

LANSING CATHOLIC HIGH SCHOOL

2021-22 Parent Meeting



“Sports contribute to the love of life, teaches sacrifice, respect and responsibility, leading to the full development of the human person.”

- St. John Paul the Great



Why Lansing Catholic?



BEFORE WE GET STARTED

- **News/Introductions:**

Taylor Parker - Assistant AD

Kerri Wilcox - Athletics Secretary

Andrew Robeson – JV Football Coach

Aaron Metz - Assistant Varsity Football Coach

David Sbraccia - Assistant Varsity Football Coach

Jack Schindeele - Assistant Varsity Football Coach

Joe Ford - Hockey Coach

Mark West - Assistant Varsity Boys Tennis Coach

Cindy Swain - Girls Varsity Tennis Coach

Dakota Bumpus - Girls Freshman Volleyball Coach

- ***In need of Girls Varsity Lacrosse***



COVID-19 FALL SPORTS UPDATE

Hopefully gone forever



Masks on Buses - Federal Law

COVID-19 CONTINUED

- Wipes & Hand Sanitizer
- Athletes Bring Water Bottles
- Frequent Breaks (Water, Hand Sanitizer, Cleaning)
- Refilling Water Bottles (Designate)
- Thermometers are Available





SPORTS PHYSICAL REQUIREMENT



- All student-athletes must have a completed sports physical submitted before practicing/tryouts (after April 15, 2021).
- Physicals will be submitted online this year. We will not be accepting any paper copies.

*****Contact Kerri Wilcox if you have questions about sports physicals*****

BIG TEAMS STUDENT CENTRAL ONLINE SPORTS REGISTRATION



Log in to Big Teams Student Central - lansingcatholic.org/athletics

- Create parent and student accounts - Both parent and student must complete this and complete what is required of them before student is eligible to practice or compete in their sport.

MESSAGE CENTER – Expect urgent message from the Athletic Department through this messaging center.

WHERE CAN I FIND MY TEAM SCHEDULE?



<https://lansing-catholic.bigteams.com> or via school website

Game times, bus times, etc., may be viewed in live time.



STARTING FALL 2021

LANSING CATHOLIC
CLUB
360

LET'S GO COUGARS!



- Goals of Club 360:
 - (a) Promote school spirit and sportsmanship and encourage attendance at all LCHS athletic events.
 - (b) Aid and support LCHS staff in the areas of sports promotion, publicity, and program development.
 - (c) Provide supplementary financial support for the various athletic activities of Lansing Catholic High School.
- Benefits for Members
 - All Sports Family Pass (2 adults plus all kids under 18) \$200 value
 - Free Junior Cougar Programs
 - Sport specific offerings
 - Football: Friday night football game live stream with professional audio with Jake Riepma (97.1 The Ticket)
- Live Streaming Options: [Link](#)

ATHLETIC HANDBOOK





COMMUNICATION POLICY

COACHES SHOULD NEVER TEXT/COMMUNICATE WITH AN ATHLETE INDIVIDUALLY

If a message is to a singular athlete, that athlete's parent(s)/guardian is required to be on that thread - this protects the coaches and the athlete.

If the message is to captains, multiple players or the whole team, coaches will copy the parent representative on it.

Please communicate with the athletic department if this is not being followed.

SCHOOL ATTENDANCE POLICY FOR STUDENT ATHLETES



- Students involved in athletics and activities must be in school Half Day to be eligible for practice and/or competition. Extenuating circumstances (doctor appointments, funerals, etc.) must be approved in advance by the school administration. - ann.carlson@lansingcatholic.org

YES



NO





SEMESTER ELIGIBILITY

- All students are considered ineligible until deemed eligible by the Athletic Office.
- **Semester Eligibility** - Students must pass at least (4) out of (5) courses, 4/6 or 5/7 each semester to be eligible for athletics (**Pass 66% - MHSAA Standard.**)
- Student is not allowed to **fail more than one** class (**LCHS Rule**)
- If student fails a quarter - ineligible for the next **60** school days.
- Deficiencies can be made up in future semesters, summer school, etc.
- Dean of Students will handle all academic ineligibility in conjunction with AD.



NCAA ELIGIBILITY CENTER

- Prospective Division I or II athletes are required to register.
- Talk to your students Counselor about the process
 - melissa.nelson@lansingcatholic.org (A - K)
 - jenna.schleenbaker@lansingcatholic.org (L - Z)
- Please Create an account on the NCAA Eligibility Website
 - Application materials may be located at: <https://web3.ncaa.org/ecwr3/>



PHYSICAL EDUCATION SPORTS WAIVER



2 semesters of an Lansing Catholic / MHSAA sponsored sport

OR

4 Years of Marching Band

*** Please note that Sideline Cheer does NOT count for this credit BUT
Competitive Cheer does (MHSAA Sponsored)***



DUAL SPORTS

Pilot program- New this year!

- If an athlete chooses to participate in two sports in one season, they must talk to **BOTH** coaches and declare a **primary** sport.
- The dual sport contract must be completed by both the primary and secondary coaches, parent/guardian, athlete, and the athletic director and on file in the athletic office before the first athletic contest.





