

Lima Christian School

Student Athlete

Participation Packet

2007-08

Please **keep** these first 5 pages.

Please RETURN the following forms:

Health History Form

Eligibility Consent Form

Risk of injury Form

Driver and Rider Permit From

**REMINDER: an athlete WILL NOT practice until they have had their PHYSICAL
...the Form must be ON FILE with our Nurse**

School Fax: 624-8293

School Website: www.limachristian.net
(for game and practice information)

Any questions you can call Coach Val School 624-3841 (x142)
Home 624-3573

LCS Sports Philosophy

Purpose & Goals:

1. Build godly individuals & leaders through competitive athletics, Christ-centered coaching, and Spirit-led leadership
2. Develop character, spiritual and physical maturity through athletics.
3. Foster attitudes of respect, obedience and consideration, in relationships with those in authority, with teammates, officials and opponents.
4. Provide competition in athletics which will be challenging and formidable.
5. Enjoyment of the competitive contest while striving to win within the rules.
6. Evangelism – a sensitive approach to all teams, coaches, and officials outside LCS. To be witnesses for Christ, bringing glory to God in everything we do. To influence and encourage others in Christ
7. Discipleship – to see young people grow in all areas of life. To develop balance in all areas of life. Creating well-rounded individuals in academic learning, physical conditioning and spiritual maturation
8. *Esprit de Corps* – to instill a spirit of enthusiasm, excitement and unity through athletic contests.

Specific Levels of Competition:

Varsity-

1. The best athletes in a sport which LCS has to offer. Those whose physical and mental abilities are mature enough for keen varsity competition.
2. Athletes who evidence commitment and are willing to practice often enough to develop their skills.
3. Athletes who represent their school well
4. Preparing and striving to win each contest while trying to reach the team's and individual's maximum potential.

Junior Varsity-

1. Athletes who are learning to play the game and still developing into varsity players.
2. Emphasis on development above winning

Junior High (modified)-

1. Emphasis on participation, development and enjoyment of the sport – above winning

Athletic Code of Conduct

Athletic participation is a privilege that carries with it responsibilities to the school, to the team and to the Lord. When an athlete accepts this privilege, they must also live up to the student code of conduct on and off school grounds, during the season and the off-season. The code is in effect until Graduation Day.

Student athletes will avoid any activities which may give an appearance of impropriety which will reflect negatively upon themselves or Lima Christian School. Failure to do so could result in suspension or dismissal from the team, as well as be subject to other discipline measures determined by the Principal and Athletic Director.

Training Rules

All students must abide by the following minimum rules which apply to all sports. Coaches may have additional rules which will be presented to the athletes and will become a part of the code for that season.

- a. Abstain from use of alcoholic beverages
- b. Abstain from the use of illegal drugs
- c. Abstain from the use of tobacco, including smokeless tobacco

Violation of Training Rules

Violation of the Training Rules will result in suspension for 25% of the scheduled contests in a consecutive fashion

Lying concerning the violation of the training rules will result in dismissal for the remainder of the sport season.

Suspension means the student may not compete in a contest. At the coach's discretion he/she may be present with the team during all games, and may be in uniform; participate in all practices, team meetings and scrimmages. Suspensions may include post-season competition.

Academic Eligibility

Teachers in grades 7-12 are to turn in the names and subjects of students participating in extracurricular activities that are either failing or attempting to improve a failing grade. This list of students is turned into the Athletic Director by Monday 12:00 noon. The Athletic Director will notify the students and parents that they have been placed on the list. Each teacher is also responsible to explain to the students why they are on the list and what is necessary to be removed from the list. Students will also receive written notification explaining why they are on the list.

Students on the Warning List are allowed to participate in practices and games. Once a student is on the Ineligible List they will not be allowed to practice or play for that week. Students will always appear on the Warning List prior to appearing on the Ineligible List.

Attendance Policy

Participating in athletics is an “extra” responsibility for the students. All members of our athletics teams are expected to be in school for the full day. Getting home late the night before does not excuse a person from school or homework. If a student is going to be late, they need a **legal** excuse and need to be in by 12 noon.

Physical Examinations

Before the start of each season, each athlete must be approved by the school health official (our nurse). To be eligible for the season each athlete must have a physical dated within the last calendar year and **turn that for in to our school health official (our nurse)**. DO NOT give your physical form to your coach.

If the school health official does not have your form you WILL NOT be allowed to practice or play in any games.

New York State Protection Plan

New York State High School Athletic Association does sponsor an insurance plan entitled Pupils Benefits Plan, Inc. **This plan is designed as a *supplemental Plan* and is not complete coverage.** The Plan will assist in coverage for the balance of what is not covered by the parent’s own insurance. The Plan provides for the entire school year, not one sport’s season.

