



Lumen Christi Catholic School



Athletic Handbook

Updated July 2025

TABLE OF CONTENTS

Introduction	3
Mission Statement	4
Department Vision	
Athletic Philosophy	
Middle School	
Freshman/JV	
Varsity	
Expectations in Educational Athletics	5
Sportsmanship	
Athletic Community Participation Guidelines	
24 Hour Rule	
Code of Conduct	6
Athletic Rules	
Substance Use, Abuse, and Misuse	
Rules of Participation	
Coaches Rules	
After School Regulation	
Athletic Bags	
Dual Sport Participation	
Extracurricular Conflicts	
Game Day Dress Code	
Injury and Documentation	
Preseason Paperwork	
School Equipment	
Tattoos and Piercings	
Travel Regulations	
Vacations	
Academic Standards	10
Eligibility Process	
Attendance	
Tardiness	
Sports Medicine	11
Preseason Paperwork	
Healthy Roster	
Concussions	
Secondary Insurance	
Physician Referral	
Sports Offered	13
Athletic Schedules	14

Introduction

To the Student:

It's a pleasure to welcome you to the Lumen Christi Catholic School athletic program. We consider it a privilege to work with you as you strive to become the best you can be - both as a student and as an athlete.

It will take considerable time and effort by you and your parent(s) to be successful in the athletic program. It will involve not only the hard work associated with physical conditioning and skill development, but also the discipline required to demonstrate sportsmanship and obey the rules of the athletic code. The same discipline and hard work will be required in the classroom. Lumen Christi athletes are expected to perform their best - on and off the athletic field. It is our belief that with a good attitude and a willingness to work, you can achieve your full potential, both as a student and as an athlete. We wish you the very best as you pursue your goals and dreams as a Titan.

If you or your parent(s) have any questions regarding any information contained in the athletic handbook, please feel free to contact the athletic department.

To the Parent:

Your child has indicated an interest in participating in the program of interscholastic athletics offered by Lumen Christi Catholic Schools. Students who chose to participate in athletic programs also agree to abide by and govern their behavior in accordance with the rules and policies established for our student-athletes. The rules established in our athletic code have been established to help our athletes perform to the highest levels of their ability by fostering a strong commitment to athletic training, behavior, academic performance, and teamwork. Participation in any of our athletic programs is considered to be a privilege; failure to comply with the rules and policies provided within our athletic code may result in an athlete's exclusion from participation.

Our athletic department accepts the responsibility to provide the following for each of our student athletes:

- well-maintained equipment and facilities
- well-trained coaches
- contests with skilled officials
- well-organized competitive arena in which our students may grow and develop in physical and emotional safety.

Mission Statement

Lumen Christi Catholic School models joyful life experiences through the avenue of athletics in a supportive and challenging Catholic faith-based environment. The athletic program shapes bodies, hearts, minds and behaviors in the light of Christ.

Department Vision

The athletic department at Lumen Christi Catholic Schools, guided by our Catholic traditions, will provide a high quality athletic program to help complete the overall education process provided by Lumen Christi Catholic School. We strive to empower students physically but also mentally, socially, emotionally, and spiritually. We will inspire and motivate our student-athletes to become passionate servants of Christ, strong members of society, and champions inside and outside the classroom using the avenue of sports and physical fitness.

Athletic Philosophy

Middle School

The basic philosophy is to provide the athlete with proper skills and fundamentals so as to develop each for the next level of participation. The coach determines playing time for participants. All team members will be given an opportunity to participate in each contest but the playing time may not be equal for each player. The intent is to provide playing time for all team members.

Freshman/Junior Varsity

Athletes selected for participation at the freshman/junior varsity level will continue to demonstrate levels of skill development and commitment that allow greater emphasis upon team concepts and competitiveness. The primary purpose is to develop players for playing at the varsity level. Playing time will be distributed to players determined by skill, attitude, and effort during practice and games; consequently, playing time will not be guaranteed. A key factor in determining playing time will also be how well the players' individual skills fit into the framework and system of the coach and the development of a team concept.

