



LGCA

ATHLETICS HANDBOOK

TABLE OF CONTENTS

Section 1: LGCA Athletics	3
Section 2: Sports Offered	4
2.1 High School Athletics (Grade 8 - 12)	4
2.2 Elementary Athletics (Grade 5 - 7).....	5
Section 3: Philosophy and Objectives	6
3.1 Philosophy Statement	6
3.2 Objectives.....	6
Section 4: Code of Conduct.....	7
4.1 Athletes Code of Conduct	7
4.2 Coaches Code of Conduct	7
4.3 Parents Code of Conduct	8
4.4 LGCA Spectators Code of Conduct.....	8
Section 5: Policies and Procedures	9
5.1 Team Selection.....	9
5.2 Participation	9
5.3 Playing Time	10
5.4 Awards.....	10
Section 6: Fees	12
6.1 Athletic Fee Outline (High School Athletics)	12
6.2 Athletic Fee Distribution	12
Section 7: Forms.....	13
Athletic Agreement Form	14
Parent Driver Form.....	15
LGCA Athletics Player Registration and Consent Form.....	16

Section 1: LGCA Athletics

School Colours	Black/Blue/White
Mascot	Lion (Judah)
BCSS Division	Single A Vancouver Sea to Sky Zone
League Affiliation	GVISAA (High School) North Shore Secondary School Athletic Association (High School) CESS (Elementary)
Address	919 Tollcross Road, North Vancouver BC, V7H 2G3
Phone	(604) 984 - 8226
Fax	(604) 984 - 8254
Principal Email	Adam Reid areid@lgca.ca
Athletic Directors Email	Craig O'Dell (High School) codell@lgca.ca Josh Whang (Elementary) Jwhang@lgca.ca
Sports Media Website Instagram Facebook	https://www.lgca.ca/athletics lgca_athletics (Instagram) Lions Gate Christian Academy Athletics

Section 2: Sports Offered

2.1 High School Athletics (Grade 8 - 12)

LGCA is a registered member of BC School Sports participating in the Sea to Sky Zone at the “Single A” Level. We are also members of the Greater Vancouver Independent School Athletic Association (GVISAA).

High School team breakdown

7th and 8th grade : (Bantam)

8th - 10th grade: (Junior)

11th - 12th grade: (Senior)

2023-2024		
Fall Sports	Winter Sports	Spring Sports
Sr Girls Volleyball	Sr Girls Basketball	Sr Ultimate
Jr Girls Volleyball	Jr Girls Basketball	Jr Ultimate
Bantam Girls Volleyball	Bantam Girls Basketball	Sr Badminton
Boys Volleyball	Jr Boys Basketball	Jr Badminton
	Bantam Boys Basketball	Flag Football
		Track and Field

Sports are offered on the basis of the following criteria:

1. A qualified teacher-coach or community coach to operate the program.
2. A sufficient number of committed Student Athletes to the particular sport/team.
3. Availability of sport through GVISAA or BC School Sports.
4. Approval by BC School Sports and Lions Gate Christian Academy.
5. Approval by Administration and the Athletic Director.

2.2 Elementary Athletics (Grade 5 - 7)

LGCA belongs to the Christian Elementary School Sports League (CESS). We participate in most of the tournaments offered depending on the interest. Students in grades 5 - 7 have the option of trying out for these teams.

2023-2024		
Fall Sports	Winter Sports	Spring Sports
Soccer	Boys Basketball	Badminton
Cross-Country	Girls Basketball	Track & Field
Tripleball		Ultimate

Elementary Sports are offered on the basis of the following criteria:

1. A qualified teacher-coach or community coach to operate the program.
2. A sufficient number of committed Student Athletes to the particular sport/team.
3. Availability of sport through CESS.
4. Approval by Administration and the Athletic Director.

Section 3: Philosophy and Objectives

"So Whether You Eat Or Drink Or Whatever You Do, Do It All For The Glory Of God."

- 1 Corinthians 10:31

3.1 Philosophy Statement

The LGCA Athletics Department believes being a member of a competitive athletic team provides an opportunity for our student athletes to learn many valuable lessons in commitment, citizenship, sportsmanship and life. Student athletes learn how to work together to meet team goals, understand responsibility and commitment to their team and school. They also gain insight into placing the team above self, learning to accept constructive criticism, respect for others, winning and losing with dignity, self-control and being responsible for their actions. The LGCA athletics program will strive to encourage all student athletes to reach their full athletic potential, in addition to their social, academic, and God-given potentials as well. Sport is an avenue for worship, and LGCA expects its athletes to strive to the best of their abilities to glorify Him in all their actions, both on and off the court. The LGCA Athletics Department hopes its athletes enjoy their time with their team(s) and pray they leave with a new-found confidence in themselves, their team-mates, and in God.

