



***ATHLETIC  
HANDBOOK  
2021-2022***

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# OVERVIEW

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## MISSION STATEMENT

The Lanier Christian Academy Athletic Department exists to equip our student-athletes to find their *Identity* in Christ, discover their *Purpose* in Him, pursue their God-given *Destiny*, and build a *Legacy* of Excellence that will honor the Lord.

## THE POWER OF LIGHTNING

As the Creator of Heaven and Earth, God uses his creation to draw parallels between His power demonstrated in nature and His power at work within us as His children created in His image. With *LIGHTNING* as our school mascot, we can make many connections between the power of lightning and how we relate to God, our teammates, our coaches, our families, our churches, and the LCA community as a whole.

**Psalm 97:4-** *His lightning lights up the world; the earth sees and trembles.*

**Luke 17:24-** *For the Son of Man in his day will be like the lightning, which flashes and lights up the sky from one end to the other.*

### **Vertical Relationships**

- During a storm, colliding particles of rain, ice, or snow inside storm clouds increase the imbalance between storm clouds and the ground. Nature seeks to remedy this imbalance by passing current between the two.
- We seek for our relationship with our Lord and Savior, Jesus Christ, to be the center of all aspects of our Athletic Department. He is the remedy to the help student-athletes and coaches keep life in the proper balance. In doing so, we will more effectively prioritize our personal, spiritual, academic, and athletic pursuits in a manner that will honor Him. (Matthew 6:33)

### **Horizontal Relationships**

- Lightning is extremely hot—a flash can heat the air around it to temperatures five times hotter than the sun's surface. This heat causes surrounding air to rapidly expand and vibrate, creating a charged environment between the clouds in the air.
- We seek to foster a family environment where athletes and coaches are charged with the responsibility to put the needs of the team above themselves, understanding that individual decisions affect the team as a whole. (Philippians 2:3-4)

### **Positive Relationships**

- About one to 20 cloud-to-ground lightning bolts is "positive lightning," a type that originates in the positively charged tops of storm clouds, which is much more powerful than typical lightning flashes.
- Positive relationships bring encouragement, purpose and strength to all members of the team. (Proverbs 17:17)

## ATHLETIC AXIOM & CORE VALUES

# TRUE. BLUE.

- **TRUE.**
  - **John 4:23-24:** *“Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth.”*
  - CORE VALUES: Focus on Fun and Fundamentals
    - Spirit
    - Truth
  
- **BLUE.**
  - **Colossians 3:23-24:** *“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.”*
  - CORE VALUES: Blue Collar Work Ethic
    - Attitude
    - Toughness
    - Effort

## GOALS OF THE LCA ATHLETIC DEPARTMENT

As a participant in the LCA Athletic Program, student-athletes should exhibit the following traits:

- Demonstrate a Christ-like attitude in and out of the competitive environment.
- Be committed to their team by practicing and playing to the best of their ability.
- Encourage their teammates.
- Develop perseverance to overcome adversity.
- Respect their coaches, teammates, and officials.
- Learn to accept their role on the team as a leader and follower.

## FINANCIAL INFORMATION

### Financial Responsibility

All students at LCA pay a Student Activity Fee in their tuition regardless of whether they participate in sports or not. Additionally all athletes will be required to pay the sports fee associated with their respective teams. The Athletic Fees have been calculated to offset the cost of officials, travel, facilities maintenance, equipment, uniforms, and coaching stipends. If an athlete is granted permission to play on two sports teams during the same season, then they will only pay the highest fee. Tuition payments must always be prioritized over athletic fees.

