

Purpose Statement

Track and Field at Lake Center Christian School exists to assist in the mission of partnering with families and churches in equipping students for life long service to Jesus Christ. Through a **Team Centered** exercise regimen, athletes will pursue **Peak Performance** goals via a **Full Range of Strength** to be used for **Lifetime Application**.

Philosophy

Team Centered

The Track and Field team will not be successful as a collection of individuals committed to pursue their own goals in isolation. The highest valued athlete on the team will pursue excellence daily. Through their determined example and relationship to the coaches and each member of the team they will actively make the people around them better and look for opportunities each day to be a positive influence and role model. Whenever possible athletes and coaches will make their teammates better via strong competition, sound constructive critiques of form and technique, and by celebrating their teammates' success. The team will strive to model this service to opposing teams also. (Mark 10:42-45)

Peak Performance

Each athlete will be expected to work for results that are personally challenging and far reaching, in God's name (Luke 13:24). We pursue these goals with Godly shrewdness (Luke 16) and best effort in every activity (Ephesians 5:15-16); high intensity workouts, periods of rest, days of recovery and smart adherence and care for diet, sleep and removal of stress.

Full Range of Strength

In order to reach peak performance and be at our best we have to exercise to increase our ability through many adaptations. We want to serve God with our heart, soul, mind and strength. In a similar way we want the muscles powering us to be ready for all ventures and our minds, spirit and emotions ready and able. In order to achieve this students will be asked to perform under diverse voluntary training circumstances.¹

Lifetime Application

The character building quality of sport lasts longer than the physical abilities. The preceding plans will be connected to scripture daily and encouraged to be applied to the current endeavors of the students and to be a template for future plans and goals.

Objectives of This Handbook

Outline the commitment each athlete will make to be a part of the team with consideration of the philosophy above. First priority is attendance: being present and working alongside peers. Second priority is character while performing the work. This Handbook will keep coaches and students accountable to what we wrote on paper.

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- I. LakeCenterTrack.com**
 - A. All Meet Information**
 - B. All Workouts**
 - C. All Season Details**

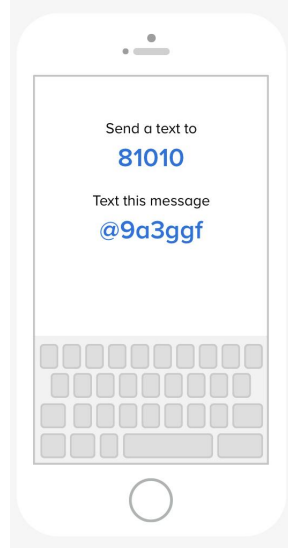
II. Enrollment Form

- A. Commit to Team
- B. Write Down Initial Goals
- C. Ask For Help
- D. Provide coaches with helpful information

III. **Communication:**

A. Remind- Remind is a form of text messaging. Texts will periodically go out to remind parents and athletes about specific details. For example, what to bring to the meet, what time the bus will leave in the morning, where the meet will take place or when the bus will arrive back at the school.

1. <https://www.remind.com/join/9a3ggf>



2.

B. Email- Email correspondence will get sent out for various reasons.

1. Coach Kell- skell@lakecenterchristian.org
2. All emails of substance from a single coach to a single student athlete will be sent with another coach on copy.

C. Text Message

1. Students

- a) Send emails or speak to the respective coach in person.
- b) Text message will only be appropriate to notify the coach of an email and would be preferred through Remind.

2. Parents

- a) Use the Remind App as the preferred way to text message
- b) The best way to communicate being late for a bus on a Saturday morning will be a text message.
- c) Email would be preferred

3. Coach Kell 330-826-1818

D. Preferred Hours:

1. Coaches will not be expected to respond to any communication from the hours of 9:00pm-8:00am
2. Coaches will not expect to hear from parents or athletes in the same time period as above.

IV. Attendance Policy:

A. Track and Field at Lake Center Christian School is a team sport. We will execute our responsibilities with the highest aspirations and goals. Each event and responsibility will require strength as an underlying foundation. ²Missing a day, several days, or key aspects of the practice schedule will potentially leave the athlete vulnerable to unsafe habits, injury, and the disappointments that result from a lack of foundational fitness for each event.

Attendance for the individual attending is important for personal progress. As a part of the team, the individual is also expected to encourage, teach, and support their peers through attending practice and offering their best for the sake of themselves and the team.