Varsity

Athletes selected for participation at the varsity level understand that varsity sports are the most demanding in terms of skill, athleticism, time, commitment, and competitiveness. Much greater emphasis is placed upon fielding teams that are highly competitive. Decisions about playing time are based upon the competitive abilities and contributions that individual athletes can offer which will enhance the teams chances of winning.

Expectations in Educational Athletics

The administration and staff of our school, all Catholic League schools and the Catholic League Office wish to make it clear that high school sports are an educational activity. Athletes, parents and friends must be aware of our school's expectations with regard to sportsmanship. Catholic School values should be present at our events.

Unlike professional sports, as a spectator at an interscholastic event, you are a part of the activity, much like the athletes, coaches and officials. As a participant, (spectator or team member) we expect that you will maintain good sportsmanship or refrain from attending school athletic events.

- It is expected that as participants and spectators, we will support in a positive way our own team remembering that the athletes, coaches and officials are not perfect and will make mistakes. Negative, derogatory cheers or actions aimed at either team are not acceptable in educational athletics.
- It is expected that you will accept the decisions of the officials without vocalizing disagreement. Officials are an important part of this educational activity. We are sending the wrong message when we challenge or abuse the game official sent to the school to administer these educational activities.
- At all times it is expected that we will respect one another; adults and students alike. This especially includes our opponents and officials, without whose involvement, sport contests would not occur.

Sportsmanship

Good sportsmanship is absolute key in every function of athletics. The athletic department at Lumen Christi Catholic School makes it an absolute priority to preach about the principle of always displaying good sportsmanship. We also ask everyone in our community to display the same characteristics.

As a reminder to our staff, students, and community: Please let the coaches coach and the officials officiate.

Athletic Community Participation Guidelines

- Ejected *player* sits next game; three (3) ejections their season is over
- Ejected *coach* sits next game; two (2) ejections and their season is over
- Ejected *spectator* is banned from next game; two (2) ejections results in season-long suspension

24 Hour Rule

In addition to following the Healthy Communication Policy found in the Community Guidebook on page 7, we ask that our Titan athletic community follow the 24 hour rule. Parents should not contact a coach until after 24 hours to make remarks, complaints, or observations about an athletic event. Athletes are encouraged to reach out to their coach first, followed by a parent reaching out to the coach if still necessary, and finally involving the AD if a resolution is not found.

Code of Conduct

Athletic Rules:

The following rules are to be adhered by all Titan athletes. Our athletic department believes that having high expectations for our young people will only better develop them into hard working and successful student-athletes. These rules are in effect 12 months a year and begin at middle school and remain in effect until your last event as a high school senior. Any infraction of these rules may result in suspension or termination of athletic privileges for that particular athlete. Infractions are used as a teaching tool for our student-athletes to make better decisions as they progress through their time here at Lumen Christi Catholic.

Substance Use, Abuse, and Misuse:

Please see the school's Drug and Alcohol policies. All Drug and Alcohol policies apply to our athletic policies and athletic code of conduct.

Rules for Participation:

1. All students must meet MHSAA eligibility rules which include but are not limited to age, physical exam, enrollment, semester records, and transfer rules.
2. Grade policies and our Drug/Alcohol policies must be followed at all times.
3. In-season athletes are expected to be in school for the full day to participate in their event. If an event falls on Saturday, the student athlete must be in school for a full day on Friday. For practice days, athletes must be in attendance for at least 4 academic periods.
4. If a student athlete is suspended from school, whether its in-school or out-of-school suspension, they will not be eligible to participate in athletics during the suspension.
5. If a student-athlete is serving a detention after school, the student-athlete is to miss any athletic activity in order to serve the detentions given, whether it's a practice or a game. If a team bus is leaving for an away athletic event while a student-athlete is serving detention, they are not allowed to get alternative transportation to that event. THEY ARE TO MISS THAT ATHLETIC EVENT. Please see our "Detentions" section of our community guidebook for more details.

