



# LIVING ROCK

— A C A D E M Y —

## 2023-2024 Athletics Handbook

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## INTRODUCTION

The Living Rock Academy Athletics' Handbook is a reference guide for coaches, student-athletes, and parents. The handbook states the policies that govern interscholastic athletics at Living Rock Academy.

The coach(es) of each athletic team reports to the Athletic Director and is primarily responsible for the compliance by his/her team members to the rules, regulations, and policies governing athletics at Living Rock Academy. The Athletic Director will administer these rules and regulations as they relate to relationships established between teams and coaches. The Athletic Director reports to the Head of School.

Prayer, sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Interscholastic athletics is a voluntary program. Students are not obligated to participate, and participation is not required for graduation. Thus, competition in middle school and high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the LRA athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

Thank you for your participation in our athletic program. May God bless you as you use your God-given athletic abilities and desire to serve Him in this integral part of school life.

## MISSION STATEMENT

The mission for the LRA Athletic Department is to compete by the power of God, according to the word of God, and for the glory of God. Athletes should be a positive representation of our school, community, and our Lord and Savior Jesus Christ as they strive for excellence on the field and court.



## **BOBCAT ATHLETIC PHILOSOPHY**

"And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance, for you serve the Lord Jesus Christ." - Col. 3:23-24

Living Rock Academy Athletics is founded on the teaching and principles of God's word. LRA's athletic program is a wonderful opportunity to minister to the community through exemplary actions, Christ-like attitudes, and a high level of individual and team athletic skill.

The Athletic Department is an important part of our educational program. We want to ensure that each student-athlete reaches their maximum potential. It is our mission to develop the whole student, not just the athlete, in mind, body and spirit. The positive benefits that participation in athletics offers include, but not limited to, self-esteem, self-discipline, self-confidence, and the development of team spirit. Specifically, the Athletic Department seeks to provide interested students with the opportunity to participate in its program of interscholastic athletics and is committed to the following:

- To offer a well-balanced and varied program of interscholastic athletics (based on numbers and the best interest of our student athletes).
- To teach the value of competition
- To foster the development of athletic skills
- To encourage the development of a strong work ethic, self-discipline and self-sacrifice
- To teach the value of commitment, teamwork and cooperation
- To encourage the development of judgment, character and leadership
- To teach the value of ethical conduct, sportsmanship and fair play
- To encourage the development of loyalty and pride in one's self, their team, and the school community

### **Our Coaches**

The coach is LRA's "curriculum in action" for the student athlete. Coaches at LRA are one of the most significant components of the athletic program. They are both teachers and active participants at the same time. They always have the responsibility to model Christ-like behaviors and attitudes.

To be an effective coach and role model, LRA coaches must also be knowledgeable in their sport, capable of detailed preparation, able to motivate athletes, able to make adjustments during competition, and work effectively under the authority of the Athletic



Director and school administration. Our coaches take seriously the opportunity they have to mold young lives for Christ.

### **Coaching Policies**

Each coach may establish additional rules or standards for the team or program in which they work, which go beyond what is listed in this handbook. These rules may even be unique to that sport or program. The coaches' policies will be consistent with and not contradict other school practices and policies.

### **Our Parents**

Parents of student athletes have a responsibility to both their child and to the team. Without strong parental support, the student athlete may not be able to achieve his/her greatest potential. It is important that parents provide positive reinforcement and understand their role as a part of the team. Parents, as well as players, should always be supportive and encourage coaches and teammates.

Learning to trust coaches is a key step to learning the value of the life lesson experiences athletics provides. It is also important that parents honor the Lord when attending athletic events. For LRA's athletic program to be successful, coaches, student athletes, and parents must always make a firm commitment to glorify God. All parents and guests should exhibit appropriate behavior when they are in the stands and be respectful to officials, opponents, coaches and members of their home team.

### **Our Athletes**

Living Rock Academy athletes should be diligent in preparation, give 100% at all times, demonstrate personal discipline, be respectful in all situations, maintain self-control, show humility, and aggressively pursue excellence regardless of the score, opponent, time, referee, or situation.

