other awards (approved by the coaching staff and athletic department) may be presented after the completion of the season during a banquet or other culminating event. Each year Athletic Awards are presented to select members of the graduating class.

Communication

Other than times that the student's mental or physical health is in danger, the STUDENT-ATHLETE should bring his/her concerns to the attention of the coach. Only after this has occurred should the parent address the coach. The athletic director should be informed of these concerns and their resolution. If the students and parents and the coach cannot resolve their concerns satisfactorily, they should ask the athletic director to become involved.

24-hour rule – If something happens in a game that needs to be addressed by a player or parent, we ask that you wait at least a day after the competition to initiate that conversation. This allows anyone involved to step back from the situation, process it, and then work toward a solution.

Questions about the Athletic Program at LCLHS

Please contact Andy Thomson, Athletic Director at 262-367-8600 ext. 310 or email athomson@lakecountryhs.org

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