


L.C.S. Athletic Handbook 2024-2025

L.C.S. Mission: *We empower children with a Christian education so they can flourish in the church, community, and home.*

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Lancer Athletic Philosophy

Mission:

We strive to build confident and capable athletes of good Christian character who love to compete in athletics and win a few games in the process.

Vision:

To see everyone in our Lancer family enjoy the gift of sports.

Six Values

As an athletic program, our goal is to develop confident, skilled, and Christ-like character athletes who enjoy competing in football and strive to win. In achieving this, we aim to promote a community-wide appreciation for all sports. Our program values six key attributes that coaches and athletes should embody.

Character

Lancer character possesses moral strength and fortitude. Strong Christ-like moral character values honesty, integrity, compassion, responsibility, fairness, and courage. These character traits will be embodied by every coach and athlete in our program.

Commitment

Team commitment is demonstrated by individuals who are dedicated to the team's values and goals. The success of Lancer sports depends on every team member's commitment to the group effort.

Competency

Competence means knowing what to do and doing it well. Coaches and athletes must work hard every day to hone their skills and compete effectively.

Camaraderie

Lancer Athletics is a family. We desire every athlete and coach to develop a mutual friendship built on trust that promotes Christian love and loyalty to each other.

Coach-ability

Coach-ability is about the athlete having a teachable (coachable) attitude. To be coachable is to be willing to accept feedback with humility and use the feedback to improve their competency and confidence as an athlete.

Competition

To have the drive and confidence to play any sport well.

Lancer Program Expectations

What do we believe about sports?

Athletics are an opportunity for coaches, players, and parents to enjoy competition, strategy, and athleticism and build good people. It is the arena of life where character, commitment, competency, camaraderie, coach-ability, and competition can be nurtured in athletes by coaches who mentor them, and the fruit of these values is enjoyed by all who watch the game.

What do we expect from our coaches?

At L.C.S., our coaches are much more than just sports trainers. They are also mentors who oversee the overall growth of their athletes as individuals. For this reason, we expect our coaches to have a solid Christian moral character and embody our program's values. In practical terms, our coaches cultivate a culture during practice and games that is positive, enthusiastic, supportive, trusting, focused, goal-oriented, knowledgeable, observant, respectful, patient, and clear in communication.

What do we expect from our athletes?

We expect our athletes to embrace our values and goals as a program. Our athletes will strive to be confident and competent athletes of good Christian character who love to compete and win a few games in the process. As a player, we expect our athletes to:

1. Train and play to the best of my ability.
2. Never quit.
3. Intentionally keep a positive attitude.
4. Exemplify sportsmanship toward my teammates, opponents, and officials.
5. Respect all authority in the game.
6. Learn and obey the rules of the game.
7. Commit to condition and practice on my own.
8. Always hustle.
9. Communicate with coaches about tardiness, missing practice, frustrations, ect.
10. Keep my sports, academic, and life priorities straight.
11. Never use profane or vulgar language.
12. Never use drugs or alcohol.
13. Never disregard the instructions of the coach.
14. Never unfairly criticize my teammates.
15. Never forget I represent our Lancer family.

What do we expect from our parents?

Parents play a vital role in their children's personal achievement. With your support and guidance, your child can excel. We would like to give you some help in doing just that!

1. We expect our parents to be optimistic about your athletes. Let them know you are proud of them.
2. We expect our parents to encourage their athletes to follow all the training rules, helping the coaches build a commitment to the team.
3. We expect our parents to always support the coaching staff when controversial decisions are made. Explain to them why decisions may have been made.
4. We expect our parents to encourage positive behavior in school and an elevated level of performance in the class.
5. We expect our parents to stay calm in injury situations. They feed off your influence.
6. We expect our parents to cheer the team on! Show respect for the opponents and officials.
7. We expect our parents to refrain from using profanity.
8. We expect our parents to not shout at officials.
9. We expect our parents not to coach from the sideline or bleachers.
10. We expect our parents to ensure that their athlete attends practice and games.
11. We expect our parents to wait 24 hours after a game if they want to discuss an issue with a coach.
12. We expect our parents to never forget they represent our Lancer family.

Practice Attitude

Practice does not make perfect; practice makes permanent. Proper practice wins games. The way you approach practice can either improve or worsen your performance as an athlete. Developing a positive attitude towards practice is crucial to establishing productive habits that help build strong character, promote accountability and commitment, enhance competency skills, foster stronger bonds of camaraderie, increase coachability, and deepen your drive for competition.

