

# Lutheran South Academy

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## Athletic Code of Conduct



## Lutheran South Academy

### Mission Statement

*"The mission of the Lutheran South Academy Athletic Department is to enrich the spiritual lives, develop the social and moral character, and enhance the physical skills of our students by means of a competitive athletic program, administered in a loving and caring Christian environment (1 Corinthians 13).*

### INTRODUCTION

The purpose of this handbook is to assist the student/athlete, the parents/guardians, and the coaches in their efforts to provide a guided, meaningful experience in all athletic activities.

The athletic department recognizes and supports the primary goal of Lutheran South Academy in its pursuit of quality education. Athletics at Lutheran South Academy are an integral part of the total school program providing learning opportunities in physical, mental and social growth. In this regard, The Athletic program hopes to emphasize a quality education by allowing individuals to compete in a variety of sports and activities.

Participation in LSA Athletics is a privilege. At Lutheran South Academy, it is also critical that students portray themselves in ways befitting a Christian athlete. The opportunity to present oneself to the public and to represent one's family and school should not be taken lightly. This privilege is extended to all student/athletes who meet team/club requirements, and are willing to assume the following responsibilities:

1. Be a credit to yourself, your parents, your school and your community.
2. Display high standards of social behavior.
3. Demonstrate respect for and acceptance of the rules of competition.
4. Demonstrate respect for those in authority, including coaches, teachers, advisors and officials.
5. Display a strong spirit of cooperation.
6. Use language that is socially acceptable

### Philosophy

The athletic program is an integral part of the total educational atmosphere for the athlete at Lutheran South Academy. The program is designed to assist the athletes as they "Secure their Future" both in this world and for eternity. It is the goal of the Athletic Department that the athletes will develop their athletic skills, sportsmanship, and sense of team while also growing in their relationship with Jesus Christ. Christian character traits including courage, loyalty, cooperation, self-discipline, and a Christ centered desire towards excellence will be honed in the athletes as they participate in practices, games and performances.

## **Athletic Code of Conduct**

### **PREFACE**

Athletics activities are an integral and valuable part of a student's high school experience, and Lutheran South Academy (LSA) is committed to sponsoring a wide variety of such activities. LSA recognizes that participation in athletics activities is a privilege offered to students. While difficult to measure, the educational value of athletics participation is extensive. Students not only develop physical, mental, and social skills, but also positive values and attitudes that they will take with them into their adult life.

This code details the expectations students can expect as they pertain to all athletic participation at LSA. Participation in athletic activities is earned in part, by accepting and following the regulations contained in this Code of Conduct.

Lutheran South Academy does not discriminate on the basis of national origin, race, color, creed, sex, age, handicap or political affiliation in its educational programs, related activities or employment practices.

The following pages contain the minimum requirements for every LSA High School student to be eligible for participation in school sponsored, athletic activities. In order to participate in any athletic activity, a signed Code of Conduct must be returned to the Athletics Office for the school's records.

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- 7. BE A CREDIT TO YOURSELF, YOUR PARENTS, YOUR SCHOOL AND YOUR COMMUNITY.**
- 8. DISPLAY HIGH STANDARDS OF SOCIAL BEHAVIOR.**
- 9. DEMONSTRATE RESPECT FOR AND ACCEPTANCE OF THE RULES OF COMPETITION.**
- 10. DEMONSTRATE RESPECT FOR THOSE IN AUTHORITY, INCLUDING COACHES, TEACHERS, ADVISORS AND OFFICIALS.**
- 11. DISPLAY A STRONG SPIRIT OF COOPERATION.**
- 12. USE LANGUAGE THAT IS SOCIALLY ACCEPTABLE**

## **Article I: Definition of Extracurricular Athletic Activities**

Extracurricular activities at Lutheran South Academy are defined as those activities in which students appear, perform or compete as representatives of Lutheran South Academy. All students who participate in the activities listed below are required to abide by this Athletic Code of Conduct. For the purpose of this code, these activities include:

### **Interscholastic Athletics**

#### **Boys**

Baseball  
Basketball  
Cross Country  
Football  
Golf  
Soccer  
Swimming  
Tennis  
Track

