

# LINCOLN INTERNATIONAL ACADEMY

## ATHLETICS HANDBOOK



## **INTRODUCTION**

**This Athletics Handbook is provided to inform students and parents of the athletic procedures and policies of Lincoln International Academy. Parents are required to read all sections of the handbook carefully and review them with their children.**

**LIA and its administration retain the right to amend this Athletics Handbook. The administration and staff will exercise professional judgment and discretion to address situations fairly and consistently.**

**The enrollment of a child at LIA in athletics is considered to be an agreement on the part of the student and parents or guardians that they will comply with all school procedures, regulations and policies including but not limited to such procedures, regulations, and policies in this Athletics Handbook.**

**After reviewing this Athletics Handbook with their children, parents are to sign the acknowledgement form located at the back of this Handbook. The form must be returned to their child's coach.**

## **MISSION STATEMENT**

**Lincoln International Academy (LIA) is a Catholic, private, bilingual, co-educational, college preparatory school located in Managua, Nicaragua, serving multicultural students from preschool to 12th grade. Lincoln was founded in 1991 with a lay apostolic spirituality and the conviction that academic excellence and Catholic formation are intrinsically related. Lincoln International Academy's faculty and staff promote a Christ-centered formation—in accordance with the Teachings of the Roman Catholic Church, within a safe environment, while fostering academic excellence, technology integration, education in virtues, democratic values and ecological awareness—where students are challenged to reach their full potential and become committed leaders within their community.**

## **PHILOSOPHY OF THE LIA ATHLETICS PROGRAM**

**The philosophy of the Lincoln International Athletics Program is in accordance with the school's overall philosophy statement. Lincoln International Academy recognizes that physical development is essential to the total well-being of the individual student; therefore, it encourages the practice of organized, cooperative competition. In addition, it recognizes the importance of helping students to develop socially as they learn to work in a team situation and practice good sportsmanship.**

The goal of the athletics program is to produce young men and women of strong character, who can be successful in the competitive society of today as they also develop their self-esteem, respect, and school spirit.

## **PHYSICAL EDUCATION**

The PE course is a standard based program which focuses its development on 6 sports: Track and Field, Basketball, Soccer, Volleyball, Baseball and Swimming. The track and field program covers high jump, long jump, speed races and resistance races, while the basketball, soccer, volleyball and swimming programs focus on teaching the fundamentals of each.

The instructional time for each sport includes nine to ten 45-minute-lessons. Each lesson is divided into three stages: warm-up activities (stretching), main activities (fitness training, skills development, modified or conditional games) and warm down activities (gentle stretching to help students get rested and return calm to the classroom).

During each sports season, games and competitions are organized by grade and gender. The winners are awarded medals or diplomas.

## **AFTER SCHOOL PROGRAM**

Lincoln International Academy offers a variety of sports for both boys and girls in elementary, middle and high school, including: soccer, volleyball, basketball, swimming, gymnastics (starting in PK-4) and track & field. Other sports may be considered if there is enough interest and number of participants on the part of the students and parents. The athletics program falls under the jurisdiction of the School, and is administered by the Athletic Director and full-and part-time coaches. The Lincoln International Academy Booster Club supports the athletic program by promoting a spirit of goodwill and fellowship among students, athletes and parents as well as contributing to the collection of funds to help the program achieve its yearly goals.

## **ELIGIBILITY OF STUDENTS**

Participation in athletics is a privilege, requiring a commitment from both students and parents. Students earn the privilege of participating through maintaining a commitment to academics, effort, dedication, desire and self-discipline. It is the belief of the athletic department that parents are the main responsible for encouraging their

**children to attend training sessions daily, on time and fully, to be present at games on time and to comply with all regulations established for the team they are involved in.** Students whose parents are not committed to support their children’s participation in the team they register, will be removed from the same.

**Enrollment:** To be able to participate in any of the school teams, students need to be enrolled in Lincoln International Academy. No student will be denied the opportunity to be part of a team; nevertheless, coaches will evaluate individual skills and maturity levels to place students in either a competition level team (which represent the school in tournaments) or in a skill development team. Signing up for a team does not guarantee a spot on the same nor the opportunity to play in games.

**Grade Level Requirements:** Students in grades K - 12<sup>th</sup> are eligible to participate in the athletics program.