As an athlete, when you show up to practice, it's expected that you're ready to work. You should aim to be a role model for the Lancer athletics program in terms of class, discipline, dedication, aggressiveness, and total effort. When you practice, make sure you work towards achieving something and getting better. Always remember, you either get better or worse; you never stay the same. Many people mistake activity for accomplishment, but attending workouts or putting in time isn't enough - it's what you do while you're there that counts. It doesn't matter where you start; what matters is where you finish. Every practice and every workout is an opportunity for you to improve individually and for the team to get better. How we practice as a team this year will determine how we play in the upcoming season.

Practice Attendance

It is mandatory for athletes to attend all practices. If an athlete misses a practice, they must contact either their main coach or the head coach to excuse their absence. Failure to do so will result in an unexcused absence and the athlete will receive Lancer reminders.

If an athlete misses a practice and calls in to excuse themselves, the absence will be excused, but they will be required to do extra conditioning to catch up with the rest of the team. However, if an athlete has three excused absences, any further missed practices will be considered unexcused.

In extreme circumstances, exceptions may be made at the discretion of the head coach. However, if an athlete has a pattern of missing practices, they may receive a strike.

Hustle Policy

We encourage our athletes to maintain an active and energetic attitude during their practice sessions and games. We believe that it's important for them to run in and out of the huddle, run between drills, run off and on the field, and even run to get water. Therefore, we do not like to see walking on the field or on the court. We strongly believe that walking shows laziness, which eventually leads to a failure of effort and loss.

Practice Policy

Excused Missed Practice- Extra conditioning following the conclusion of the next practice. Emphasize that this is not punishment; it is make-up work.

Unexcused Missed Practice- Lancer reminders will be performed at the end of the next practice, and continued issues with attendance will result in a strike.

Unexcused Missed Game- Treat the same as an unexcused missed practice, and they will sit in the next game as well.

Lancer Discipline Management Plan

The athletic staff at Lancer strongly believes that discipline is the foundation upon which our program is built. We consider participation in extracurricular activities to be a privilege, and it is imperative that our student-athletes adhere to established standards of behavior in the classroom, community, and on the playing field or court. Through their participation in our program, our players will develop essential qualities such as self-discipline and teamwork, which will be instrumental in shaping their future success.

We firmly believe that our athletes bear the responsibility of serving as leaders and positive role models for their peers. They should exemplify appropriate conduct and cooperation in their school, community, and home. In order to implement this plan, we will require the assistance, support, and trust of our parents, schools, and community members.

Our coaching staff is dedicated to implementing a Proactive Discipline Management system. We understand that our players may make mistakes. Our role as coaches and mentors will be to guide them toward desired behaviors that will help them succeed now and in the future. All discipline will be firm, fair, and consistent. We will set standards of behavior and practices that exceed the expectations of regular students. We believe that the most critical aspect of our discipline plan is the daily positive reinforcement of the importance of total commitment to the Lancer Athletic Program and the values and ideals on which it will be established.

The LDM program will be based on three simple guidelines:

1. **Do Right**: know the difference between right and wrong. Do what is right and avoid those things you know to be wrong.
2. **Do nothing to embarrass your Family or Team**: Your conduct reflects on both groups. You have a responsibility to represent them to the best of your ability.
3. **Treat others the way you wish to be treated**. Treat all people you encounter with dignity and respect.

Consequences & Commitments

Our athletes will learn that inappropriate actions have consequences. Consequences can be handled on an individual and team basis.

Team Consequences:

Many times, discipline is handled on a team-wide basis. This type of consequence is designed to reinforce the team concept and everyone's accountability to the team.

Individual Consequences:

Discipline can also be handled individually for violations of team policies and individual conduct.

Major Offenses: 3 Strike Rule

We base our discipline policy on a three-strike rule. Offenses that we deem to be a strike on the student athlete's record will be handled by a formal meeting with the student in which the negative behavior is addressed and reiterated that it will not be tolerated.

Strike 1

The first offense will involve a meeting with the team coach. The coach will discuss the offense, a plan to fix the behavior, and a suitable consequence.

Suitable Consequences for strike 1

500 yards/200 lines of Conditioning- conditioning can be broken up into shorter periods or sprints.

Strike 2

In case of a second offense, the athlete will be required to attend a meeting with the head coach and the athletic director. During this meeting, both the coach and the AD will work with the athlete to understand the issue at hand, establish a plan for accountability, and determine a suitable consequence. If the athlete has been displaying a habitual disciplinary problem that could lead to their removal from the program, their parent or guardian may be notified at this point.