Any absence, in order to be excused, must be submitted as a request by the athlete one week in advance of the date to be missed. The absence must be approved by the Head Coach. [Notification of Absence Form is linked here in the digital copy of this file.](#)

Respect and commitment are shown through attendance as well as a positive attitude and willingness to help the team. For these reasons the coaching staff will also be instituting the following guidelines for discipline regarding attendance.

B. Tardiness

1. Students are released from class at 2:41pm. Practice will begin promptly at 2:59pm. Athletes are expected to arrive to practice on time and ready to workout, wearing the appropriate clothes for the conditions, and having used the restroom. If an athlete is late to practice, they must provide the coach with a written excuse and/or doctor's note. Athletes who arrive late without prior approval or written excuse/doctor's note will be subject to the following:
2. **1st** unexcused tardy to practice: Athlete will receive a warning.
2nd unexcused tardy to practice: Athlete will receive a warning. Asked to not attend practice.
3rd unexcused tardy to practice: Athlete's parents will receive an email/phone call and will be asked to not attend practice, removed from next available competition.
4th unexcused tardy to practice: Removal from practice for the day, which will be counted as an unexcused absence. A meeting will be scheduled with the athlete to discuss possible removal from the team. Parents will be notified.

C. Absenteeism:

1. Athletes are expected to attend all practices and competitions during the season. **They are allowed 3 unexcused absences during the season.** Attendance conflicts will be handled on an individual basis at the coaching staff's discretion with one week notice. If you are absent without prior approval from the coach, you must provide the coach with a written excuse (parents/doctor's

note). Unexcused absences from practice will have the following consequences*:

2. 1st unexcused absence: Athlete will receive a warning. Hand a physical note, written statement, to the Head Coach for explanation of the absence.
2nd unexcused absence: 1st protocol with the addition that . Parents will be notified and students will address the team to apologize and explain the absence.
3rd unexcused absence: Athlete, coach(es) and parents will have a meeting.
4th unexcused absence: Athlete will be dismissed from the team.
3. Sustained absence requests due to other school activities, club sports, employment and the like will be reviewed by the coaching staff for individual approval.
4. *Attendance policy for students involved in Winter sports will take effect one week from the last competition of the season.

D. Examples of Approved Absence:

1. Absent from school: sickness, travel etc.
2. Family emergency
3. Medical Appointments with doctor's note
4. LCCS Tutoring
5. Potentially Unexcused Absence
 - a) *Work absence is not excusable unless presented via one week advance notification form.
 - b) *Other school obligations are not excusable absence unless the one week advance notification form is filled out and approved. You will be expected to attend practice as your first extracurricular priority.

V. Expectations of Athletes:

A. Commitment to Evaluation Week, Practices and Meets

1. The first couple weeks of the season will be an evaluation period. During this time we will be assessing athletes and placing them in events suited for them. Certain events limit the number of athletes that can compete during the meet, while others might be open. So we will be prioritizing based on the Athletes commitment and ability.
2. ALL athletes need to be willing to participate in events assigned to them. The evaluation process is essential for understanding the strengths of our team.

B. General Behavior

1. **ALL Athletes need to arrive on time, dressed and ready for practice.**
2. Every athlete will be expected to perform strength training and aerobic conditioning. These exercises will be appropriate to the events emphasized and minimum general health.

3. **All athletes are required to check-in with a member of the coaching staff at the beginning of practice and check-out with a member of the coaching staff before leaving practice.**
 - a) This helps to ensure that any athlete/coach concerns that may arise are addressed immediately and without delay.
 - b) Coaches and teammates need to be aware of your location.
4. **Speech**
 - a) Any derogatory or hateful language used will be grounds for immediate removal from the team. Personal remarks about body composition, intelligence, ethnicity, sexuality or otherwise potentially offensive topics will not be tolerated. Derogatory comments will be defined by the coaching staff liberally, there should not be the appearance of it. (1 Thessalonians 5:22)
 - b) Rude speech will receive a warning, and be noted. If a second occasion of rudeness is observed it will be grounds for immediate removal from the team.
5. **Conduct:**
 - a) **Image Bearers-** Represent our school well while among the track and field community, being Christ-like in our actions; the way we conduct ourselves on and off the track.
 - b) **Respect-** Respect all coaches, officials, parents, team members, opponents, and the Lake Center Campus along with all other facilities we use and visit during the season.
 - c) **Be coachable-** Have a teachable spirit during practices and meets
 - d) If for any reason there is an incident where the above principles are in question one of the coaches will address it with the athlete and no further incident will be accepted.
6. **Competitive Spirit**
 - a) Athletes run the entire race in competition: full speed, every jump, every throw, deliver the best effort for an example of yourself, your family, your school, and as a witness of Christ to the observing public.
 - b) The only acceptable performance is your best until two yards past the finish line/ the last throw, the last jump. Respect fault lines and practice conscientious behavior every attempt until you finish as fits the character of an athlete at Lake Center Christian Track and Field.
 - c) Lake Center Christian athletes are gracious winners and gracious losers. Thank the officials, the other competitors, the coaches and volunteers managing events.
 - (1) Lake Center Christian Athletes are grateful to God. God is the author of creation, the one who gives strength and provides endurance. Whether we win or lose we are grateful to God for the breath in our lungs,