Coaches Rules

This Athletic Code of Conduct is a set of minimum standards of for all athletes at Lumen Christi Catholic School. Coaches may set additional rules and standards for athletes in their respective sports. These rules will be printed out and given to students. Coaches have the right to mold their own programs under the oversight of the athletic director.

Additional rules by coaches must be cleared through the athletic director. Once set, these rules are binding and student athletes must follow these in addition to general athletic rules. In the event that a coach finds violations of coaching rules and chooses to discipline a student athlete, the coach will notify parents by phone. The athlete or parent may appeal a coach's decision to the athletic director. The athletic director's decision will be final but will be made in the best interest of the student-athlete. Our coaches are trusted by our school leadership to make decisions to help our student-athletes grow.

After School Regulations

Student-athletes staying after school must be in Titan Tutoring at 3:00 pm in the Library unless working with a particular teacher. Student-athletes need to head directly to the reporting areas for their athletic activities at the designated time and should not be wandering the building unless needing to meet with school personnel.

Athletic Bags

All athletic bags are to be secured in the student's hallway locker, locker room locker, or in the designated holding room provided for athletic equipment and bags during the school day.

Dual Sport Participation

Students are allowed to participate in more than one sport per season. The student - athlete must report this desire to the Athletic Department and include which sports they would like to participate in. At that time, a meeting will be scheduled with the Athletic Director, the coaches of each sport, the student athlete, and their parents.

The purpose of the meeting will be to determine the feasibility of dual participation and, if approved, the precise circumstances of the athlete's participation.

The athlete must declare a PRIMARY sport. Any practice or competition conflicts would favor the PRIMARY sport unless specifically determined otherwise and is agreed to by all parties.

The athlete must stay academically eligible. If at any point in the season should they become ineligible, the athlete must revert to their PRIMARY sport.

Extracurricular Conflicts

When there is an extracurricular conflict with a student-athlete, the coach, athletic director, and extracurricular director will meet to resolve time conflicts. Students must be given a fair shot at participating in as many extracurricular activities as they want. Though, an overload of participation can be deemed so. We encourage our students to participate in as many activities as they can. Our athletic and extracurricular programs help develop our students into well-rounded individuals.

Game Day Dress Code

Athletes must follow the same daily dress code as all our Lumen Christi students. If game day falls on a Friday, student athletes may participate in Spirit Fridays and wear their Titan gear. There may be special exceptions made during the season allowing for a team dress promoting unity within the team. These must be approved by the vice principal beforehand.

Injury and Documentation

In the event of an athletic related injury, the student athlete should report to the licensed athletic trainer. The athletic trainer will evaluate the injury and decide on whether or not the athlete should be seen by a physician. If the athletic trainer decides the student athlete needs further care, then he or she must receive medical clearance from an MD, DO, PA, or NP. A note from a chiropractor, dentist, registered nurse, or physical therapist will not be accepted as medical clearance. The licensed athletic trainer must have a signed note stating the clearance prior to the student athlete returning to participation.

Preseason Paperwork

There are 2 required forms for all our Titan athletes - the MHSAA physical form and Henry Ford Consent to Treat form. A current physical for the coming school year must be completed on or after April 15 of the previous school year and must be completed on the most current MHSAA physical form. The Henry Ford Consent to Treat form must be completed yearly. This will allow our athletic trainer to provide the best care to our athletes. All forms must be submitted using Healthy Roster. More information regarding this can be found within the handbook.

School Equipment

Student athletes should take proper care and security of athletic uniforms and equipment issued to them. School furnished uniforms and equipment may only be used for practice or contests unless expressly approved by the coach or by the athletic director for use at another time. Any personalized equipment/uniform parts (shirts, sweatshirts, warm-ups, etc.) that team members purchase to keep after the season must be paid in full prior to the personalized equipment/uniforms being ordered. If there are any missing items at the end of the season, that particular student must pay for the replacement in full before beginning their next sport.