### Additional Costs:

- *Uniforms* – The athletic department will purchase and issue uniforms on loan for most sports. Uniforms are to be returned at the end of the season in a similar condition in which they were issued. If it is deemed that a uniform has been damaged due to the athlete’s negligence then the athletic department will fine the athlete for the cost to replace the uniform. Athletic uniforms that are purchased by the parents will belong to the student-athlete, and will not be required to return them.
- *Team Apparel/Equipment*-There may be opportunities to purchase optional LCA Team apparel and/or equipment; depending on team needs.
- *Gate* – Parents should expect to pay a gate fee for every LCA home game. Cross Country meets are non-ticketed events; however a parking fee may apply. Fans can purchase an LCA All-Athletic Pass that will provide free admission for one person for all LCA regular season athletic events. LCA season passes will not be honored at away games or at LCA facilities during playoff games.
- *Other* – Meal expenses incurred during travel dates are to be paid by the player. Players need to be able to purchase their own food during any trip when the bus stops for a meal.
- *Fee Refunds* - Athletic fees will not be refunded after the season begins unless outlined below:
  - Athletes that have paid their athletic fee and are cut after tryouts will be refunded.
  - An athlete that is injured before midseason and unable to play remaining games, can request a refund. The refund will be prorated based on the number of remaining games.
  - An athlete that is unable to participate in games or practice because they have not met academic or behavioral criteria will not be refunded athletic fees.
  - Booster donations or Online Team Store purchases will not be refunded.
- *Delinquent Payments* – LCA has a “no pay, no play” policy. If there are extenuating circumstance then the parents need to reach out to the Athletic Director to discuss the situation. Any outstanding athletic fees that are not paid by payment due date, will be subject to the following:
  - Athlete will not be allowed to participate in practice or games until Athletic Fees are paid, and...
  - FACTS will charge a \$25 late fee for any unpaid fees by the due date.
  - Billing - Fees will be billed through the FACTS Management System

### Fall Sports Fees

- Cheerleading- Football and Basketball Cheer (\$300), Competition Cheer (\$375)
- Cross Country- Varsity Boys (\$250), Varsity Girls (\$250), MS Boys (\$200), MS Girls (\$200), Jr. 3<sup>rd</sup>-5<sup>th</sup> Grade Boys (\$100), Jr. 3<sup>rd</sup>-5<sup>th</sup> Grade Girls (\$100)
- Football- Varsity (\$600); MS (\$500)
- Volleyball- Varsity (\$400), JV (\$350), MS (\$300)

### Winter Sports Fees

- Basketball- Varsity Boys (\$450), Varsity Girls (\$450), JV Boys (\$350), JV Girls (\$350), MS Boys (\$300), MS Girls (\$300)
- Swimming-Varsity (\$300), MS (\$250)

### Spring Sports Fees

- Baseball- Varsity (\$450), MS (\$375)
- Golf- Varsity Boys and Girls (\$250)
- Softball- Varsity Girls (\$450)
- Soccer- Varsity Boys (\$450), Varsity Girls (\$450), MS Boys (\$375)

\*All teams are contingent upon having enough athletes to fill out a roster and hiring a coach.

**\*AES/Home School Athletes:** AES Athletes are required to pay the respective Sports Fee as listed in the LCA Athletic Handbook, in addition to the Student Activity Fee of \$245 for one student, or \$300 for two or more students participating in LCA Athletics. The Student Activity Fee is a one-time fee paid once per school year. This fee is the portion of tuition that all LCA students pay to help cover some of the costs incurred by providing extracurricular activities at LCA.

- AES families may pay their Sports Fees and Student Activity Fee by:
  - Cash, check, or credit card (additional fees) in the LCA Business Office.
  - Request to receive an electronic invoice through Square.
  - If you wish to schedule monthly payments, please contact Emily McCoy ([emccoy@lanierchristian.org](mailto:emccoy@lanierchristian.org)) in the LCA Business Office.
  - AES Athletic Fee payments must be made by the due dates listed below:

Lanier Christian Academy requires that all student-athletes pay Athletic Fees by the due dates listed below to be eligible to participate in LCA Athletics:

- Fall Sports Fee Payment Due Dates:
  - 50% of Total Balance Due by first Friday in September: September 3<sup>rd</sup>.
  - Final Balance Due by October 1<sup>st</sup>.
- Winter Sports Fee Payment Due Dates:
  - 50% of Total Balance Due by first Friday in November: November 5<sup>th</sup>.
  - Final Balance Due by December 1<sup>st</sup>.
- Spring Sports Fee Payment Due Dates:
  - 50% of Total Balance Due by first Friday in February: February 4<sup>th</sup>.
  - Final Balance Due by March 1<sup>st</sup>.