3.2 Objectives

1. To develop the character of the athlete by teaching sportsmanship, cooperation, responsibility, and respect for authority.
2. To encourage and promote skill development, fitness, wellness, and healthy lifestyles.
3. To help students develop life skills such as courage, commitment, honesty, humility, discipline, teamwork, and fair play.
4. To help students develop a strong work ethic and sense of commitment.
5. To help students experience the full joy of preparation and participation in athletic competition.
6. To help the LGCA student body develop a vibrant school spirit.
7. To develop and enhance the sense of community at Lions Gate Christian Academy.
 - a. To lead with love, and instill a curiosity of making a personal relationship with Christ for our Athletes.

Section 4: Code of Conduct

4.1 Athletes Code of Conduct

1. To conduct themselves within our Schools Christian values.
2. To be punctual and prepared for all practices and games.
3. Maintain good standing in all of his/her classes. Keeping in communication with his/her teachers and making up assignments missed due to games/tournaments.
4. To represent Lions Gate Christian Academy at all times in a dignified and positive fashion.
5. To be dedicated to their team and team mates. Each team member is expected to attend all practices and games. Schedule conflicts must be discussed with the coach in advance. Lack of commitment to a team or sport may affect participation on the team. Withdrawal during a season may jeopardize future participation in LGCA Athletics.
6. 3 unexcused absences from practices or games will result in termination from the team.
7. To initiate dialogue with the coach if concerns regarding one's role on the team arise.
8. To place primary commitments to God, family, and academics.
9. To treat officials and opponents with honour and respect.
10. Although membership on a team is voluntary, the athlete should make every effort to fulfill their commitment to the team and finish the season.

4.2 Coaches Code of Conduct

1. To model Christ-like leadership.
2. To convey personal expectations, within the scope of this policy, to parents and student-athletes regarding schedule of practices, try-outs, and playing time.
3. To establish effective communication between coach and parents.
4. To take appropriate action on concerns brought forth by student-athletes or parents by reporting to the Athletic Director and the Principal.
5. To ensure all student-athletes are nurtured into a role where they have the opportunity to learn and grow.
6. To understand and to effectively teach the fundamental skills and fitness requirements of the sport.
7. To use positive coaching techniques and respectful language when giving feedback to an athlete.
8. To display confidence in the honesty and integrity of opponents and officials.
9. To instil a desire in all student-athletes to compete honestly and exercise fair play.
10. Respect and encourage an athlete's commitment to God, family, and academics.

4.3 Parents Code of Conduct

1. To exhibit Christ-like behaviour by positively supporting and encouraging teams.
2. To respect decisions made by officials and coaches.
3. To refrain from attempting to coach student-athletes from the stands.
4. To utilize the following protocol to address concerns or issues with a coach:
 - a. Encourage your child to approach the coach.
 - b. If the issue remains unresolved, approach the coach yourself, away from the practice or game sites.
 - c. If still unresolved, the issue should be referred to the Athletic Director.
 - d. If still unresolved, the issue should be referred to the Principal, who will make the final decision on any parental concern.
5. To assist students in achieving and maintaining a healthy lifestyle by promoting a balance among academic, athletic, spiritual, and personal goals.

4.4 LGCA Spectators Code of Conduct

Spectators are encouraged and welcome to attend LGCA sporting activities. Spectators should:

1. Treat everyone with respect
 - a. Cheer in a positive manner for all competitors.
 - b. Respect the decisions of officials.
 - c. Do not interfere with the play or competition.
 - d. Be courteous and respectful to other spectators, all competitors, coaches, event organizers and officials.
2. Exercise self-control at all times
 - a. Respect the rules and regulations of the facility.
 - b. Refrain from the use of foul or profane language.
 - c. Refrain from the use of physical force of any kind.