Every athlete at LRA should trust in his/her abilities; never doubting the potential to achieve. No matter how much negativity exists, each athlete has the power, through Christ, to do wonderful, remarkable things. The ultimate and final responsibility rests upon the shoulders of the student athlete, for it is the student athlete who is accountable to his/her parents, coach, and the Lord.



## Our Teams

Our teams should in all things strive to:

- Glorify God
- Play Hard
- Have Fun

## Expectations of Student Athletes

The Athletic Department expects each participant in the school's athletic program:

- to honor the name of our Lord and Savior, Jesus Christ and seek to glorify God in word and deed.
- to be a worthy representative of teammates, coaches, and the school community, abiding by school and community expectations
- to maintain health and fitness levels by following the training rules prescribed by the coach
- to reflect the knowledge that commitment to victory is nothing without commitment to hard work in practice
- to understand that athletics is just one part in the overall goal of achieving excellence in all areas as a student at Living Rock Academy
- to learn to deal with adversity in an honorable way and to capitalize on growth opportunities and to express feelings intelligently and appropriately
- to accept the responsibilities of team membership: support of teammates, cooperation, positive interaction and mutual respect
- to help student-athletes learn how to balance a demanding academic schedule with an arduous athletic training schedule
- to prioritize in-season sport. When experiencing time conflicts between overlapping sport seasons, priority is given to the in-season sport. Championship, playoff, district, non-district, scrimmage and practice of in-season sport is given priority over subsequent sport seasons. Students may participate in multiple sports.
- Quitting a sport before the season ends may result in an athlete not being permitted to participate in the next sport season.

## Expectations of Parents

As members of the Living Rock Academy athletic community, parents are vital to the success of our athletic events. Each sport will have a designated parent to oversee and assign parents to help in concessions, gate, score table, etc. during their child(ren)'s athletic season. Parents who cannot work the assigned game/tournament/event, will be



responsible for finding a replacement. Parents may volunteer for more than one service opportunity! The assignments will be posted online prior to the start of each season. If a season starts and parents have not signed up, remaining assignments will be made under the discretion of the athletic director or assigned manager. If a parent is unable to make that commitment, the parent will be responsible for finding a replacement for their assigned game. We must have all duties covered to ensure the best outcome of the event. Participation in a subsequent sport season is dependent upon returning of equipment and payment of outstanding sport fees.

## **PARENT/COACH COMMUNICATION**

### **Parent Meetings**

The coaches for each sport during the three sport seasons (Fall, Winter, Spring) will hold a parent meeting prior to the first game in each sport. Parents are encouraged to be in attendance. The meeting will allow parents to meet the coach for their athlete's sport, ask questions, and receive all information pertinent to the season

### **Communication Tools**

Coaches will communicate regularly with parents and athletes in person, via email, RankOne, school organized group texting app or by phone. Text messages and "drop by" visits are not acceptable. Should in person meetings be requested, an appointment will be required.

### **Practice and Game Cancellation**

In the event the coach must cancel a practice, it is the responsibility of the coach and/or athletic director to notify the team and parents.

- Media reports or warnings of inclement weather does not determine whether practice will be held; the coach will make that determination. When available, indoor facilities may be used to hold practice in these circumstances.
- If a change is made in the practice schedule, parents and athletes will be notified as soon as possible.
- In most cases, it is the responsibility of the host school to make decisions regarding game cancellations.
- When hosting an event, Living Rock Academy will make every effort to make decisions by 2:00 p.m. on the day of the event.
- When a game is canceled, the coach may choose to hold practice in its place. If the coach chooses to hold practice in place of the canceled game, he/she will





communicate this information to parents and the student-athletes as soon as possible.

### Addressing Concerns or Issues

#### **Step 1:**

One of the greatest opportunities for student-athletes is learning skills for effective conflict resolution. When there is a concern, athletes are encouraged to speak with their coach directly. It is a great learning opportunity for the student when he/she can find mutually agreeable solutions for an issue they are preempting to resolve.