**Age Requirements:**

Sport	Category	Age Range	Observation
Soccer	U8	6-7 years	May not turn 8 before December 31st
	U10	8-9 years	May not turn 10 before December 31st
	U12	10-11 years	May not turn 12 before December 31st
	U14	12-13 years	May not turn 14 before December 31st
	U18	14-17 years	May not turn 18 before December 31st
Volleyball	U12	10-11 years	May not turn 12 before December 31st
	U18	14-17 years	May not turn 18 before December 31st
Basketball	Mini	10 -12 years	May not turn 13 before December 31st
	U18	14-17 years	May not turn 18 before December 31st
Swimming	All	7-16 years	Age groups defined by FINA
Gymnastics	All	4-14	Age groups defined by International Federation
Track and Field	All	4-16	Age groups defined by International Federation

**Students participating in sports teams are required to:**

- Maintain a conduct grade of 85 or better.
- Maintain an average of 70 or better in every subject area. (Opportunity to participate is determined by Report Card grades and Progress Report grades. If a student is placed on probation or is ineligible to play, ineligibility begins on the day the Report Card or the Progress Report is issued. If a student-athlete does not improve academically or behaviorally, he/she will remain on probation or ineligible to play until reassessment. The Athletic Director will notify the

coaches and student-athletes of their play status. Situations that affect a student athlete's playing status are as follows:

- a) If a student-athlete has an average of 65-69 in any subject or 80-84 in conduct on his/her Report Card or Progress Report, he/she is placed on probation until the next progress report or report card is given and may continue to participate in training sessions for the sport, but not in games (official or friendly). Failure to bring grades up to the requirements for play at the end of the probationary period will result in ineligibility. Therefore the student-athlete will not participate in training sessions or games.
  - b) If a student-athlete has an average of 64 or lower in any subject or a 79 or lower in conduct, he/she is automatically ineligible to train or play.
  - c) In the event that a student-athlete is suspended from school, the student-athlete will be ineligible to play. The period of ineligibility will begin the date that written notice of suspension is given to the student/parent.
- Attend training sessions on the days and at the times established. Students are expected to be picked up immediately at the practice/game's conclusion.
  - Participate in all games in and out of school.
  - Inform in advance of any absences from training or games. Students who miss training, games, or meetings may lose playing time in future games.
  - Display leadership and team spirit.

Students and parents who attend LIA Hawks games are expected to:

- Display an appropriate behavior.
- Support and cheer for LIA teams without insulting or disrespecting opponents.
- Refrain from using inappropriate language.
- Under no circumstances use alcoholic beverages or illegal substances. LIA retains the right to remove from campus any individual who violates this regulation.

Parents involved in any of the actions previously described attempt against their children's permanence on a sport team.

Parents are allowed to observe practices, but are required to keep their personal opinions to themselves, private meetings with the coach can be scheduled. Parents are not allowed to approach the coach or assistant coach during a game/competition, and are also not allowed to approach the coach's/player's bench or the sports official during a game. The ONLY exception for this rule is if their child is injured.

## GENERAL INFORMATION

**Team Meeting:** All coaches hold meetings at different times with parents. Attendance is mandatory. A pre-season meeting is held prior to the student being allowed to participate in competition.

**Facilities and Equipment:** All facilities and equipment for games and training are the responsibility of Lincoln International Academy. Students are responsible for personal equipment such as knee pads, safety glasses, shin guards, etc.

**Transportation.** The athletics department will arrange transportation for all away games. All team members are required to ride the team bus. Any student-athlete who refuses to ride the team bus will not be allowed to play the game for that day and may be assigned disciplinary actions. The team bus will pick up student-athletes and coaches at the end of a game and will return to school. Parents who wish to pick up their children at the game site can do so, prior notification to coaches. Waiting time is limited, so children will be taken back to the school by means of the school bus, if parents are late to pick them up.

**Uniforms.** All team members are required to wear the team uniform and all mandatory accessories at all LIA games (official and friendly). Student-athletes not complying with this rule will not be allowed to participate in games.

Parents are responsible for obtaining the team uniform of their children and replace it with a new one, as soon as possible, if damaged. Payments for team uniforms can be deposited at the school cashier once student data has been obtained and a note of the charge sent to parents.

**School-issued uniforms and equipment:** When the school provides uniforms and other equipment to teams by means of sponsorship, these need to be taken care of to keep them in good condition.

Students may not be allowed to compete in a team until uniform matters are resolved. Students who leave a team before the end of a season must return uniforms and equipment immediately. Students are responsible for furnishing their own shoes, knee pads, shin guards. Swimming caps and goggles.

**Sportsmanship:** Any student-athlete whose conduct, or other display of behavior may discredit the reputation of the school, can be declared ineligible for athletic competition. Such decisions are made by the Coach and Athletic Director in consultation with the Principal, and are final.

**Team Service Project: All athletics teams as a whole will be required to do a Team Service Project during the school year. This will be a project decided upon by the team and the coach that will benefit our school community or school campus. This will help build team fellowship and a sense of community, as well as representing Lincoln International Academy.**

**Revised 10/21**