## GEORGIA ASSOCIATION OF PRIVATE AND PAROCHIAL SCHOOLS (GAPPS)

As the governing body for LCA Athletics, the goal of GAPPS is to create an environment where high school and middle school students can compete at their levels, yet still be encouraged to grow in their faith. GAPPS understands that its member schools, although they will be competing against each other, are all part of the same team (God's team). GAPPS desires to unite Christ-Centered schools, Independent Schools and Learning Centers who wish to impact and influence their students through athletics. GAPPS member schools will work together to create a competitive athletic environment that honors God at all levels. GAPPS and its members schools should strive to set a Godly example of excellence for other leagues to follow. For more information about GAPPS, go to <https://gappsports.com/home>.

## UNDER ARMOUR ALL-SCHOOL PROGRAM

The LCA Athletic Department has an agreement with Under Armour to be our exclusive Athletic Apparel supplier and an agreement with R & S Sporting Goods to be our exclusive Sporting Goods/Athletic Equipment supplier. Each LCA Athlete will receive an Under Armour Player Pack as part of their required Athletic Fees. Teams will also have the option of creating an optional Player Pack Order Form to purchase miscellaneous Under Armour apparel, spirit wear, and equipment items.

## WEATHER

If extreme or inclement weather causes school to be closed, then all athletic activities will be canceled. The LCA calendar and parent alert system will have the most up to date information.

LCA will follow current GAPPS guidelines for practicing in hot weather, lightning strikes, and all other inclement weather.

# THE STUDENT ATHLETE

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## PARTICIPATION REQUIREMENTS

### LCA Athletic Resources Online

The LCA Athletic Resources Website (<https://lanierchristianacademy.org/athletics/athletic-resources/>) provides the following online resources, information, and required documents for participation in LCA Athletics:

- LCA Student-Athlete Online Registration Form-must be submitted online by the first day of official practice to be eligible to participate.
- Athletic Physical Evaluation Form, Concussion Awareness Form, and Sudden Cardiac Arrest Awareness Form-all required to participate in any LCA Athletic activities.
- LCA Home School Athlete Online Application-online form to be completed by any new/first-year home school athlete.
- LCA Athletic Handbook
- LCA Athletic Ticket Link- to purchase Athletic event tickets online.
- LCA Corporate Sponsorship Form-to help raise funds to off-set Athletic Fees.

### LCA-Enrolled Students

Students enrolled in the Traditional Model or University Model programs are considered full-time LCA students for the purposes of academic designation and athletic participation.

### AES (Home School) Students

Lanier Christian Academy will allow alternative education students (AES, or homeschool students) to participate in our athletic programs as outlined by the LCA Athletic Department and Georgia Association of Private and Parochial Schools policy:

- The LCA Choice program provides home school students the opportunity to take LCA courses on campus, as desired to supplement their home school curriculum. Per GAPPS policy, the minimum requirement to be considered a LCA student for athletic roster purposes is to take at least three classes for a minimum of three days per week.
- AES Athletes are held to the same extracurricular and code of conduct requirements as outlined in the LCA Student Handbook.
- New/Prospective AES students must complete and submit the LCA Home School Athlete Online Application found on the following link:  
[https://docs.google.com/forms/d/e/1FAIpQLSflkQSDCzyVe3N2fFlrDo\\_LSSqSoASo7hCe4xAmGjQVc49vEw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSflkQSDCzyVe3N2fFlrDo_LSSqSoASo7hCe4xAmGjQVc49vEw/viewform).
- After the completed application has been submitted, the Athletic Director and respective coach will determine if the AES Athlete will be accepted to participate in the LCA Athletic Program.
- After LCA-enrolled students and grandfathered AES athletes have been added to a LCA Athletic team roster, any remaining roster spots will be made available to new AES athletes up to the roster maximums determined by GAPPS.
- In the event there are more new (non-grandfathered) AES athletes than available roster spots for a certain team, the coaching staff will conduct a tryout for AES Athletes.
- Final roster decisions will be based on coaching staff discretion and verified by the LCA Athletic Department and GAPPS.