#### **Girls**

Basketball  
Cross Country  
Cheerleading  
Golf  
Soccer  
Softball  
Swimming  
Tennis  
Track  
Volleyball

## **ARTICLE II: ATHLETIC EXPECTATIONS**

All students participating in LSA Athletics are expected to obey the following expectations:

- 1) Fulfill the responsibilities and obligations that go with extracurricular participation by adhering to school rules; district; and TAPPS regulations.
- 2) Agree that studies come first and strive for success in academics, as well as in extracurricular activities. While the Lutheran South Academy recognizes the importance of extracurricular activities in the overall school program, we firmly believe that academics come first; therefore, to participate in these activities, students must be in good academic standing with passing grades in all classes.
- 3) Students must attend school and classes as required by school policy.
- 4) Recognize that students represent their school and community. Therefore, students should demonstrate good citizenship in public and in school, and should adhere to high standards of appearance, conduct, and performance.
- 5) Complete the season of activity in good standing in order to qualify for and receive any awards or honors. A student athlete is not allowed to quit one sport to move to a second sport. The student must wait until the first season is over to start any activities with the second sport including off-season skills training, practices and games. If a student is removed from a team the student must appeal to the Athletic office to regain eligibility to move to another sport.
- 6) Respect and encourage excellence and good conduct among opponents, as well as teammates.

## GENERAL ELIGIBILITY POLICIES OF LSA FOR ATHLETES

### Requirements for Participation:

1. **Physical Examination**- A yearly physical examination is required. A **physical card** must be completed by the physician and submitted to the athletic department. The examination covers all sports for the entire school year, provided it was administered after May 1. The form will be kept on file in the athletic office.
2. **Emergency Medical Authorization**- Each athlete's parent/guardian shall complete the Medical History and Consent form giving permission for the treatment by a physician or hospital when a parent is not available. The form will be kept with the head coach for availability at all practices and contests.
3. **Insurance**- Lutheran South Academy does not carry insurance to cover student athletic injuries. Parents will need to complete the school's insurance form acknowledging that they possess a family insurance plan.
4. **Parental Acknowledgement of Athletic Policies**- At the time a student begins practice for an athletic team he or she will be presented with this Athletic Code of Conduct. Each parent or guardian and athlete shall read the material and certify that they understand the athletic eligibility rules and policies of Lutheran South Academy. This signed document will be kept on file at Lutheran South Academy.
5. **Scholastic Eligibility**- In order to participate on a Lutheran South Academy athletic team, each athlete must have completed all of the **scholastic eligibility requirements** prior to participation.
6. **Equipment Responsibilities**: All athletes are responsible for the proper care and security of equipment issued to them. School furnished equipment is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty.
7. **TAPPS Acknowledgement of Rules**: Each student must complete the TAPPS Acknowledgement of Rules each academic year. This form will be kept on file in the athletic office.

### PRACTICE SESSIONS

All athletes are expected to attend all practices, unless excused by the coach.

Athletes may not practice unless they have attended at least four classes during that school day. Practice, when an athlete is under suspension, will be determined by the coach and the administration.

### TRAVEL

Part of being a team member is sharing team experiences. One of these experiences is traveling with the team. It is expected that all student athletes will travel to and from contests with the team. Traveling to and from athletic contests will be on school provided transportation when available. Students traveling home with their parents or guardians from contests must get permission from the coach before departing.

### CARE OF EQUIPMENT

Each athlete is responsible for the proper care of all issued equipment.

The athlete, parents or guardian will be held financially responsible for any lost, misplaced or damaged equipment.

## INJURIES

1. All injuries must be reported immediately to the coach in charge of the team and to the athletic trainer.
2. Athletes requiring medical treatment must obtain a written release form from the attending physician before returning to practice or competition. **Release must be turned into the athletic trainer.**
3. In case of an emergency, athletes will be sent to a doctor of their choice, when possible, and the parents will be notified.
4. Should a serious injury be discovered after the athlete has returned home, the athlete may go to the doctor, but it is the athlete's responsibility to see that proper forms are completed when the athlete returns to school.