#### **Step 2:**

If the coach and athlete are unable to resolve the issue together, then parents may contact the coach. If a parent has a concern to discuss with a coach, the parent should contact the coach at an appropriate time for both parties. An upset parent should wait at least **24 hours** before approaching a coach or parent after an athletic event. Under no circumstances should a parent approach a coach or another parent in a harsh manner or immediately before, during or after a practice or game. Taking this time to reflect on the situation, as well as honest and respectful communication should allow for more effective dialogue ensuring a more successful experience for everyone.

*It is not appropriate for a parent to request feedback from the coach about team strategy playing time, play calling, or other student-athletes. It is appropriate for a parent to contact the coach with concerns about their son/daughter's behavior, their skill development, and for physical treatment advice.*

#### **Step 3:**

If the discussion with the coach does not resolve the issue, parents and coaches may contact the Athletic Director to discuss the situation.

#### **Step 4:**

If the Athletic Director is unable to provide a satisfactory resolution, the parents may contact the Head of School.

### Athletic Opportunities for High School and Middle School\*

**\*All sports seasons are subject to change dependent upon participant numbers.**

#### **FALL SPORTS**

HS/MS Boys Cross Country  
HS/MS Girls Cross Country  
HS/MS Boys 6-Man Football

#### **WINTER SPORTS**

HS/MS Boys Basketball  
HS/MS Girls Basketball  
HS/MS Girls Cheer

#### **SPRING SPORTS**

HS/MS Boys Track & Field  
HS/MS Girls Track & Field  
HS/MS Boys Baseball



HS/MS Girls Volleyball  
HS/MS Girls Cheer  
HS Boys MatchPlay Golf  
HS Girls MatchPlay Golf

HS Boys Tennis  
HS Girls Tennis  
HS Girls Cheer  
HS/MS Girls Golf  
HS/MS Boys Golf

\*High School sports may separate into Junior Varsity and Varsity depending on the number of participants.

\*Middle school teams may separate into A and B teams depending on the number of participants in each sport. Teams may be separated by grade or skill levels. 5th graders may have the potential to participate on a team but this is not guaranteed. It will be based on current readiness, ability and needs of the team.

### Conference Affiliations

#### *Middle School*

The Middle School athletic teams participate in the Christian Athletic League of San Antonio (CALSA). CALSA consists of schools in San Antonio and the surrounding areas. LRA middle school football participates in the South Texas Football Conference (STFC) for 6-man football.

#### *High School*

The High School Athletic Program participates in the Texas Association of Private and Parochial School (TAPPS). The purpose of TAPPS is to organize, to stimulate, to encourage, and to promote the academic, athletic, and fine arts programs in an effort to foster a spirit of fair play, good fellowship, true sportsmanship, and wholesome competition for boys and girls. Living Rock Academy competes as a 1-A school (based on its enrollment).

We are proud of these affiliates and will respect their direction. All Administrators, coaches, parents, students-athletes and spectators are expected to be familiar with and abide by the rules set forth by their respective conferences. For more information about TAPPS, please visit the TAPPS website at [www.tapps.biz](http://www.tapps.biz)

### Team Schedules

The Athletic Director will schedule all games for each sport season. All athletic schedules will be posted on Rank One. The link can be found on our [school website](#) by navigating to 'Athletics' then 'Athletic Schedules.' The events may change; **please check Rank One regularly.** (There is an option to receive text or email alerts from Rank One when



events are changed) The addresses of schools and venues may be found by clicking the event on Rank One. No games will be scheduled during finals weeks for high school unless it is a playoff game.

## **ATHLETIC POLICIES AND PROCEDURES**

### **Team Membership**

#### ***Middle School***

Living Rock Academy is committed to providing all middle school students, interested in competitive athletics, the opportunity to participate. Failure to attend practices or abusing their privilege of participation can lead to disqualification from team membership. Middle school athletics provides the introduction to competitive sport. Because it is important to have players learn the fundamentals correctly from the beginning, the emphasis of the middle school program will be developing skills and habits. The level of success achieved in high school athletics is directly related to the skills developed through the middle school program.

#### ***High School***

All teams may have player limits set forth by the Athletic Director and/or Head Coach. Failure to attend practice may lead to disqualification from the team.