### Academic Eligibility

The Athletic Department will adhere to the academic performance policy outlined in the LCA Student Handbook. No student with a failing semester grade will be allowed to participate in athletics unless there is an Academic Improvement Plan in place with the upper school administration. Coaches will collect signed progress reports/report cards from their student-athletes at the end of each 4 1/2 week grading period that occur during their respective sports season. Coaches will enforce academic incentives for their student-athletes, as appropriate, in the form of extra conditioning before or after practice, extra study hall time outside of practices and games, decreased competitive opportunities, or suspension. Our goal is to help our student-athletes perform at their best, both in the classroom and in the arena of competition.

## COMMUNITY COACHES

Lanier Christian Academy may employ persons who are not teachers or faculty as coaches in our athletic programs. These individuals are referred to as “community coaches.”

- Community Coaches must sign and agree to the LCA Statement of Faith, LCA Employee Code of Conduct, and a background check every two years.
- All community coaches must complete the GAPPS Coaching Certification process.

## TRYOUTS

In the event it becomes apparent that there are more student-athletes than available roster slots on a given team, there will be a tryout. While LCA has gone to great lengths to create additional teams rather than make cuts, it may be necessary due to roster number limits imposed by GAPPS, travel limitations, or sport-specific regulations. In accordance to GAPPS policy, no LCA-enrolled student can be cut from a team to make room for an AES athlete, unless that AES Athlete is grandfathered by GAPPS. Also, there are no guarantees of roster placement. For example, we cannot promise a JV player that they will make the varsity team the following year – or even the JV team for that matter. Our coaches will be sensitive to the difficult nature of this tryout process. Coaches are expected to answer the athlete's questions and to be as positive as possible. When parents and students understand and support the coach's decision, this difficult process is more palatable for all involved. There may be certain circumstances that a player that does not make the final roster may be able to stay on the team as a practice player, at a reduced Athletic fee. This player would be a part of the team, like rostered athletes, but they will not be able to dress in uniform or play in games.

## PLAYING TIME

Athletes that do make the team should have several expectations in regard to playing time. Understanding these expectations prior to the season is critical to everybody's enjoyment. We will break these up into middle school and high school sports.

### **Middle School Playing Time Expectations:**

LCA views all of our middle school sports as developmental programs. Coaches are expected to play every athlete in every game. We will encourage all students in middle school to play and do everything we can to avoid making cuts at this level. Please understand that the expectation is that each athlete will play in each game, but it IS NOT expected that they all play an equal amount of time. The amount of playing time will be determined by performance at practice.

### **High School Playing Time Expectations:**

Our main goal for high school sports is to be competitive while displaying a Christ-like manner. There are no guarantees of playing time for any JV or Varsity team. Playing time will be earned during practice and any other developmental sessions. It will be left up to the coach to discern which athletes will put the team in the best position to be successful.

## MULTI-SPORT PARTICIPATION

Because we are a smaller school, our coaches will be encouraging students to participate in other sports for the benefit of the athletes and the overall athletic program. Research supports the idea that playing multiple sports is helpful for the holistic development of the athlete. There is a trend in high school sports of specialization. Playing another sport can oftentimes increase one's ability in their 'main sport'. LCA will encourage our athletes to participate in as many sport seasons as possible – even in some cases during the same season. For any multi-sport season we will require the following:

- Written approval of both coaches and the AD will allow a student to participate in dual sports in one season. All parties must sign off on a Dual Season Sports Form.
- Students must complete one sport before trying out for another. For example – if they are running with the cross country team, they must finish all of those practices and meets as a priority over any other basketball

event. LCA coaches will understand this and apply no penalty to athletes participating in another sport prior to joining their team.

- Athletes that quit a sport are not eligible to participate in another sport until the end of the season of the sport they quit.
- Once school begins and an athlete tries out and makes a team, participation on LCA teams must take priority over participation on any non-LCA athletic teams. Coaches have discretion to withhold playing time and a Varsity Letter if an athlete misses LCA practices or games for non-LCA sports.
- Student-athletes wanting to participate in off-season conditioning of a second sport, may only participate if both coaches agree and the off-season conditioning does not interfere with the sport that is in season.