Tattoos and Piercings

There must be no visible body piercings (earrings and nose rings), plugs, tattoos, while participating in extracurricular activities and/or events.

If a student athlete is seen in violation of the policy by a coach, teacher, or administrator the following is required.

- 1st offense: miss the next practice date (call home to parents)
- 2nd offense: miss the 1/2 of the next contest (in person meeting with parent, student athlete and AD)
- 3rd offense: miss the entire next contest (in person meeting with parent, student athlete and AD)

Travel Regulations

Team buses shall travel to and from all athletic events during the week unless other methods of transportation are required. If parents or guardians wish to escort their child to away events, this must be cleared by the coach and athletic director. This helps us ensure that we know where your child is and they are safe. Each member of the traveling squad should dress according to the coach's directions. Athletes are expected to behave as ladies and gentlemen at all times. Only the athletic office sets up transportation. Please help us ensure that only Lumen Christi student-athletes and school personnel are on school transportation at all times.

It is expected that student-athletes conduct themselves appropriately on school transportation. We want our student-athletes to represent our school district no matter where they go. For misconduct on buses, a student will be required to meet with the athletic director, transportation director, and principal to determine appropriate action.

Vacations

Vacations that occur during the season and which cause an athlete to miss practice in preparation of that sport must be cleared in advance through the coach. Any athlete who does not follow this procedure jeopardizes the athlete's position on the squad. This policy helps Lumen Christi teach lessons in regards to professional workplaces and responsibility. Students need to make sure their coaches and leaders are aware of what may cause them to miss time.

Academic Standards

To ensure that academic success is of the highest priority to each and every student, we have academic standards that are required for participation in athletic or extra-curricular activities. The guidelines are designed to give students clear and predictable benchmarks during the quarter, and clear and predictable consequences for not meeting those benchmarks.

Eligibility Process

- Grades will be checked formally at the end of each quarter. Teachers and coaches will work together to hold students accountable throughout the quarter. This may include sitting for a practice or competition.
- Any student with an "E" will be automatically ineligible -- effective immediately and throughout the next quarter. The student can become eligible the following quarter after 3 weeks if the student is not failing any classes. This will provide greater accountability for the students and consistency for students and teachers.
- Grades are checked every two weeks. Any student with a D- or E at grade check will be informed by administration that they are to attend Titan Tutoring. Titan Tutoring is a 30 minute study hall before or after school. Attendance is mandatory for students to participate in extracurricular activities that day. Skipping Titan Tutoring will result in missing practice, third time skipping will result in missing a game.

Attendance

All students must follow the Lumen Christi attendance policy within the school guidebook. Academics must be a student-athlete's most important commitment.

- Practice: a student must be present for at least four class periods on a non-game day to be allowed to participate.
- Game Day: a student must be present for a full day to be allowed to participate.
- Exceptions to this rule include medical appointments/funerals with appropriate notes/communication to the school attendance office and athletic director.
- Lunch and seminar do not qualify as a class period.

Sports Medicine

At Lumen Christi, we take your student athlete's health and safety seriously. We have partnered with Henry Ford Health Jackson and have an athletic trainer here at our school to care for our student athletes at both practices and events.

Preseason Paperwork

Both forms listed below must be submitted and approved via Healthy Roster before your student athlete is allowed to participate.

- *MHSAA Physical*: This is a form required by the MHSAA. It must be filled out and completed in its entirety to be accepted. A physical for the current school year must be completed on or after April 15 of the previous school year per the MHSAA.
- *Henry Ford Consent to Treat*: This is a form required by Henry Ford Health who our athletic trainer is employed by. This form must be completed yearly.

Healthy Roster

Healthy Roster is an EMR platform that our athletic trainer utilizes as a way to document and communicate injuries that your student athlete may sustain over the course of the school year. This is also where preseason paperwork should be submitted yearly. An invitation to join with an access code will be sent to the email on file for the parent/guardian(s). This will connect you with your student athlete and allow you to follow injury updates, communicate directly with our athletic trainer, access resources, and update emergency contact information so you can be reached directly through the platform.