### **Required Forms for Participation**

#### ***For High School (Middle School denoted with an \*)***

Prior to the start of the each sport season, all parents and student-athletes must complete the following forms:

- Living Rock Academy [Contract for Athletic Participation](#)\*
- TAPPS Physical Examination form\*
- TAPPS Acknowledgment of Rules form
- TAPPS Medical History form\*
- TAPPS Student Profile\*
- TAPPS Signature Page
- Concussion Baseline Screening (recommended by our Athletic Department)

All TAPPS forms can be found at [www.rankonesport.com](http://www.rankonesport.com). Parents must set up an account for their athlete. Physical forms need to be printed and completed by a physician and then uploaded into the student's rank one online profile. Every other TAPPS form must be completed on the Rank One website. Failure to complete any one of these forms may result in your student-athlete being declared ineligible to participate.



### **Fall Pre-Season Requirements**

TAPPS governs the start and end of date for all sport practices. Varsity athletics begin the first Monday in August prior to the start of school.

No athlete may practice until medical physical and required documents have been completed and uploaded to Rank One.

All candidates for high school teams are expected to be in attendance. Any conflict must be cleared with the coach.

Middle school teams will start practice for fall sports on August 7, 2023. All interested student-athletes are expected to attend. Middle school athletes must also have a completed physical form and required documents uploaded to Rank One before he/she may attend athletic practices.

### **Participation Fees**

Equipment and uniforms are paid for by LRA through athletic fees. However, some sports, by nature, require specialized equipment or uniforms for which the cost is shared between the school and the parents of the student-athletes. Athletic fees are assessed at the start of the season to the students' account.

Participation fees are essential to help fund the cost of interscholastic athletics, transportation to athletic events, game officials, tournament entry fees and supplementary equipment and supplies. *\*Fees are per sport/per athlete.*

<b><i>High School</i></b>	<b><i>*Fee</i></b>	<b><i>Middle School</i></b>	<b><i>*Fee</i></b>
Football	\$350	Football	\$300
**plus the cost of the helmet		**plus the cost of the helmet	
Volleyball	\$200	Volleyball	\$150
Basketball	\$200	Basketball	\$150
Cross Country	\$200	Cross Country	\$150
Baseball	\$200	Baseball	\$150
Golf	\$200	Golf	\$150
Tennis	\$200	Tennis	\$150
Golf	\$200	Golf	\$150
Track & Field	\$200	Track & Field	\$150



## **Practice Times**

### ***Middle School***

Middle school athletic practices occur during the PE period at the end of the day and extend until 4:00 p.m. Practices are held daily, with the exception of game days. There may be circumstances that require practice times to be adjusted. Parents and athletes will be notified of any changes to the weekly practice schedule in a timely manner.

### ***High School***

The coach of each sport, along with the Athletic Director, will determine the team practice schedules. Practices and games are held rain or shine, unless the coach and/or Athletic Director cancel a practice. Parents and student athletes will be notified as soon as possible of any cancellations. Under no circumstances shall a practice run longer than 3 hours during the school year.

## **Playing Time**

We believe in our coaches' knowledge and ability. A coach's job is to manage and direct their sport. Each coach is responsible for evaluating athletes on their teams. Using considerable thought and metrics of qualification, coaches will evaluate character, skill level, athleticism, physical conditioning, positional play, trainability, and punctuality. Our coaches will do their best to ensure that every athlete gets in the game, but playing time is not guaranteed. Athletes must demonstrate their ability to execute the game plan effectively, to play in a manner that is safe for themselves and for those around them, and to walk in a Christ-like manner on and off the playing field.

## **Lettering**

High School Varsity athletes have the opportunity to earn a varsity team letter based on their participation in competitive athletics. While the requirements for lettering may vary from sport to sport, general guidelines include the following:

- Good practice habits
- Knowledge of and compliance with rules
- Sportsmanship and coachability
- Regular attendance at practices and games

Athletes who have played on a varsity team and earned a varsity letter are eligible to purchase a Living Rock Academy letter jacket. The opportunity to purchase the letter jacket will be announced by the Athletic Department. A high school student may



purchase an LRA Letter Jacket, but only those who participated in a varsity sport will receive a letter.

## **ATTENDANCE**

### **Games and Practices**

Attendance at all games and practice sessions is mandatory for all team members.