## UNIFORMS AND EQUIPMENT

At the beginning of each athletic season all student athletes will be issued a uniform for his/her team. Each student athlete is responsible for his/her issued equipment and uniform(s). The school views the care and maintenance of uniforms and equipment as a very serious responsibility for all of our student athletes.

### Guidelines for Uniforms are as Follows:

- Student athletes must keep the uniform number they are assigned at the beginning of the season and at no time may they change their uniform with a teammate without permission of the coach.
- Coaches may request that laundering be completed by a Parent Power Team for consistency of care.
- Student athletes must wash and care for their uniform after each game/contest. **(Please launder colored uniforms separately from light. Turn uniforms inside/out before washing. Wash all uniforms in COLD water. NEVER place uniforms or warm-ups in the dryer except on low heat).**
- Student athletes may only wear the team uniform for scheduled games/contests or for other special events as requested by the coach.
- Student athletes must wear their uniform with the jersey tucked in and must keep the uniform on for the entire game/contest.
- At no time may a student athlete alter or change the original shape or form of the uniform.
- It is nearly impossible to replace uniforms by only purchasing one uniform. They are usually out of stock or the manufacturer will not print only one jersey. There are some occasions where this can be done, but most of the time we will not be able to replace it, leaving us one uniform short. Therefore, if the athlete fails to return their uniform, or returns a uniform in poor condition – the fine will be \$150. The cost will be prorated at \$25 depreciation per year of the age of the uniform.
- All uniforms will be collected immediately onsite after the last scheduled game/competitive event as posted on the school calendar.

## GAME PARTICIPATION POLICIES

Please remember that participation in LCA sports programs is a privilege, not a right. While on the team, athletes must continue to maintain their behavioral integrity and academic responsibilities as well as honor their athletic commitment. In order for athletes to continue participation privileges they must do the following:

- *Academic Responsibilities* – LCA will follow the guidelines listed in the LCA student handbook. If a student has a failing average in any class they will be on academic probation with their Coach until their grade is

above passing. During Academic Probation, student-athletes may be required to perform academic incentives and/or be required to miss practices and/or games until the grade is above passing. In cases where student-athletes are perpetually struggling with academic responsibilities, they may be removed from the team with no refund. The Upper School Principal will have the final say on reinstating the athlete's full participation privileges.

- *Assignments and Tests*

- Homework/Projects - Athletes need to plan for homework and projects. Work that is due or assigned because of early dismissal to participate in a game, must be completed and returned as requested by their teacher. Assignments that are due are not to be excused.
- Tests - If an athlete misses the review day prior to a test or test day, they may be given an extra day to take the test after they return. Students who have an athletic game that requires them to be dismissed early before a scheduled test or assignment is due, should communicate and plan with their teacher to take the test prior to leaving. If not, they must take the test the next day following an absence.

- *School Attendance*

- In order to participate in a game, a student athlete must attend at least 3 full class periods. If the school schedule changes, making a student unable to complete a full or half day of classes, student athletes will be eligible to participate.
- Athletes are not allowed to participate in a game if they miss more than half of a class with an unexcused tardy/absence
  - Athletes will not receive excused tardies to school the next day after a game.

- *Practice Attendance*

Athletes are expected to attend all practices and games. If an athlete misses a practice, Coaches will be encouraged to follow these guidelines:

- Unexcused Practice Absences - Coaches will have final discretion on all team rules. They will be advised to have their team help them in the development of their team rules. In regards to practice attendance, there should be some loss of playing time associated with missing practice for an unexcused reason.
- Excused Practice Absences – An excused absence for practice includes a death in the family, sickness with a doctor's note, tutoring, school-related activity, or college/recruitment visit.

- *Game Attendance*

- Unexcused Absences - If an athlete misses a game (unexcused) he/she will sit out the next game or consequence determined by coach.
- Excused Absences - If an athlete misses a game (excused) he/she will be eligible to play the next game. However, the principal or coach has the final say as to whether to allow an athlete with an excused absence to play in the next game.