Suitable Consequence for Strike 2

1,000 yards/500 lines of conditioning: conditioning can be broken up into short periods or sprints.

Strike 3

The third, with the head coach and AD in agreement, the athlete will no longer be a part of the team. Removal from the team can only be rectified after the season, and the athlete must find two members of the team willing to sponsor them. These sponsors will be responsible for their student athlete's behavior and any punishment they encounter, and they must be willing to do so as well.

Our Commitment

We are fully committed to taking a proactive and positive approach to discipline in our program. It would be a great disservice to our players if we neglected to make this kind of effort.

1. We are committed to caring for the athlete as a team member and as an individual.
2. We are committed to helping our athletes learn accountability for their actions.
3. We are committed to helping our athletes make good decisions.
4. We are committed to helping our athletes mature in their growth toward adulthood.

Lancer Reminders:

Lancer Reminders are short conditioning exercises that help the athlete/team to refocus their commitment to having a great practice.

Suitable Panther Reminders:

1. 1-3 laps around the field/Court
2. 10 down ups
3. 10 pushups
4. 10 burpees
5. 20 Jumping Jacks
6. 20 Mountain Climbers
7. 20 Crunches
8. 20 Squats
9. 20 yards of bear crawls
10. 20 yards of crab walks

No Excuses No Explanations

We acknowledge that conflicts can arise in any situation. However, we believe that conflicts provide an opportunity for individuals to take responsibility for their actions and learn from their mistakes. We do not accept excuses for any negative behavior, but instead, we focus on what actions can lead to successful outcomes. We do not consider any explanations for negative behavior, and the consequences remain the same regardless of any story or justification.

Injury Policy and Plan of Action

Levels of Injuries

Red Jersey

Can participate in all drills but is not to engage in physical contact. This is typically used to bring a player back into action who has either been out for a while or who is in danger of aggravating an injury.

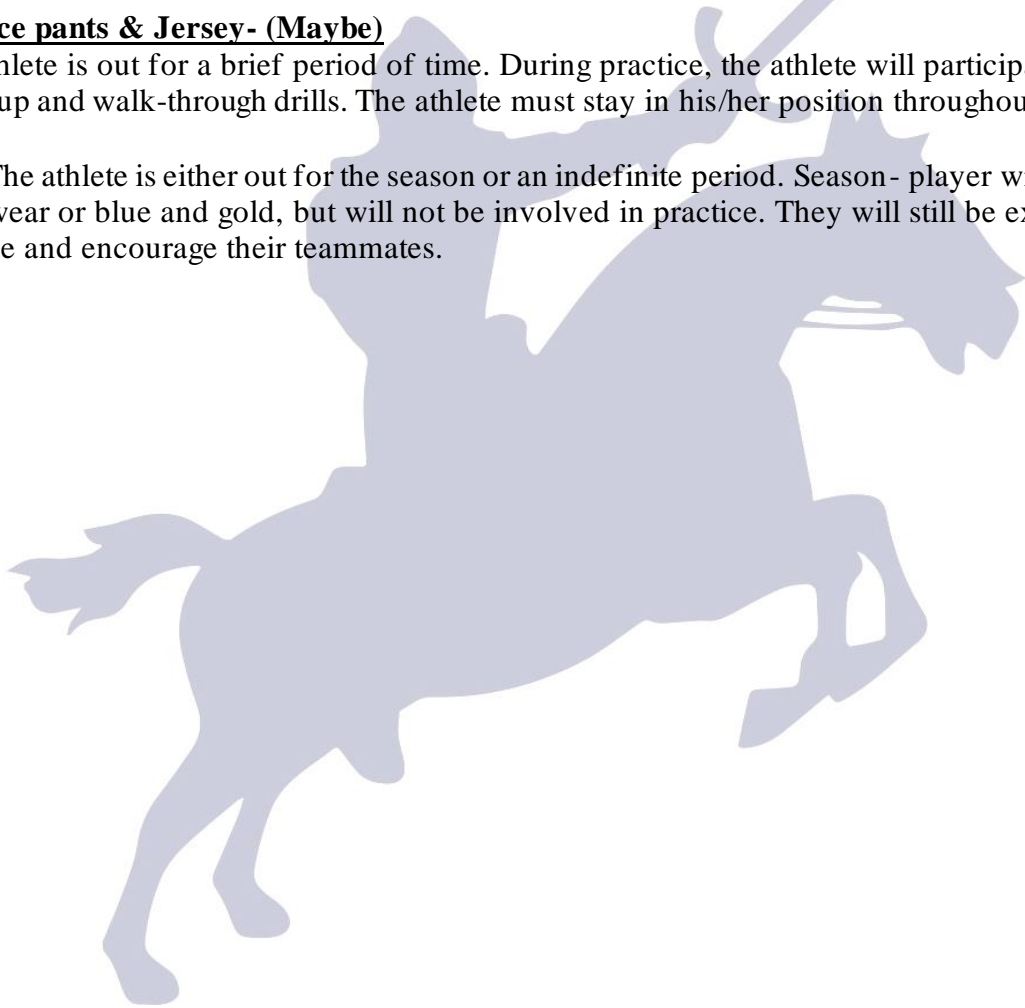
No Pads/practice jersey- (Probably)