- If an athlete will not be attending a practice, meeting, or athletic contest, the coach must be notified at least one day **prior** to the event. Failure to fulfill aforementioned requirements may result in a coach's determined consequence.
- Any athlete who has more than three absences from practices and/or games during a season (excused or unexcused) may result in limited playing time or removal from the team.
- Practice is held rain or shine unless otherwise noted by the coach.
- If an athlete is absent from school, or attends fewer than 3 classes (half-a-day) on a game day, they are not eligible to participate in that day's game or practice.
- Any student-athlete who leaves an athletic event without the permission of the Head Coach will be subject to suspension from the team.
- No away games will be scheduled during final exam week for high school. There will be a variance granted if teams are in playoffs or championship events.

### **Holidays**

In order for teams to remain cohesive, effective, and competitive, athletes may be expected to play and/or practice during non-religious holidays (i.e. Thanksgiving Break, Winter Break, Spring Break, Summer Break, Labor Day, etc.) These dates and times will be communicated by the coach as early as possible in an effort to allow families to plan accordingly. If there is any question and the dates have not been announced, please contact the coach, and/or athletic director. He/she will not be required to play and/or practice on a day of religious observation.

\*Parents of athletes are asked not to schedule family vacations once a season has started.

### **Illness and Injury**

All injuries should be reported to the coach and/or athletic director at the time they occur so further injury can be avoided. If you are injured, remember the following:

- Tell the coach and/or athletic director that you are injured before leaving the court/field.



- Any athlete who becomes sick, nauseated, dizzy, and/or overheated during a practice or athletic event should notify the coach and/or athletic director immediately.
- No matter how small the injury, get treated.
- Athletes are expected to attend team practices each day they attend school.
- Athletes MUST contact the coach ahead of time if they will miss practice for any reason, including illness.
- A doctor's note is required if an athlete is not able to attend practice because of an injury.
- A second notice from a doctor should be given to the coach to end physical restriction.
- If an injury occurs in a game or practice, the head coach will be responsible for communicating with the athlete's family immediately, or by the end of the day, depending on the severity of the injury.

## GENERAL INFORMATION

### Uniforms

Living Rock Academy athletic uniforms are to be worn only during interscholastic competitions. Launder uniforms in cool/warm water only. Do not use bleach. Ironing may cause damage to a uniform. Uniforms should be air dried.

Athletes are responsible for all items issued to him/her. Any lost, damaged or stolen items must be paid for by the athlete before another season starts. If the athlete has not returned or paid for lost items before the end of the school year, grades will be held until payment is received.

All uniforms are due on the date set by the Athletic Director or coach following the athletic season's end.

To promote games the athletes may be allowed to wear jerseys on certain school days. The following rules must be followed and all final permission will be given by administration.

- During a season, athletes may wear jerseys on home games, not to exceed once a week. However, due to Outreach activities, athletes may not wear team jerseys on Fridays.
- Team practice athletic wear, such as sweats and warm-ups, may not be worn during the school day.
- LRA Spirit wear t-shirts must be worn under tank-style jerseys.



### Practice Uniforms

Coaches may have final discretion on practice uniforms and may require a specific practice shirt but at a minimum an LRA spirit wear shirt in school colors must be worn with black shorts.

### Travel

Living Rock Academy will provide transportation to away practices and contests. All players are expected to travel with the team.

- Athletes may only drive themselves to or from any athletic practices. Special circumstances must be cleared by the Athletic Director.
- If an athlete is not planning to return to LRA with the team, verbal or written permission must be granted by parents and given to the coach.
- Athletes will not be allowed to leave the groups with anyone other than a parent unless parental permission is received. Athletes may not leave an event with a student driver (other than a family member).
- On occasions when transportation is not available, parents may be asked to drive athletes to competitions.
- The head coach of a team or team parent will make travel arrangements and vehicle assignments.
- No games for high school will be scheduled during final exam week with the exception of playoff games. There will be a variance granted if teams are in playoffs or championship events.