## VIOLATIONS

Any athlete who has been placed on restriction for violations of the Code of Conduct must appear before the Student Athletic Review Board before reinstatement.

## ATHLETIC ACADEMIC ELIGIBILITY REQUIREMENTS

### CO-CURRICULAR ELIGIBILITY

Students must be taking a minimum of 5 classes to be eligible to be a member of an LSA competing team or performance/service organization.

Students who are failing any classes at an **Eligibility Grade Check** date will be declared ineligible beginning on the **Ineligibility Starts** date specified on the LSA school calendar. In the event a student is failing, because of missing assignments/tests that the student had excused absences for, and the student has completed the assignments/test, and the student's failed grade is now passing on the **Ineligibility Starts** date, the student will be declared eligible. Ineligible students may practice with their group/team, but may not participate in performances/contests. Ineligible students will become eligible if they are passing all of their classes on the **Eligibility Review** date specified on the LSA School calendar. Students who remain ineligible on the **Eligibility Review** date check may no longer practice with their group or team until the next **Eligibility Grade Check** date. If the ineligible student has all passing grades at that time, they will be declared eligible and may once again practice, compete or perform with their group.

If a student receives a failing grade for any class for a semester, they will be declared ineligible (no practice, contests or performances) until the first Eligibility Grade Check Date of the second semester, at which point they will have an opportunity to be declared eligible. Students failing any classes at the end of the second semester may go to summer school. If the failure(s) is/are removed and there are no failures remaining, the students will then be eligible the next fall.

### Co-Curricular Eligibility (Attendance)

If a student receives an unexcused absence for one or more periods, he or she will not be eligible to participate in any school activity that day or night. A student must be present for four classes to be eligible to participate in any school activity that day or night, unless prior approval is obtained from the administration.

Students who have excessive absences (6 or more), excused or unexcused and have below a C in a particular class will not be permitted to miss that class for any school function or extracurricular activity

i.e. field trips, athletic contest etc. This does not include athletic contests that are part of district play or state playoffs.

### **Academic Study Table**

Any student declared ineligible or rule at risk in any class at the grade check will be required to report to the Athletic Study Table. The Athletic Study Table will be held during the High School Pull Days. Students will be required to report for three weeks to the athletic office to follow up on their grade report. Students will receive weekly grade checks.

### **CODE OF CONDUCT FOR ACTIVITIES**

The disciplinary code of conduct for Lutheran South Academy Athletes, including all varsity and junior varsity athletic teams, reflects the desire of the school's coaches to be consistent in their approach to participant disciplinary matters. The code does not supersede the established regulations contained in the Student Handbook; rather, it increases the standard of responsible behavior expected of Lutheran South Academy athletes. It is expected that our student athlete participants will be models of proper behavior for the entire student body and examples of Christ-like behavior. Each sport will also have specific rules and guidelines for their student/athlete.

***This disciplinary code is in effect 24 hours a day, 7 days a week, 365 days a year..***

### **IMPROPER BEHAVIOR**

All athletes are expected to display high standards of social behavior, outstanding sportsmanship and proper respect for those in authority in school and within the community. Any athlete who becomes involved in problems with school officials is subject to disciplinary action.

Any athlete found guilty of skipping school, skipping practice or a major offense, shall be dealt with by the Athletic Review Board and is subject to a suspension of no more than twenty practice days or games.

Major Offenses include/but are not limited to such behavior as a criminal behavior, fighting, arguing with officials or coaches, vandalism, being at a party where drugs and/or alcohol are being used (refer to drug/alcohol policy), and dishonesty.

### **ATHLETIC REVIEW BOARD**

Any athlete with a Code of Conduct violation, after an assessment has occurred, will appear before the Review Board to determine the degree of the suspension, or to appeal a prior ruling. Any athlete who has been suspended will appear before the Review Board prior to reinstatement. The Board will consist of the principal/assistant principal, athletic director, coach for the activity and two coaches (one male, one female).