Practice Attendance

Each student will be expected to be **consistently** present at practices. Any absence other than an illness must be approved by the coach. Absences may result in loss of playing time, dismissal or suspension from the team.

Procedure to follow with questions or concerns

1. Student/Athlete is to contact the coach first in an attempt to resolve the situation
2. If no resolution is reached, the parent is to contact the coach to set-up a meeting *A discussion after a game or practice is ill-advised. A meeting at this time would be most likely too emotional and would not promote resolution.
3. If no resolution is met, a meeting with the coach, student-athlete, parent and athletic director will be scheduled.

Equipment and Uniforms

Equipment and uniforms are issued by the coach and are due **2 weeks** after the conclusion of the season. Failure to comply will result in a \$25.00 late fee for each week it is late. If the equipment or uniform is not returned, the athlete will be charged for its replacement.

Family Vacations

When parents and student-athletes choose to take family vacations during the sport seasons, it must be understood that the player's absence can affect team chemistry and personal conditioning. Since we do not usually have an over abundance of players on a roster and a player's absence can have serious implications for the team on game days. A student-athlete who miss practices or competition for any reason may have their position or playing time adjusted.

Competing on non-school teams while in-season

Opportunities exist for LCS students to play on other youth sport teams in the area. As I am sure you understand, the time commitment to play sports at the JV or Varsity level at Lima is considerable. The student/athlete may have to decide where their commitment level lies. If there is a conflict with a LCS athletic team and the outside organization the LCS team must come first.

Transportation

- a. There is a pre-season permission form filed with the Athletic Director and signed by the parent or guardian granting permission for the student to drive to practices held off the main campus
- b. For a student to ride with a student driver to practice conducted off campus, the student must have a Rider's Permission Form on file in the Athletic Director's office.
- c. Riding from an athletic event or contest with anyone other than the student's parent or guardian will NOT be allowed without a note from home with a parent or guardian's signature.
- d. With our limited transportation resources at the school, please be aware there will be many occasions where your help in transporting a team will be needed and greatly appreciated.

Quitting a Team

Any student who quits a team after his/her first 5 days of practice (8 days for modified sports) will not be permitted to be a member of any other athletic team during that sport season. The policy will also be in effect for students dismissed or suspended from that team.

Due Process

A student has the right to a hearing before the LCS Principal or his/her designee prior to the disciplinary measures going into effect. A formal written request for such a hearing must be received by the Principal within 5 school days from the time the suspension is to begin.

INTERVAL HEALTH HISTORY FOR SPORTS PARTICPATION
MEDICAL ELIGIBILITY FORM & PARENT CONSENT FORM

Prior to the start of tryout sessions or practice at the beginning of each season, state regulations mandate that a health history review for each athlete must be conducted unless the student received a full medical examination within 30 days of the start of the season. If Lima Christian School has received a full physical form from the student's own physician within 30 days of the start of the season, the student and parent/guardian need to complete student name below and page 2 of this form.

NAME OF STUDENT: (print) _____ GRADE _____ M or F (circle)

If the answer to any of the following questions is "Yes," please describe the condition or situation that prompted your answer. Circle either "Yes" or "No" for each question.

- | | | |
|---|-----|----|
| 1. Has your child experienced any type of head injury or concussion requiring medical attention | YES | NO |
| 2. Has your child received any injury requiring medical attention? | YES | NO |
| 3. Has your child had any surgical operations, joint injuries, or fractured bones? | YES | NO |
| 4. Has your child been treated in a hospital or emergency room? | YES | NO |
| 5. Has your child been diagnosed with any condition requiring medical attention? | YES | NO |
| 6. Has your child experienced swelling or pain requiring medical attention? | YES | NO |
| 7. Has your child missed any practices and or games due to illness or injury? | YES | NO |
| 8. Has your child been absent from school for five (5) or more consecutive days (or an equivalent | YES | NO |
| Period during the summer) due to an accident or illness requiring medical care? | YES | NO |
| 9. Has injury or illness prevented your child from exercise or other athletic activities? | YES | NO |
| 10. Is your child taking medicine or under a physician's care at this time? | YES | NO |
| 11. Has your child experienced any feelings of faintness, dizziness, or fatigue after exercise or exertion? | YES | NO |
| 12. Has there been any change in vision, such as wearing glasses or contact lenses? | YES | NO |
| 13. Has your child developed any allergies, is allergic to any medications, insect bites or insect stings? | YES | NO |
| 14. Have any close relatives (brothers, sisters, parents, grandparents, aunts, uncles, first cousins) died | YES | NO |
| Under age 50? | | |
| 15. Has your child ever been diagnosed with asthma or developed excessive shortness of breath or severe | | |
| Cough during or shortly after exercise? Does your child have a regular nighttime cough and/or | | |
| Wheezing on exposure to cold air? | YES | NO |
| 16. Has your child ever has hear related illness such as heat exhaustion or heat stroke? | YES | NO |
| 17. Has your child lost the use of any paired organ such as an eye, kidney, testicle, or a limb, or | | |
| Have any other disability? | YES | NO |
| 18. Females only: When was your last menstrual period?_____ | | |

Describe the condition or situation that caused any questions listed above to be answered "Yes."