- *Athletic Behavior of Student Athletes*

Any display of unsportsmanlike conduct during a game or practice, such as profanity, taunting, or gestures toward an opponent or an official, is unacceptable whether a technical or penalty is issued or not.

- Discipline will be given to any athlete who displays unsportsmanlike conduct.
- The head coach will communicate player suspension to parents in person and in writing with a copy of the letter given to the Athletic Director for records.
- After repeated offenses, student athletes may be put on an Athletic Behavior Contract with the Administration and the Athletic Director that outlines specific consequences for inappropriate behavior.

- Additional disciplinary measures may be taken beyond those of GAPPs for any player ejected from a contest.

## TRANSPORTATION

LCA will make every effort to provide transportation to and from athletic events being held off campus. Factors such as bus driver availability and fleet availability may necessitate the need for alternative transportation arrangements, and will be communicated to parents in advance. Parents or student athletes that can drive are responsible to provide their transportation to and from all practices. Parents are expected to be punctual when picking up their athletes from practice. If a parent is habitually tardy picking up their child then it is possible that the child will be removed from the team.

### *Bus Policies*

- Athletes are expected to ride to the games with their team. In the event that a University Model student or AES student lives closer to the event location they are not expected to ride the team bus, if allowed by the Head Coach. However, they are expected to be at the event at the time the coach designates.
- Appropriate behavior is expected on the bus at all times.
- After a game, students may do one of the following after the coach is notified:
  - Ride back on the bus
  - Ride back with their parents
  - Ride with an approved adult only after their parents have made arrangements with the coach and have been granted permission to do so.
- Boys and girls will not be permitted to sit in the same seat while on the bus.
- Food or drink will be allowed on the bus only by permission of the coach.
- Teams are responsible to leave the bus/van clean upon return to the school. In the event a bus or van is left in unclean, the last team that was on that vehicle will be required to clean it during their next scheduled practice time.

## DRESS CODE

Dress for all athletic events must live up to the standard set by the LCA student handbook. The Athletic Director and coaches reserve the right to establish a dress code for any athletic events.

### *Practice Attire*

- All athletes are required to wear shoes during practices.
- Male athletes are expected to wear a shirt at all times while on campus. “Shirts and skins” is not acceptable to split teams.
- Tight or revealing clothing, undergarments (i.e. sports bras worn as shirts), clothing with inappropriate words or symbols, or any other clothing deemed inappropriate by a coach or administration will not be permitted.

- All athletes are expected to abide by the standard of modesty set in the LCA student handbook. Students wearing inappropriate practice attire will be asked to change clothing or leave practice.

### *Game Day School Attire*

- All LCA Student-Athletes should wear attire that fits the standard LCA Dress Code.
- Game jerseys may be considered acceptable game day attire, as determined by the LCA Administration.
- Game shorts and/or cheerleading uniforms may not be worn to class.
- Male Athletes and Managers – should wear uniform pants and shoes according to dress code along with one of the following tops as directed by the coach: LCA dress uniform: collared shirt and tie; or Team Gear (that has been approved by Athletic Department prior to purchasing).
- Female Athletes and Managers – should wear uniform bottoms (pants/skirts/skorts) and shoes according to dress code along with one of the following tops as directed by the coach: LCA dress uniform: white Oxford blouse, black sweater, vest or cardigan, or Team gear (that has been approved by the athletic department).
- Traveling to away game/match - Teams may wear uniforms, team warm-ups, or their school uniform, according to the above dress code guidelines, as directed by the Coach.

## INSURANCE

LCA is required to purchase a general catastrophic insurance policy as part of our GAPPS membership. This policy does not cover individual student-athletes. Individually, all athletes must be covered by their parents' medical insurance or medical cost-sharing plan. LCA does not cover any medical expenses associated with student-athletes' medical care.

## BANQUETS, AWARDS, AND RECOGNITION

All teams will host individual sports banquets at the end of the season to recognize their team's accomplishments. Any athlete that does not complete the season due to academic withdrawal, or any other disciplinary measures will forfeit their privilege to attend the banquet and receive awards.