the blood in our veins and the opportunity to wake up and experience the day, the competition and the best efforts of ourselves and others.

7. Dress

a) Use Cafenadium Locker Room in Season

- (1) These locker rooms are our responsibility and reflect on us as a team
- (2) High School students must set an example to the younger students on respectful behavior in the locker room.
- (3) The locker room is for changing into your appropriate attire and then students should leave and help coaches prepare for practice
- (4) Be quick and efficient in the Locker Room so that practice can start early

b) From the Athletic Handbook

- (1) Males are to wear shirts at all times.
- (2) Modest sleeveless shirts may be worn.
- (3) All shorts must be modest and in good taste.
- (4) Spandex shorts/pants are not permitted unless shorts or pants are worn over the spandex.

c) From Coach

(1) Winter

- (a) always bring cold weather gear, no matter what the forecast says.
- (b) Coming to practice unprepared for cold weather will be considered an unexcused absence, at the discretion of the coach.
- (c) Pack layers, even in May

(2) Spring

- (a) Wear clothing appropriate for hot weather if it will be warm

(3) Track Shoes

- (a) Shoes and their fit are very important
- (b) To prevent injury and undue stress where a good running shoe or otherwise event appropriate footwear

(4) School Issued Uniform

- (a) Athletes will be issued a Uniform, tops and bottoms
- (b) They will be responsible for the cleanliness and care of the uniform throughout the season
- (c) Shorts may be purchased if the issued shorts are not in the style of the athlete at their expense, within the guidelines of the athletic handbook and worn with coach approval. (color

and markings must be identical when an athlete is in a relay)

(d) No tights are to be worn without shorts worn over them

(e) Track spikes are part of the essential gear each athlete needs if they plan to run in competition

(f) Throwers may also purchase throwing shoes to aid in their drills and competitive readiness.

d) Wearing the appropriate clothes is mandatory. Athletes need to be prepared or borrow from others to participate. Wearing jeans or other dress clothing will not be allowed.

VI. Travel

A. All LCCS Track & Field team members are required to travel and from the meets on the team bus unless excused and by parent/guardian with a written note or email or otherwise specific instruction. **This must be submitted to the coaches 24 hours for bus departure time of the specific meet.**

B. Team attendance of meets, from the very beginning throwing AND jumping events until the very end 4x400m relay is expected. Support one another, show interest in one another, help with team camp setup and team camp tear down.

C. Use the Remind App to notify the coaches if your athlete must leave the meet early.

VII. Competition

A. Participation in meets is an earned opportunity. Invitationals restrict the number of athletes entered by each team in each event. Time trials, and official field measurements must be the way we determine participation where there are restrictions. The four fastest runners in an event will be presumed to be in the relay however due to various strengths and rest periods we will have alternate relays, and potentially someone who is not one of the fastest four runners will enter a relay.

B. A Meets and B Meets

1. In an effort to rest athletes, and vary the events and participation of our team there will be A Meets where specific skills will be worked on and line-ups used.

2. B Meets will be a different lineup and arrangement that will provide opportunities for developing athletes to compete, and relatively mature athletes to rest or try a less strenuous workload.

3. Generally speaking PTC Meets and Invitationals with historically strong competition will be A Meets. Smaller invitationals and strategically less significant meets will be B Meets.

VIII. Folders

A. Each athlete will receive a personal folder

B. Contents of the Folder

1. Drill outlines for their events

- 2. Record Sheets
 - a) Repeat Log
 - b) Weight Lifting Log
 - c) Competition Log
- 3. Relevant Reports and Studies
- C. Athletes are expected to record their workouts promptly and read and understand the handouts provided
- D. Very basic knowledge checks will ensure these handouts are being put to use
- E. Coaches may ask for feedback related to logs via google form questionnaires to survey the team.