### **APPEAL PROCESS**

Any athlete who has been accused of a violation or is presently serving a suspension has the right to appeal a suspension to the Student Athletic Review Board. The process for appeal is as follows:

1. The athlete has a right to know in writing the rule(s) he or she has violated, and to have a copy of the rule(s).
2. The athlete has the right to know why LSA believes a rule was violated.

3. The athlete will have the opportunity to explain him or herself within 10 days of the suspension.
4. The athlete has the right to appeal a suspension to the Student Athletic Review Board.

### **Activities Involving Alcohol, Tobacco or Other Drugs**

Recognizing the increased use of illicit drugs and alcohol by students and the threat such use poses to the safety and health of both students and families, the Lutheran Education Association of Houston (LEAH) has a program of drug testing for all students and staff that are involved in Athletics.

Participation in this program is a condition of participation in LSA Athletics. The collection of samples is done under the supervision of the school administration. Careful protocol is followed and a fully certified laboratory does the testing. Positive results are communicated to the administration that keeps them confidential, sharing the results with the student and the parents only. The athletic policy will operate under the same guidelines as the school policy with the exception of random testing. Any LSA athlete is subject to testing at anytime.

### **Self Referral**

A student may take advantage of a self-referral procedure to seek information, guidance, counseling, and assessment in regard to student use of tobacco alcohol and other drugs. Voluntary referrals do not carry punitive consequences.

1. Self-Referral is allowed one time in a student's high school career.
2. Referral must be only by the student or member of the immediate family.
3. Referral must be previous to the first alleged violation and no citation has been issued.
4. Referral cannot be used as a method to avoid consequences once a code of conduct rule is violated and a student has been identified as having violated one of the code of conduct rules.
5. Referral must be made to the Athletic/Activities Director, administrator, or guidance counselor.

The program's cost will be assumed by the student and/or parent/guardian. LSA assumes no monetary responsibility for the cost of the assessment and rehabilitation program.

The student must successfully complete the assessment recommendations, as determined by school administration and the assessing agency, take and pass a reentry drug test (if applicable), and the student and/or parent/guardian must sign a release of information form to be in compliance with the underage alcohol/drug program.

Students failing to successfully complete the assessment recommendations shall be suspended from the activity for the duration of the season and may suspended from LSA Athletic for the remainder of the year.

#### **A. First Violation**

The penalty for the first time violation will be suspension of 25% of the seasons contest if the student follows and completes a school recognized drug and alcohol assessment. The athlete may be able to practice while serving out his suspension from games. The suspension will carry over into the next season if the consequences are not fulfilled. This penalty will supersede any school punishment or consequences issued to the student from the LSA Administration

## B. Second Violation

**Second Violation: following an opportunity for the student to be heard, that a violation has occurred, the student will be suspended for 50% of the season's contest. (e.g., student in violation the night before the first game of a 20 game basketball season...student will miss 10 games). The possibility of dismissal from the team or club is also at the discretion of the Athletic Director or coach. The suspension will carry over into the next season if the consequences are not fulfilled.**

## C. Third Violation

The student will be suspended from all LSA Athletic activities during his/her high school career.

### **REPORTING PROCEDURES FOR SUSPECTED DRUG/ALCOHOL VIOLATIONS**

Violations or suspected use of drugs or alcohol may be observed, or reported by administration, faculty, parents, community members or students.

1. When a violation occurs at a school-sponsored event, a written report will be filed, and the disciplinary process will begin at the discretion of the administrator.
2. When a violation is observed by school personnel outside of school-sponsored events, a written report of the incident will be filed with the principal or assistant principal. The disciplinary process will begin at the discretion of the administration.
3. Suspected violations reported by school or non-school personnel will require a written report including the date, time, place, people involved, and a description of the occurrence. The anonymity of the informant will be assured. When a written report is filed with the principal or assistant principal, the athlete and parents will be notified of the accusation and an investigative process will begin. An interview with the athlete and parents will be conducted by the LSA Administration. If a violation is verified, disciplinary procedures will be implemented immediately.
4. A violation must be reported within 28 days of the alleged violation.