Varsity teams periodically have overnight trips during regular season or post-season tournaments. Hotel and transportation arrangements are made by the Athletic Director. The nature of team travel will require implementing room curfews, assigning rooms, limiting or denying athlete separation from the group, and defining appropriate dress and behavior while our student athletes are representing our school.

School rules are in effect when a team travels. Whether in or out of town, on or off the field/court, LRA student-athletes are expected to uphold the highest standards of conduct and behavior.

### Student Passengers on School Bus or School Van

- Males will sit on one side of the bus; females on the opposite side.
- Extra seats will be filled and organized by gender
- Students/Athletes are EXPECTED to behave according to LRA guidelines.





- Passengers are EXPECTED to throw away trash and close windows after each event.
- Passengers are EXPECTED to SIT in the seats in an appropriate manner.
- Passengers **may not**:
  - Stand or move between seats while the bus is moving.
  - Lay, put their feet on the back of or stand in the seats at any time.
  - Throw any item to other passengers
  - Stick ANYTHING out of the windows including body parts.
- Any repeated negative behavior will be reported to the administration and/or athletic director

### **Parent Drivers**

To ensure the safety of those individuals who drive school vehicles, personal vehicles on school time, and volunteers driving on behalf of Living Rock Academy, we ask the parent drivers to submit scans of their valid driver's license and current vehicle insurance. Forms may be picked up and returned to the front office before transporting athletes. This policy applies to: Vehicles owned, leased or rented to Living Rock Academy, personally owned vehicles driven by employees/volunteers on behalf of Living Rock Academy.

Vehicle accidents are costly, but more importantly, they may result in injury to you or others. It is the driver's responsibility to operate the vehicle in a safe manner and to drive defensively to prevent injuries and property damage. As such, Living Rock Academy endorses all applicable state motor vehicle regulations relating to driver responsibility. Each driver is expected to drive in a safe and courteous manner pursuant to the following safety rules. The attitude you take when behind the wheel is the single most important factor in driving safely.

### **Facility Usage Policy**

Any usage of the facilities must be approved by the Facilities Director and/or Head of School. Athletes must be accompanied by an approved faculty supervisor when using the facilities. Non-LRA groups or individuals will be subject to a facility rental fee. Such usage must be pre-approved by the Facilities Manager to make sure no conflicts are present. No athletic events will be permitted on Sunday. (see TAPPS rules).

### **Gym/Locker Rooms**

All Living Rock Academy students, grades 5<sup>th</sup> through 12<sup>th</sup> (Physical Education and Student-athletes) will use the locker rooms in the gym. The Athletic Department, coaches, or Athletic Director are not responsible for lost or stolen items (uniforms,



equipment, school issued material, or personal items) that are in the locker room or gym facility. 5th & 6th grade should change in the main building bathrooms before heading to the gym.

LRA students and athletes are expected to continue to follow all school rules even when changing for practice, games or PE. Disciplinary actions will be taken if there is any inappropriate behavior in the bathrooms or locker rooms.

In season sport players will be assigned a locker (dependent on availability) and will need to provide their own lock and clean out at the end of each season.

### **Equipment**

Athletes may borrow LRA sports equipment for personal use on school property only with approval from the Athletic Director or Head of School. Coaches may not give permission to athletes to take home equipment. Athletes are to treat LRA sports equipment as if it were their own. Fees will be assessed for any missing or damaged equipment.

### **Club/Select Teams**

Living Rock Academy will take precedence over club or league competitions and practice sessions. Athletes will not be excused from LRA practices or games in order to attend games or practice sessions for club or league teams. It is the responsibility of the athlete to communicate his/her participation on club or league teams prior to the start of the season so any potential conflicts may be worked out. Failure to communicate before the start of the season may result in the removal of an athlete from the team.

### **ELIGIBILITY FOR INTERSCHOLASTIC PARTICIPATION**

All athletes at Living Rock Academy must be exemplary members of the student body. Therefore, standards of academic achievement have been adopted for athletes to establish and maintain eligibility.

All LRA students currently enrolled in 6th to 12th grades are eligible to participate in athletics. All students in 6th-8th grades are eligible to participate in Middle School sports. All 9th-12th grade students are eligible to participate in High School sports. No student in middle school (5<sup>th</sup>-8<sup>th</sup> grades) will be eligible to participate in high school sports per TAPPS rules. 5th graders may have the potential to participate on a team but this is not guaranteed. It will be based on current readiness, ability and needs of the team.