Section 5: Policies and Procedures

5.1 Team Selection

1. All students participating in the program must adhere to the eligibility requirements as outlined by BC High School Sports under Section 500 of the “Eligibility and Registration” available online at <https://www.bcschoolsports.ca/sites/default/files/2019%20-%202020%20BCSS%20HANDBOOK%20FINAL.pdf> .
2. A team will be selected through a fair and impartial evaluation conducted by coaching staff. Tryout times and team selection criteria will be clearly stated and announced. In most instances, final selections for a team are not to be made before the third practice at all levels of play. Students who feel they have not been given a reasonable opportunity to make the team are to approach the Head Coach to request additional opportunity to demonstrate their strengths.
3. The number of students selected to any one team is dependent upon the availability of resources and the number of team members needed as determined by the Head Coach and the Athletic Director.
4. Playing up a level will be a decision made by the Headcoach in discussion with the athletes parents, all coaches involved and the Athletic Director.

5.2 Participation

1. Students must be considered to be “in good standing” with respect to his performance in school to earn the right to participate on a school team. The Administration, in consultation with staff and coaches, shall determine whether a student is “in good standing.” With respect to his performance as a member of a team, the coach shall determine whether the student is “in good standing” and has earned a right to represent the school.
2. Students who are suspended from school are not permitted to participate in any school related activity for the duration of the suspension.
3. Students absent from school are not permitted to participate in any activity, practice session, or competition on that day. If there are special circumstances surrounding the absence(s), a request to participate may be made to the Administration.
4. Students are expected to attend all practice sessions unless absent due to illness or other reasons excused by the Coach. If a student will be absent from a practice prior notification from a parent is required. Practices are essential for proper conditioning, improvement of technique, and development of the whole team.

5.3 Playing Time

1. At all levels it is the coach's responsibility to determine who will play and how much they play in game competition. Students and parents should fully understand that by joining a team, they are accepting the pleasures and benefits of participating as well as the responsibility and commitment to fill a meaningful role on the team.
2. Grade 8 (Bantam), and Junior teams are more developmental in nature. An athlete who attends practice regularly, works consistently, and displays a positive attitude, can expect to play an appropriate amount of time over the course of the season, dependent upon a variety of circumstances including skill level, commitment, attitude, and the best interest of the team. The amount of playing time is to be determined by the coach as the season progresses and it would be expected that in year-end tournaments or championship games, coaches may choose to substitute more sparingly.
3. Coaches of team sports will communicate with parents to discuss their practices regarding playing time. It is expected that each coach would develop a meaningful role for each team member that provides an opportunity for each student athlete to learn and grow.
4. Varsity (Senior) athletic activities have a higher focus on competition. It is expected that each student athlete will play in game situations as much as is practical depending upon ability, game situation, relative importance of the competition, grade level, and other factors determined by the coaches. It is expected that each coach would develop a meaningful role for each team member that provides an opportunity for each student athlete to learn and grow.
5. If there is a discrepancy in playing time the student athlete should first communicate with the coach. If there is no resolution then the student athlete should bring this to the attention to the Athletic Director.

5.4 Awards

Individual Awards:

Voting system for individual awards: The Athletic Director will decide the recipients of the individual awards (with the input of each team's coaches) based on the following:

1. Overall accomplishments within a school year on all school teams
2. Level of excellence attained
3. Commitment to improvement
4. Awards received (both within school and external- in school related sports) Number of teams played on
5. Leadership
6. Player conduct: (attitude, representation of school, respect of coaches, teammates and officials)

ATHLETE OF THE YEAR :

It is also the responsibility of the Athletic Director to choose the name of a student athlete to receive the Athlete of the Year Award (plaque). The award is given to the LGCA student who: "Has made unparalleled contributions to the development and success of the school's athletics program through involvement on and off the court"

HALL OF FAME:

Voting members:

1. Athletic Director (Chair)
2. All coaches involved in the athletics program for that year.

Considerations for the Hall of Fame Committee:

1. Played school sports in each year attending LGCA (injuries aside)
2. Diversity of sports played
3. Team MVP's
4. Team captain selection
5. Individual accolades and recognition received at tournaments and championships
6. Team strength and success
7. Overall contribution to LGCA Athletics
8. Coaches comments (based on individual coach's reports and discussion at the awards meeting)
9. Player conduct - Attitude, representation of school, and respect of coaches, teammates, and officials

**Each athlete considered could be vetted on these principles not against each other but against a standard that is consistent yearly. Precedent should be set and followed year to year.