Concussions

- *Sports Related*: Any student athlete that sustains a concussion while participating in a MHSAA school sanctioned event (scrimmage, game, practice, team event) is required to fill out a post concussion release form and receive medical clearance from an MD, DO, NP, or PA. This form must be completed and returned to the Lumen Christi athletic trainer and then will be submitted to the MHSAA. The student athlete is also required to complete a return to play protocol that is administered and supervised by the certified athletic trainer before returning to competition.
- *Non-Sport Related*: In the event that a student athlete sustains a concussion outside of sport related activity, the athlete must receive medical clearance from a MD, DO, NP, or PA prior to returning to competition. The MHSAA form is not required but medical clearance and completion of return to play is still required before returning to competition.

Secondary Insurance

Student Assurance Services is a supplemental insurance program provided through the Michigan Catholic Conference. This program may provide coverage for medical expenses not covered by your own family insurance. Further information on the benefits offered and steps needed to proceed with a proof of claim will be sent home after an athletic injury that requires a referral.

The MHSAA also provides a level of secondary insurance. The Catastrophic Accident Medical Insurance Policy pays up to \$1,000,000 for medical expenses left unpaid by other insurance after a deductible of \$25,000 per claim in paid medical expenses has been met. All students enrolled in grades 6 through 12 at MHSAA member schools who are eligible under MHSAA rules and participating in practices or competition in sports under the MHSAA's jurisdiction are covered by this policy for injuries related to their athletic participation. Further information regarding this coverage can be found on the MHSAA website.

Physician Referral

Student athletes with athletic injuries are welcome to choose the physician of their choice. Our athletic trainer, through our partnership with Henry Ford Health, does have the ability to schedule directly with our team physicians (Dr. Medellin and Dr. Spadafore) as well as a group of hand specialist providers. If another physician is preferred by the family, the task of calling to schedule an appointment and communicate with the physician directly will be the responsibility of the student athlete/parent or guardian. Any athlete who sees a physician for any reason must have a note clearing them or with limitation/restriction/rehab protocol instructions from the physician turned in to the athletic trainer prior to any athletics participation.

Sports Offered

	High School	Middle School
Fall	Boys/Girls Cross Country Football Girls Golf Boys Soccer Boys Tennis Volleyball Girls Swim and Dive* Sideline Cheer**	Boys/Girls Cross Country Football Volleyball Sideline Cheer**
Winter	Girls Basketball Boys Basketball Boys/Girls Bowling Competitive Cheer Ice Hockey Boys/Girls Wrestling Boys Swim and Dive* Gymnastics*	Girls Basketball Boys Basketball Competitive Cheer Wrestling
Spring	Baseball Boys Golf Girls Soccer Softball Boys/Girls Track Girls Tennis Boys Lacrosse*	Boys/Girls Track Boys/Girls Tennis

* co-op offered with Jackson High

** Club Sport

Athletic Schedules

To find current schedules and forms and to receive up-to-date information about specific sports teams you will need to visit the LC Titans Athletics website. You can create a fan account to receive text and email updates. There is also an option to print out a specific team schedule.

Click the link below for Titans Athletics and follow the steps.

www.lctitans.org

Click "Join" and create a "Fan" account

- Enter your name, email, and phone number (mobile, this is for text alerts) and create a password.

Go to Favorites

- Add a school: enter 49203 and then click on "Lumen Christi Athletics"
- Add teams: with the drop down boxes, you can choose any or all of the teams that you want to follow. You will still be able to access all teams even if you do not name them as your favorite. The teams you select will be the only schedule change alerts you receive.
- Click on: Alerts
- Click on: Schedule Changes
- Click on: Alert Settings
 - You will need to enter your phone number and email address.
 - You may (probably) see an indication that your email or phone have not been confirmed (or both).
 - You will receive a text and/or an email indicating your code. You will need to find that and enter it.

After this process is complete (easily completed in 5 minutes), you will have access to the schedules as they are at that very moment.