- Varsity Letters - Varsity coaches will determine who will be awarded a Varsity Letter based on a predetermined set of criteria for each respective sport. The LCA Athletic Booster Club will provide the actual "L" letter to go on a Letterman's jacket at each respective end-of-season sports banquet. The Official LCA Varsity Letterman Jacket must be sized and purchased at J Geyer in Gainesville. Students that are on a varsity team but do not play in a game due to injury, academic probation, or skill level may not be eligible for a varsity letter. For athletes that move up to a varsity sport in midseason, it is up to the discretion of the coach as to whether they letter and they must join the team before midseason.
- Senior Night - Senior night is a night set aside to honor athletes and their parents during a home game. The program will be held before or between games. Depending on season, several sports may be combined to host the Senior Night presentation.
- Athletic Signings - The athletic department will host one athletic signing per season. As soon as a collegiate bound senior knows they will be signing, they should contact the Athletic Director for more signing details.



## Lanier Christian Academy Athletics Injury Policy

**Atlanta Rehabilitation and Performance Center (ARPC)** and **Specialty Clinics of Georgia Orthopedics** are the official providers of sports medicine and physical therapy to the Lanier Christian Academy Lightning. ARPC and Specialty Clinics of Georgia have served high school student-athletes for 12+ years in the greater Hall county community.

ARPC utilizes **Certified Athletic Trainers (ATCs)** to provide on-site sports medicine coverage. The certified athletic trainer is a health care professional recognized by the American Medical Association who specializes in the prevention, management, and rehabilitation of athletic injuries. The athletic trainer for Lanier Christian is Brian Moore.

Brian will provide sports medicine coverage for weekday practices and all home competitions. The following are procedures to follow if your son or daughter suffers an injury while participating in practice or a game:

1. Encourage your son/daughter to communicate with the athletic trainer if he/she feels he/she has suffered an injury. The athletic trainer cannot help if they are not aware of the situation.
2. If your son/daughter arrives home after a practice or game and has suffered an injury but did NOT speak with the athletic trainer – call the athletic trainer immediately for guidance.
3. The athletic trainer will communicate with parents or guardians if your son/daughter has suffered an injury in practice or a game. The athletic trainer will provide information related to the injury and guidance to care for the injury.
4. If the injury is something that a physician needs to examine, the athletic trainer will make that suggestion. Lanier Christian is fortunate to have a group of orthopedic team physicians that are highly accessible to the athletics program and the athletic trainer.
  - a. **It is in the best interest to use the team orthopedic physician for injuries that occur. The physician can communicate with the athletic trainer, head coach, and position coach about the injury, recovery time, and return to play status.**
    - Lanier Christian’s team orthopedic physician is Dr. John Vachtsevanos
  - b. **If an outside physician is seen a note for clearance to participate or restrictions from athletic activity must be presented to the athletic trainer and coaches.**
5. The athletic trainer can schedule the physician appointment – usually same day or the next day at the latest with the team orthopedic physicians.

Please be confident that all decisions will be made in the best interest of the student-athlete. The well-being of the student athlete will always have priority over the sport, winning, or a game.





## Contact Information for the Athletic Trainer

- Brian Moore PT, DPT, ATC
  - Phone: (770) 654-3366
  - Email: bmoore@atlantarehab.com

## Team Physician and Office Location

- The LCA team physician is Dr. John Vachtsevanos from Specialty Clinics of Georgia Orthopedics. He is a board certified orthopedic surgeon committed to Sports Medicine at every level. He is currently a team physician for the Atlanta Falcons, The University of North Georgia as well as several local high school programs.

Specialty Clinics of Georgia is located:

1240 Jesse Jewell Parkway  
Suite 300

Gainesville, GA 30501

Phone: (770) 532-7202

## Physical Therapy Office Locations

- In the event of an injury Atlanta Rehabilitation & Performance Center can provide quality care through our team of Athletic Trainers, Physical Therapists and Occupational Therapists to ensure a timely recovery and safe return to competition.
- Atlanta Rehabilitation & Performance Center provides several convenient locations.