Section 6: Fees

6.1 Athletic Fee Outline (High School Athletics)

1. Each season of play (Fall, Winter, Spring) brings an Athletic Fee of \$50.00.
2. The max cost for playing sports for the year is \$150.00.
3. If a family has multiple siblings playing sports throughout the school year the max amount that family will pay to play is \$150.00

6.2 Athletic Fee Distribution

At LGCA, many costs are incurred when running an athletics program. These fees are to be paid by the athlete and will go into the general athletics account. This money will be used for a variety of purposes:

1. League Fees
2. Tournament Fees
3. BCSS Dues
4. Referee cost
5. Equipment
6. Miscellaneous costs incurred by the Athletic Department such as medical supplies, awards, gas mileage for coaches.

Section 7: Forms

1. Athletic Agreement Form
2. Parent Driver Form
3. Student Registration and Consent Form
4. Community Coach Form

Athletic Agreement Form

Thank you for participating in athletics here at Lions Gate Christian Academy. This form is a conduct agreement between the Athlete and LGCA

The Athlete will;

1. Maintain good standing in all of his/her classes. Keeping in communication with his/her teachers and making up assignments missed due to games/tournaments.
2. If the Athletes mark falls below good standing in a class during the season they will have to attend homework club during lunch, until the grade is resolved with the teacher.
3. 3 **unexcused** absences from practices or games will result in termination from the team.
4. Each team member is expected to attend all practices and games. Schedule conflicts must be discussed with the coach in advance. Lack of commitment to a team or sport may affect participation on the team. Withdrawal during a season may jeopardize future participation in LGCA Athletics.
5. LGCA athletes are expected to maintain the highest standards. Showing respect during play and following the schools Code of Conduct is paramount to our program. An athlete unable to follow the Code of Conduct may result in suspension for a game, week, season of play, or year from the Athletic Department or school.
6. Uniforms are the property of the school and must be cared for. They must be well maintained by the student-athlete to whom they are issued. Partial uniforms will not be accepted as returnable. If lost or damaged, charges will be levied. Students who do not return uniforms for which they are responsible will not be permitted to register for a sport for the following season.

Athlete Name: _____ Athlete Signature: _____

Parent Name: _____ Parent Signature: _____

Date: _____

Parent Driver Form

If you are able to help drive students to games please fill out the information below.

Name _____

Best way to get in contact with you?

Phone Number: _____

Email: _____

Available seats in your car? _____

Lions Gate Christian Academy
919 Tollcross Road
North Vancouver, B.C. V7H 2G3



Tel: 604.984.8226
Fax: 604.984.8254
E-mail: office@lgca.ca

ONLY COMPLETE FOR STUDENTS IN GRADES 6-12 – ONE FORM PER STUDENT

LGCA Athletics Player Registration and Consent Form (GRADE 6 – 12)

SPORT(S): _____

LEVEL (btm, jr, sr): _____ GRADE: _____

I. PERSONAL INFORMATION:

Student name: _____ Grade: _____

Address: _____

Phone #: Home _____ Cell: _____ Work _____

Birth date (dd/mm/yy): ____/____/____ Health Care Number: _____

Emergency contact: Name _____ Phone _____

Year Student Entered Grade 8 (if applicable): _____

Previous School (if transferring): _____

II. STUDENT DECLARATION:

I (please print) _____ have read LGCA's Athletic Handbook* (with particular attention to the sections regarding "Athletic Code" and "Eligibility Criteria") and hereby agree to abide by all its rules and regulations.

Student signature: _____ Date: _____

III. PARENT DECLARATION:

I (please print) _____ have read LGCA's Athletic Handbook* (with particular attention to the sections regarding "Athletic Code" and "Eligibility Criteria") and hereby agree that my child should abide by all its rules and regulations. I affirm that my child is fit to participate on the above school team and I consent to my child (named above) participating in LGCA Athletics for the current playing year.

Parent signature: _____ Date: _____

III. WAIVER:

Athletic activities are inherently dangerous. Accidents can happen and risks of serious injury do exist. Your signature below indicates that you have read LGCA's Athletic Handbook, that you have been advised that there is a risk of injury that could occur during any sports activity, and that, by signing this form, you give permission for your son/daughter to participate in the sports activity, and will not hold Lions Gate Christian Academy, LGCA's board, coaches, officials, volunteers, parents, students, or any other Lions Gate Christian Academy employees and agents liable for any and all costs, claims, awards, judgments, or attorney fees for damages arising out of or in any way resulting from or brought by voluntary participation in these sports activities.

Parent signature: _____ Date: _____