Players are out for a day or two but will be able to play in the game. The athlete will wear practice clothes but no equipment or jerseys. He/she may participate in all non-contact drills.

Practice pants & Jersey- (Maybe)

The athlete is out for a brief period of time. During practice, the athlete will participate in the warm-up and walk-through drills. The athlete must stay in his/her position throughout practice.

Out- The athlete is either out for the season or an indefinite period. Season- player will dress in spirit wear or blue and gold, but will not be involved in practice. They will still be expected to observe and encourage their teammates.



Lancer Creed and Mottos

Lancer Creed

Start Practice

Today I will make myself a champion:

“WHATEVER IT TAKES- It will be hard and exhausting, but champions make NO EXCUSES. Excuses are for the weak and I am strong through the pain and fatigue. I will FIGHT- When my body aches and I have no more still. I will HUSTLE- I demand this effort from me and my teammates; together we will WIN And Lancers WIN ALL THE TIME!”

End of Each Off/Def/Special Teams Station

Answer the Call

Coach: Champions know how to finish. They finish a rep a set, they finish the play, they finish the quarter, they finish the half, they finish the game, they finish the season.

Coach: Do you have what it takes to finish?

Athlete: YES, I DO!

Coach: Will you do what it takes to finish?

Athlete: YES, I WILL!

Coach: Are you a champion-

Athlete: YES, I AM!

