

LEGACY PREPARATORY



CHARTER ACADEMY

Legacy Preparatory Charter Academy  
Mesquite West – Plano Campus  
Scholar Athletic Handbook  
2018-2019

# Athletic Handbook Index

Welcome and Mission Statement – Pg. 3

Sports Offered - Pg. 4

I. Participation in TCSAAL - Pg. 5

II. Medical Policy - Pg. 5

III. Athletic Dress – Pg. 5

IV. Legacy Preparatory Charter Academy Athletic Period – Pg. 5

V. Eligibility – Pg. 5-6

VI. Discipline – Pg. 6

VII. Communication – Pg. 6

VIII. Transportation – Pg. 6

IX. Games/Cancellation/Directions - Pg. 6-7

X. Multi-Sport philosophy – Pg. 7

XI. Game Conduct – Pg. 7

XII. Playing time – Pg. 7

XIII. Tryouts/Cuts – Pg. 7-8

XIV. Letter Jackets – Pg. 8

XV. Sports Banquet – Pg. 8

XVI. Booster Club – Pg. 8

XVII. Sunday Practices – Pg. 8

XVIII. Uniforms and Equipment – Pg. 8

XIX. Select/Club sports – Pg. 8

XX. Student/athlete conduct and expectations – Pg. 8

XXI. Dismissal from Team – Pg. 9

XXII. Tips for Parents – Pg. 9

XXIII. Tips for Students – Pg. 9-10

# Legacy Preparatory Charter Academy (LPCA) Athletic Handbook

The purpose of this handbook is to help Legacy Preparatory Charter Academy Athletes and their parents understand the purpose and procedures of the LPCA Athletic Program. Please review this handbook with your athlete.

## Mission Statement

Legacy Preparatory Charter Academy strives to build a strong athletic program with a history of winning without compromising the child and/or his/her family. The goal of LPCA is not only to win, but to help foster character traits in each athlete's life that will benefit him/her for years come. To accomplish this goal it is imperative that the Parent, athlete and coach work together. The policies and procedures in this handbook will help us to effectively work together to mold your child into a well-rounded 21<sup>st</sup> century leader. Every action we take, every practice, every game, every thought must be centered on this purpose.

Legacy Preparatory Charter Academy

Contact Information

Athletic Director – Coach Sheldon Denson

[sdenson@legacypca.com](mailto:sdenson@legacypca.com)

(214) 791-4313

# Sports Offered

## Fall Season

Volleyball Varsity  
Volleyball Middle School

Flag Football Varsity  
Cheerleading

## Coach

Coach Bolton  
Coach Bookman

Coach Denson & Williams  
Coach Kraut

## Winter Season

Varsity Girls Basketball  
JV Girls Basketball (TBD)  
Middle School Girls  
4-6th Girls Basketball (TBD)  
Cheerleading  
Varsity Boys Basketball  
JV Boys Basketball (TBD)  
Middle School Boys  
4-6th Boys Basketball (TBD)

Coach Bookman or Denson  
Coach Bookman or Denson  
Coach Williams  
Coach Denson  
Coach Kraut  
Coach Denson  
Coach Denson  
Coach Williams  
Coach Denson

## Spring Season

HS Girls Soccer  
Middle School Girls Soccer  
HS Boys Soccer (TBD)  
Middle School Boys Soccer

Coach Bookman  
TBD  
TBD  
TBD

Track High School Boys (TBD)  
Track High School Girls (TBD)  
Track Middle School Boys (TBD)  
Track Middle School Girls (TBD)

Coach C. Washington & Bookman  
Coach C. Washington & Bookman  
Coach C. Washington, Bookman & Kraut  
Coach C. Washington, Bookman, & Kraut

Varsity Girls Softball  
Middle School Girls SB (TBD)

TBD  
TBD

Varsity Boys Baseball  
Middle School Boys BB (TBD)