## Academics

Student athletes are expected to maintain passing grades in all classes. Living Rock Academy academic standards are high. These standards acknowledge that academic achievement takes precedence over athletic participation. Therefore, LRA academic standards have been established at levels higher than those required in most schools. These standards, as well as specific eligibility/ineligibility information, are as follows:

- All student athletes must be enrolled in and receive passing grades at the quarter and semester in at least four academic classes on campus to be eligible for athletic participation.
- Each student athlete will be assigned a numerical grade (see Living Rock Academy Student Handbook) as an evaluation for each class taken. Grades in all classes will count and will be weighted equally. Additionally, online classes must be approved to meet TAPPS/ NCAA regulations and a passing grade must be re-recorded for the class at quarter and semester.
- Each student athlete is assumed to be eligible for athletic participation until a declaration of ineligibility is made by the High School principal or the Athletic Director.
- Cheerleaders and team managers, as active members of a sport, fall under the same academic and behavioral guidelines of the LRA Athletic Department.

## Classwork

LRA academics is a priority. Athletes are expected to be fully engaged academically and responsible for all classwork.

- On occasion when athletes must miss class to participate in scheduled athletic events, they are responsible for turning in class work the day the work is due.
- Athletes are responsible for making up any missed work in a timely manner ([see LRA Student Handbook](#))
- If an athlete arrives home late from an athletic contest or missed class the day before a test due to an athletic contest, it is at the teacher's discretion to allow the athlete to test at an alternative time.
- If the athlete must leave class early on a testing day due to an athletic contest, it is the responsibility of the athlete to reschedule the test for a date that is agreed upon by the student-athlete and teacher.



### High School P.E. Credits through Sport Participation

A student must earn 1.0 credit in P.E. to meet the state and LRA graduation requirements. This credit can be earned by participating in P.E. class during the freshman and sophomore years or participating in TWO full seasons of any H.S. sport. The completion of two H.S. sports will earn the student their full 1.0 credit of P.E. and meet all state and LRA graduation requirements. A student not completing a full season of an eligible sport will not earn credit and will be required to complete the required P.E. credit (as per administrative approval) outside of the school before beginning the next year, assuming the student is not currently participating in a regular P.E. class or has not already completed the required P.E. credits.

### Academic Ineligibility

The Athletic Ineligibility policy will follow the Co-curricular Eligibility policy in the Living Rock Academy Student Handbook.

The co-curricular eligibility policy from the Living Rock Academy Handbook states:

#### 14.23 Co-curricular Eligibility

Participation in co-curricular activities is an important component of a student's educational experience. However, when that participation interferes with the student's academic performance, it is in the best interest of the student to step aside from co-curricular activities in order to focus efforts on the primary purpose of education. Therefore,

If a student is failing any subject (below 70) at mid-quarter (the end of the fourth week), then that student may not participate in co-curricular competition/games for two weeks.

If after that two week period the student is passing all of their classes then the Secondary Principal will notify the A.D., coach/sponsor that the student is eligible to participate.

If the student is still not passing, then the student will continue to be ineligible for an additional week until the student has achieved a passing grade.

The student will not be eligible to participate until the grade is a passing grade, based on the weekly checks made by the Athletic Director or applicable co-curricular faculty sponsor.

If the student is failing a subject at the end of the quarter, he/she may continue to practice but becomes ineligible to compete in a game/meet for a period of two weeks, beginning on the first day of the new quarter.

A grade check will be performed at mid-quarter and end of quarter by administration. If an athlete receives a grade below 70 in a class, the student will be placed on academic probation for a period of two weeks. The period of ineligibility shall begin no later than one week after grades are announced and will continue for 14 days. The student will be



expected to seek tutoring from the appropriate teacher or from the academic support teacher.

If the student-athlete receives a grade of “70” or higher at the end of the two-week probationary period, they are eligible to participate in their sport.

If the athlete does not improve the failing grade after the period of ineligibility, the athlete will continue to be ineligible on a weekly basis until grades are improved to passing.