IX. Captains

- A. Upperclassmen
- B. Chosen Based on Character and Commitment
- C. Expected to Uphold the Above Guidelines at the Penalty of losing the captaincy
- D. Potential Role
 - 1. Lead Warm-Ups
 - 2. Direct Youth Run Club Activities
 - 3. Consult with Coaches Weekly about Team Updates and Events
 - 4. Lead Event Specific Drills with correct form
 - 5. Correct Athletes with appropriate coaching cues when possible
- E. Trial period of four weeks with an evaluation to maintain title
- F. Anyone is welcome to be a leader

X. Lettering Policy:

- A. Traditional LCCS Letter
 - 1. In accordance with the Athletic Handbook at LCCS: Letters will be awarded to all athletes who participate in 50% of the scheduled events of the season.
 - 2. All Letters will be awarded to only students in good standing with the team at year's end and at the coaching staff's discretion.
 - 3. Lettering by the prescribed standard does not set the kind of goals the coaches expect serious athletes to have but is in accordance with the other sports at LCCS and should be attainable for all athletes willing to help the team.
- B. Coach's Track and Field Honor Roll is an added distinction to the letter that reflects a serious effort and fitness level.
 - 1. Three Different Routes exist to achieve :
 - a) Break a school record as an individual or on a relay
 - b) Score ten points for the team through the season(relays will be divided by four)
 - c) Achieve at or below the following benchmark times in your event.

Event	Girls Mark	Boys Mark
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100m	13.499	11.899
100m Hurdles	17.55	-
110m Hurdles	-	16.649
200m	26.999	23.999
300m Hurdles	49.999	45.499
400m	1:02.999	53.999
800m	2:29.999	2:04.999
1600m	5:59.999	5:09.999
3200m	12:24.999	11:14.999
Long Jump (greater than)	15ft 2in	19ft 0in
High Jump (greater than)	4ft 8in	5ft 6in
Shot Put (greater than)	31ft 0in	41ft 6in
Discus(greater than)	97ft 0in	123ft 0in

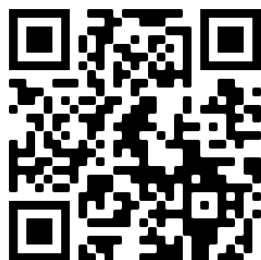
+Exceptions to being on the Track and Field Honor Roll will be made for seniors at the Coaches' discretion.

For Parents (students will be asked to commit to this in the Enrollment Form)
 I attended the parent meeting or I read and understood this handbook and recognize it as the official way the team will be organized.

[E-Signature](#)

Signature:

Date:



For Coaches Notes and Reference Detail:

¹In that vein, practice and strength conditioning will be tailored to give athletes strength through full range. Physically, preparations will be made for this by asking the students to occasionally perform barefoot, hot, cold, fasted, full stomach workouts (or warm ups as applicable). These occasional workouts will be within reason and used simply to add resilience to the team. Athletes will never be asked to exercise while in pain but will be asked to exercise in uncomfortable circumstances.

As another aspect of full range of motion strength, athletes will train to be strong through the entire bend of knee, ankle, hips, elbows, wrists, shoulders and everything in between. Backwards, forward, and sideways all again to add resilience to their joints, tendons and muscles. These exercises will be in the weightroom as well as on the track. Emphasis will be to regress if there is pain and progress by adding resistance when workouts become easy, tailored to each athlete. This will be for injury prevention and depth of strength also.

If possible we will work to put students through exercise exposed to varying stress or pressure levels, or time constraints simply for mental versatility. The variations here will be at the discretion of the athlete but they will be encouraged to participate in warm-ups in bare feet, as an example, but will be free to warm-up in the usual manner. We will take every opportunity to pray as a team, read scripture and worship as a team: the foundation to our full range of strength(Ephesians 6:10-11-strength in all aspects)

² Strength enables success, provides safety, and will be the first aspect we train. Other areas of focus will be flexibility, coordination, speed and endurance. Athletes properly trained will be increasing their capacity in all these categories. It is therefore mandatory to attend five days of practice per week. Strength, flexibility, coordination, speed and endurance must increase in order for athletic performance to improve and our practice schedule will be structured in such a way to deliver these aspects of training in the most shrewd, calculated and responsive way possible.