Finish the Motto: Conditioning/End of Practice

They Run- We Hustle

They play- We Fight

They succeed- We Prevail

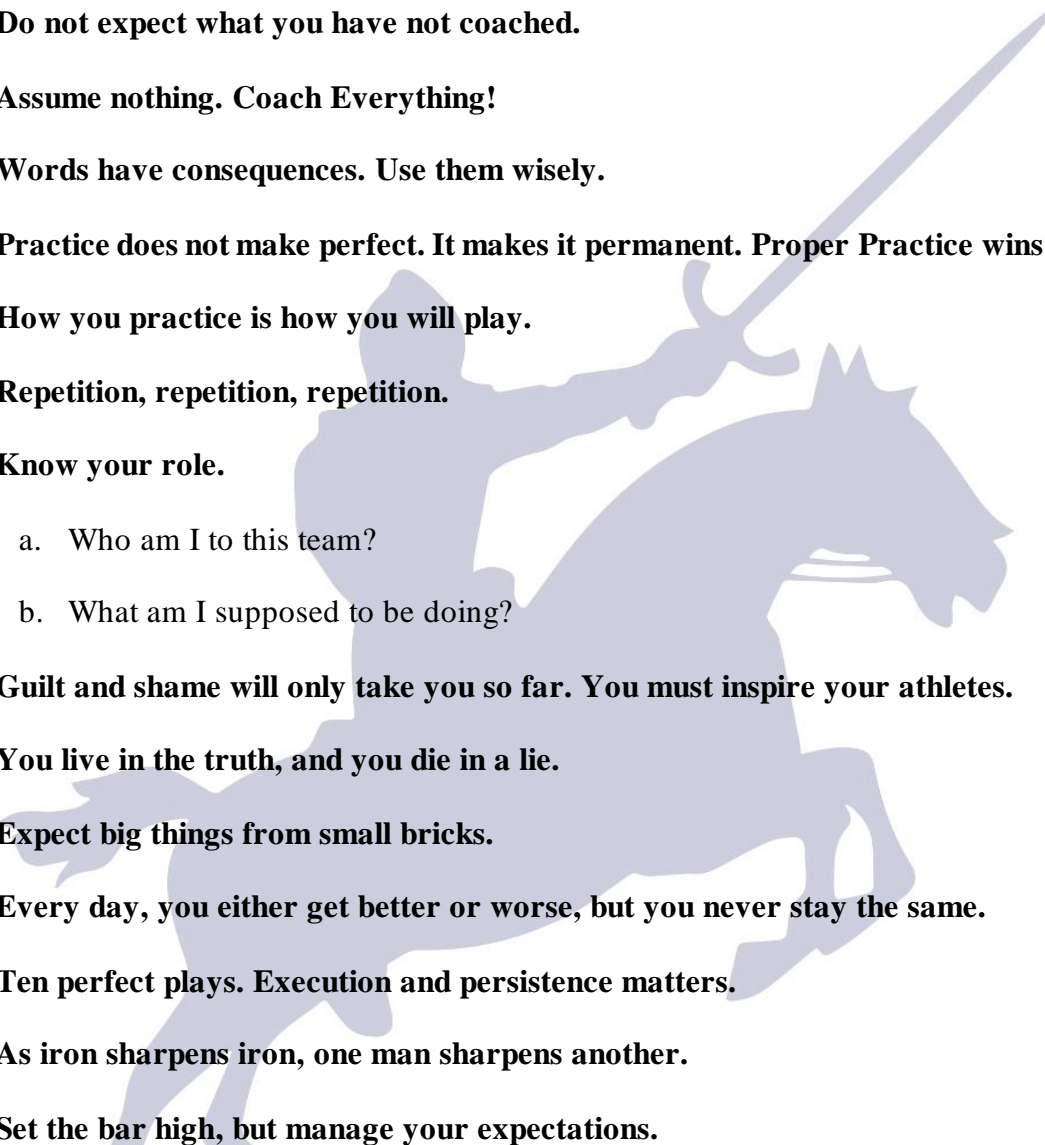
They step up in the 4th - We Finish

The game is on the line- We Win

The game is on the line- We Win

The game is on the line- We Win

15 Lancer Rules for Effective Coaching

- 1. Be intentional. Character, Commitment, Competency, Camaraderie, Coach-ability, and Competition are forged by intention.**
 - 2. Do not expect what you have not coached.**
 - 3. Assume nothing. Coach Everything!**
 - 4. Words have consequences. Use them wisely.**
 - 5. Practice does not make perfect. It makes it permanent. Proper Practice wins games.**
 - 6. How you practice is how you will play.**
 - 7. Repetition, repetition, repetition.**
 - 8. Know your role.**
 - a. Who am I to this team?
 - b. What am I supposed to be doing?
 - 9. Guilt and shame will only take you so far. You must inspire your athletes.**
 - 10. You live in the truth, and you die in a lie.**
 - 11. Expect big things from small bricks.**
 - 12. Every day, you either get better or worse, but you never stay the same.**
 - 13. Ten perfect plays. Execution and persistence matters.**
 - 14. As iron sharpens iron, one man sharpens another.**
 - 15. Set the bar high, but manage your expectations.**
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LANCER ATHLETE COMMITMENT CONTRACT

As an athlete of the Litchfield Christian School Athletic program, I,

_____, will try my best to:

1. Always play in practices and games with good sportsmanship and respect for all players, coaches, parents, and umpires. I fully understand that I must be an example of leadership and the values our program represents.
2. Listen to the coaches who are trying to improve my skills.
3. I will try my hardest in all practices and games. I will be patient with myself and keep a sense of humor even when the going gets tough. I realize that any sport is still a game I can enjoy, even at the school level.
4. Attend all practices and games as much as possible, as my team depends on me being there. I commit to attending all practices and games, knowing the consequences and procedures if I miss practice and/or a game. This is according to our Lancer Discipline Management Plan. Scheduling appointments/vacations outside of the season is in the best interest of my team. Communication with my coach regarding my absence beforehand is key. If a lengthy illness or injury becomes a factor, the Head Coach must be notified promptly.
5. Understand that the coaches make the decisions regarding line-ups, who plays, and how much play time is given.
6. Realize this is a team game, and I will try my best to hustle and do whatever I can to help them. Any personal goals I have are secondary to my learning goals. As Lancer parents, we fully understand and have discussed with our athletes the commitments described above. We also realize that we need to be positive and supportive of the team, coaches and all players and must behave accordingly at games and all Lancer functions.

Athlete (Print

Name) _____ **Signature:** _____

Parent/Guardian (Print Name) _____

Signature: _____

Coach (Print Name) _____

Signature: _____