Note: "Yes" to any of these questions does not mean automatic disqualification from an interscholastic activity. However, it will require a review and approval by the school physician before the student can report to practice and tryout

PARENTAL CONSENT MUST BE SIGNED BELOW:

I, the undersigned, clearly understand these questions are asked in order to decide if my child can safely participate in the interscholastic athletic activity listed below. All answers are correct as of this date. I, hereby, give my consent for

_____ to participate in _____ practices and contests.
(Student name) (sport/activity)

The above named student has permission to participate in the sport indicated. We have received a copy of the Lima Christian School Athletic Code and agree to abide by it and any other rules established in that sport by Section V, the school, or the coach of that sport. We understand the disciplinary actions outlined in the Athletic Code and agree to abide by them. We agree to submit a signed Risk of Injury Statement and in so doing acknowledge awareness of the various risks set forth in the statement and give permission to participate in extra curricular activity.

SIGNITURE OF STUDENT: _____ DATE: _____

SIGNITURE OF PARENT OR GUARDIAN: _____ DATE: _____

Home Phone _____ Cell Phone _____ Pager _____

Work Phone: Dad _____ Mom _____

Email Address(es) for Parent: _____

Health Insurance Company: _____ Subscriber # _____

Do not write below this line: (to be completed by School Nurse)

Date of last approved physical: _____

History Since Last Health Appraisal (previous page) completed? Yes No

Must be completed if physical prior to:

<i>Soccer</i>	<i>July 10</i>	<i>Basketball</i>	<i>October 5</i>
<i>Volleyball</i>	<i>July 10</i>	<i>Softball and Baseball</i>	<i>February 5</i>

Student approved to play: Yes No Nurse: _____

Restrictions: _____

Risk of Injury Statement

I am aware that competing or practicing in any athletic activity can be a dangerous activity involving risk of injury. I understand that the dangers and risks of competing or practicing in the activity include, but are not limited to, death, neck, spinal injury which may result in complete or partial paralysis, brain damage, injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular-skeletal system and injury or impairment of future abilities to earn a living, to engage in business, social and recreational activities and generally to enjoy life.

If I am a participant in basketball or soccer, I specifically acknowledge that it is a contact sport involving even greater risk of injury than other sports.

Because of the possible dangers of participating in the activities, I recognize the importance of following the coaches' instructions regarding playing techniques, training and other team rules and agree to obey such instructions.

In consideration of Lima Christian School permitting me to try-out for and engage in all activities related to the team including, but not limited to, trying-out, practicing, or participating in that activity, I hereby assume all risks associated with participation.

Student Signature

Date

The undersigned parent or guardian of the individual, who has signed the Risk of Injury Statement, hereby acknowledges receipt of the Risk of Injury Statement and acknowledges awareness of the various risks set forth in the statement and considering such risk, gives permission for the student to participate in an extracurricular athletic activity. If I withdraw my permission, I understand that the withdrawal must be in writing and give to the Athletic Director as well as to the coach of the particular athletic activity.

Parent/ Guardian of Student Signature

Date

LIMA CHRISTIAN SCHOOL DRIVING PERMIT

I hereby request that _____ be allowed to drive to practices and games held off the Lima Christian School campus. I realize the risks inherent in allowing my child to drive to practices and games and accept full responsibility for any driving mishap that may occur.

Permission to drive granted for the _____ school year for the following sport season(s)
Check the ones that apply

- Fall Only Spring Only
 Winter Only Entire School Year
- My son/daughter also has my permission to allow other students to ride with them to and from practices and games. The maximum number of students I would allow my son/daughter to transport is _____.

Parent/Guardian's Signature

LIMA CHRISTIAN SCHOOL RIDER'S PERMIT

I hereby request that _____ be allowed to ride in a private vehicle to practices and games held off the Lima Christian School campus. I understand the risks in allowing my child to ride to practices and games and accept full responsibility for any mishap that may occur. Lima Christian School is not responsible for determining who the driver will be.

Permission to ride granted for the _____ school year for the following sport season(s)
Check the ones that apply

- Fall Only Spring Only
 Winter Only Entire School Year

Permission to ride with other adults to/from games/practices
Permission to ride with other students to/from games/practices
**Please specify students if necessary

Circle One
Yes No
Yes No

Parent/Guardian Signature