### **Practicing with the Team if Ineligible**

Athletes are still required to practice with their teams unless they are actively involved in completing assignments and/or tutoring during the same time period to improve their failing grades. Students will be encouraged to seek tutoring as much as possible, and will be expected to do their best to work around both their team and their class schedules.

Athletes who are placed on academic probation may practice with the team, but may not play in games or travel with the team to an athletic event. Academic ineligibility may affect Varsity lettering.

An incomplete (I) will render an athlete ineligible. An incomplete in a class at the end of a grading period will render the athlete ineligible. Incompletes should become failing grades if not completed within five days of the grade check. Once incomplete grades are made up, and the grade is posted, the athlete will be cleared to play by the administration. ([See TAPPS eligibility rules](#)) (Article V)

If an athlete has met all academic standards, but drops significantly in academic performance during a period when he/she is in no immediate danger of being declared ineligible, the coach has the authority to institute measures of accountability to help the student athlete get back on track.

### **ATHLETIC CODE OF CONDUCT**

Each student athlete is expected to conduct his/her life in accordance with the standards and principles set forth in God’s word. This includes adhering to all appropriate LRA standards of student conduct. Any student-athlete who does not maintain satisfactory conduct in a class will be subject to a behavioral probation that will follow the same guidelines as the academic probation. Violations of the Student Code of Conduct will affect participation in athletic activities.



### **Suspension from School**

A disciplinary action severe enough to warrant student suspension will eliminate the student athlete from all participation in interscholastic sports for the duration of the suspension. Therefore, any suspension, whether in-school or out-of-school, will render a student athlete ineligible to attend practice or any interscholastic contest.

### **Substance Abuse and Hazing**

Any student athlete found to be in violation of the school's substance abuse policy will automatically be suspended from all team activities including practice, games, tournaments, dinners, etc., while the reported offense is under review by the coach, Athletic Director and school administration. The Living Rock Academy Athletic Department reserves the right to impose a disciplinary action or other conditions which it considers to be appropriate to the circumstances of the violation. This may include suspension from the athletic team for the remainder of the season, as well as expulsion from the athletic program for the remainder of the school year.

Living Rock Academy forbids any hazing. Hazing is defined as any forced, required, intentional or negligent action, situation, or activity which recklessly places any person at risk of physical injury, mental distress, or personal indignity, or which encourages violation of any federal, state, local, or school law for the purpose of initiation into, or affiliation with, any organization affiliated with Living Rock Academy. Hazing, with or without the consent of a student, is prohibited by Living Rock Academy and a violation of that prohibition renders both the person inflicting the hazing and the person submitting to the hazing subject to discipline.

### **Failure to Complete a Sport Season**

Leaving a sport during a season is highly discouraged. Athletes will be expected to honor their commitments to their teams. If a student still decides to drop a sport, he/she must follow the guidelines below:

- The student-athlete must first talk to the coach to see if a solution can be reached.
- A conference with the parents, athlete, coach, and Athletic Director or any combination thereof, may be required and is highly recommended before a student leaves the sport
- If an athlete leaves the sport, he/she must check out of the sport as if he/she would check out at the end of a season. All equipment must be turned in clean and undamaged. The athlete must pay for any equipment not turned in.



- Failure to complete a season for reasons other than medical (documented physician's order) or hardship (Administrative approval required) will consequently make the student ineligible for the next sport season. The next sport season may be within the same school season or the next school year (as in the case of spring sports).
- All decisions are subject to review by the athletic director and administration with possibility of loss of playing time and suspension.

Thank you for your encouragement and support of our athletes and the athletic program at Living Rock Academy,  
**GO BOBCATS!**



Living Rock Academy  
Student-Athlete/Parent Contract for Athletic Participation

We have read and will abide by the terms of Living Rock Academy Athletic Handbook. Failure to comply with the policies set forth in the handbook may result in my suspension and/ or dismissal from a sports team and potentially, my dismissal from the sports program.

We understand that we must electronically sign this contract prior to being issued a uniform and included on a team roster.

Please click on the link to complete the [Student Athlete/Parent Contract](#).