GAME MANAGERS

If you are interested in becoming a game manager please contact:

Assistant athletic director

Taylor Parker

Taylor.parker@lansingcatholic.org



SOCIAL MEDIA IN ATHLETICS



We currently have an extremely high number of parent run "LCHS Accounts" and those accounts are not officalated with Lansing Catholic Athletics

DO NOT START AN ACCOUNT - we are working on a better way to promote athletics



Let the players play, the coaches coach, and the officials officiate



If a fan is acting in an unsportsmanlike manner, he/she will be approached and be advised of the inappropriate behavior by a staff member or the game management, with a follow up letter sent by the Athletic Director.

A second offense will result in a suspension of two home contests and any other athletic event during the suspension time period.

A third offense will result in a suspension from all athletic contests for the remainder of the school year. This process may be accelerated if the administration deems it necessary.

COMMUNICATION BETWEEN COACH AND PARENTS



Our ultimate success = a positive athletic experience

How do we get there?

Through good communication, people feel valued and understood, even if complete agreement is not always reached.

APPROPRIATE CONCERNS FOR PARENTS TO DISCUSS WITH COACHES:



1. The treatment of your child
2. Ways to help your child improve
3. Concerns about your child's physical health and welfare, academic progress, or violation of the code of conduct.

**** (Matters regarding other athletes are to be left to their respective parents) ****

AREAS OF CONTROL THAT BELONG TO THE COACH, ALONE:



1. Tryout procedures, team placement, team size and selection criteria.
2. Position(s) played, lineups and **playing time**.
3. Offensive and defensive strategies play calling and style of play.
4. Practice plans, drills and scrimmages.
5. Coaching staff (upon approval of the Athletic Director).

HOW TO DISCUSS AN APPROPRIATE CONCERN WITH THE COACH



- A 24 hour “cooling off” period should be granted before any complaints are initiated.
- The first step of this is to **contact the source**. Whenever possible the student should initiate, but whether the parent or the student begins the process, there are some suggestions on how to handle this conversation...

HOW TO DISCUSS AN APPROPRIATE CONCERN WITH THE COACH



- **Contact the coach** to talk directly, in private, face-to-face, away from the practice site or game area. Sitting down and listening to both sides is far more productive in reaching a mutually satisfying resolution.
- **Please do NOT attempt to confront a coach before or after practice or a contest.** These can be emotional times for both the parent and the coach.
- Our coaches are **NOT** expected to endure yelling, verbal or physical abuse from parents. Make an appointment. Help teach your child the skills of mature conflict resolution.



CONFLICT RESOLUTION IF NEEDED

- **Step 1 Start with the Source:** The player/parent will speak directly to the coach. A cooling off period will be granted for all parties before resolution is sought. This meeting should be done in private, away from practice sites and game arenas, and should be conducted face to face. Students who do not feel comfortable speaking solely to the coach may request a parent to be present, however **the meeting should be conducted by the athlete.**
- **Step 2 Move to Program Head:** This step is necessary only if the issue is in regards a subordinate or assistant (i.e. an assistant, JV coach, etc.). If going to the source does not resolve the problem, then the head of the program should be notified and he/she should attempt to facilitate a solution. If the “source” is the head of the program, move to step three.
- **Step 3 Contact Athletic Director:** If an agreeable solution is not reached, then the athletic director will conduct a meeting between the parties in an attempt to find resolution.
- **Step 4 Contact Principal:** If an agreeable solution is still not reached, then the principal will conduct a meeting between the parties in an attempt to find resolution. Very rarely do we get to this step but will if we need to.

Cigne Jackson – Athletic Training



Email: athletic.trainer@lansingcatholic.org

LCCHS provides a secondary insurance to help pay for additional medical bills, if injury occurs during athletics.

Contact Cigne for a form





Tom Pearson - tom@tcp-photography.com

Fall Team Photo Dates:

Friday, August 13, 5:00pm, **Girls Golf at Groesbeck**

Saturday, August 14, 9:00am, **Football**

Tuesday, August 17, 12:00pm, **Cross Country @ St. Francis**

Tuesday, August 17, 4:00, **Boys Soccer on Soccer Field**

Tuesday, August 17, 5:30pm, **Volleyball in Gymnasium**

Monday, August 23, 3:30 **Boys Tennis**

Monday, August 23, 5:00 **Cheer**

FALL SPORTS SPIRIT WEAR IS NOW AVAILABLE



[Shop for your favorite fall sports](#) now through August 16th. T-shirts, sweatshirts, pants, ponchos, shorts and more! Let's show our school spirit. Go Cougars!

**Go to the Athletics Page on the
Lansing Catholic Website!**



FIGHT SONG

**Roar on you Mighty Cougars,
All hail the Silver and Blue,
Stand Up and give a cheer -
RAH! RAH!
Send high your spirits, too!**

**Growl on you Mighty Cougars,
Bring thunder to the sky,
And raise on high your VICTORY
to Lansing Catholic High!
C-C-COU, G-GARS
COUGARS ARE THE BEST!**

**THANK YOU
AND HAVE
A GREAT
2021-22!**

GO COUGARS!