2350 Limestone Parkway  
Gainesville, GA 30501  
Phone (770) 536-9300

4220 Mundy Mill Pl  
Oakwood, GA 30566  
(678) 450-9933

7316 Spouts Springs Rd  
Braselton, GA 30542  
Phone (770) 965- 4666

2400 Wisteria Dr  
Snellville, GA 30078  
Phone (770) 982-0102



# PARENT EXPECTATIONS

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It is important for parents to remember their role as a supporter and encourager during all LCA events. Most research indicates that students participate in sports for enjoyment. Parents, please allow your sons and daughters to enjoy participating with the teams at LCA. While in the stands, parents should only shout supportive words to their athlete and anyone else associated with the team. Adding extra pressure to perform can take away from the primary reason our athletes are participating in the first place. Under no circumstance should parents be yelling at opponents, referees, or other spectators.

## EXPECTED BEHAVIOR BY SPECTATORS AT LCA ATHLETIC EVENTS

- Verbal criticism and disrespect from parents to athletes or those in charge (coaches, referees/umpires, or LCA staff) will not be tolerated at sporting events. Any athlete whose parent is disrespectful to those in charge may be removed from the program if disrespect continues and deemed necessary for the good of the team.
- Demonstrate an appreciation of the skillful play of opponents by focusing on encouraging team and players.
- Refrain from any degree of critical, sarcastic, or negative comments of a player, coach, or referee.
- Refrain from distracting noises or inappropriate language during play.
- Parents should not coach athletes from the stands during a game, between innings, or at half time.
- Support cheerleaders' efforts and respect the efforts of the opponent's cheerleaders.
- Cooperate with loudspeaker or Game Administrator's instructions about such things as keeping exits clear, staying off the playing surface, and remaining seated.
- Do not step onto the court or field during a game.
- If you see or hear something which is inappropriate, please help us by respectfully encouraging the offending individual to follow Christ-like spectator etiquette. If the issue is unresolved, please report to the Game Administrator.
- Any disrespect or defamation from a student or family member in person, in writing, or on social media will not be tolerated and may cause the student to be removed from the program.
- Smaller children must be under direct parental supervision at all times during athletic games/events.
- The Game Administrator on duty at any LCA Athletic event has the authority to escort any parent, student, or fan from the event site that does not uphold the aforementioned behavioral expectations.

## CONFLICT

LCA follows the Biblical principle outlined in Matthew chapter 18 in order to resolve conflicts. If a conflict arises the offended party should:

- Pray about the situation
- Approach the offender in person before speaking with any other party about the situation.
- If a resolution can't be found then the two parties will set up a time to meet with the Athletic Director.

## PARENT POWER TEAM VOLUNTEERS

Parents of LCA student-athletes will form a Parent Power Team for the purposes of providing support for logistics and operations for each LCA Athletic team. Parents are required to serve on a Parent Power Team in an effort to provide support and build community in our athletic programs and school. Due to the enormous amount of manpower it takes to host on a single athletic event, it is critical that parents volunteer for the many opportunities to help serve. Please contact your child's respective Head Coach to find out where you can serve. Below are recommended areas where parents can serve on a Parent Power Team\*:

- Gate
- Concessions
- Score Book
- Score Board
- PA Announcer
- Chain Crew
- Line Judge
- Ball Runner
- Statistics
- Water Cooler/Water Bottles
- Video Recording
- Set up before games
- Clean up after games
- Uniform Laundering
- End of Season Banquets

\*Parent Power Team service opportunities will vary depending on the needs of each sport/team.

## LCA ATHLETIC BOOSTER CLUB

The LCA Booster Club exists to enhance the overall LCA Athletic program through financial support and volunteer efforts. The Booster Club membership is comprised of volunteer individuals selected to serve as liaisons between the Booster Club and each respective LCA sport. The Leadership Team will consist of a cabinet selected to serve in the offices of President, Vice President, Secretary, and Treasurer as voted on by the Booster Club membership. The Booster Club will help coordinate the Corporate Sponsorship Program and will also coordinate fund raising efforts that benefit each individual sport and the Athletic Program as a whole. All Booster Club activities fall under the jurisdiction of the Athletic Director. The Booster Club will have no influence on playing time or any other matter related to a specific team or coach.