TBD  
TBD

# Athletic Code for Legacy Preparatory Charter Academy

## I. Participation in TCSAAL

A. LPCA participates in TCSAAL (Texas Charter School Athletic Academic League). As a result of this participation we must know and follow all TCSAAL guidelines for eligibility, transfer, physical examinations, insurance coverage, starting dates, etc. For more information refer to <http://texascharter.sportz.com/>

## II. Medical Policy

A. All athletes middle school and high school must have a physical, including the Medical History; LPCA Physical forms are available at the front office, athletic office, and on the LPCA website under the athletics page. Physical forms must be turned in to the Front office or Athletic Office. The deadline for physicals is August 21<sup>st</sup> for all high school Fall Sports. For all other middle school/high school athletes it is Tuesday, September 4, 2018.

B. Physicals need to be in the Athletic Office before the first practice or offseason workout.

## III. Athletic Dress

A. High School athletes must wear the Legacy (black) athletic practice shirt and practice shorts (black preferred) that are approved by the coach of their sport every day to practice.

B. MS athletes need are required to wear Legacy (royal blue) athletic shirts and practice shorts (black preferred) to all practices that can be purchased through the Athletic Department.

## IV. Legacy Preparatory Charter Academy Athletic Period – To Be Announced

A. Any Legacy High School student who will be playing at least one sport during the school year will be required to attend the Athletic Period throughout the entire school year.

B. MS athletes will participate in an off season strength and agility program during a specific period (To be determined) when they are not currently in a Legacy in-season sport.

C. The purpose of the off season strength and agility program is to improve the athletic program by enhancing each athlete's abilities. Drills and activities to improve speed, strength, endurance and agility will be taught throughout the year.

## V. Eligibility

A. The Athletic Director will be informed of any students at the 6 week progress report who are in danger of failing for the term. Coaches are encouraged to allow time for extra tutoring if necessary.

B. At the end of each term if the student is failing 1 or more grade(s) they are not eligible to participate, but will be able to monitored carefully to make sure academic requirements are being met. If a student has any failing grades at the end of the term the student will be declared ineligible for all competitions for a minimum of 3 weeks (excluding practice). Ineligibility will begin when report cards are viewable for the term.

C. At the end of the three week time period the student's grades will be checked to determine if they are passing all classes. Grades from the beginning of the semester will be considered. If the grade is above a 70 then the student will be able to participate in competitions. If not, the grade will be checked each week until it is brought above a 70.

D. If a student continues to fail his/her class(es) then the Athletic Director and/or Head Coach has the right to remove that athlete from the team until academic standards are being met at Legacy Preparatory Charter Academy.

#### VI. Discipline

A. Athletes are required to show up for all practices and games. If an emergency situation arises please notify the coach immediately.

B. Discipline for unexcused absences will be administered by the coach of that sport. Legacy Preparatory Charter Academy reserves the right to dismiss anyone from a team that misses practices or games on a consistent basis.

C. Any unsportsmanlike conduct during a practice or game will result in discipline and counseling by the coach and Athletic Director with a possible suspension from activities with that sport. Also, be aware that the athlete may be subject to disciplinary consequences that follow school policy.

D. Excused absences (illness, family emergencies, school trips, or family vacations) must be cleared through the coach ahead of time.

E. No rough housing and horseplay in the dressing room will be allowed.

#### VII. Communication

A. Clear communication between parents and coaches will facilitate a positive experience for our athletes.

B. Encourage your child to exercise the opportunity to speak directly with his/her coach about any topic and preferably before a parent/coach conversation is needed. Please be aware the student-athlete and another Legacy Preparatory Charter Academy staff member must be present during the meetings.

C. Legacy Preparatory Charter Academy encourages parent/coach meetings. Parents and coaches working together can create positive experiences that can be life lessons for the athletes. Please be aware the student-athlete will need to be present.

D. Meetings with the coach cannot occur immediately before, during, or after games. If there is a concern please schedule a meeting via e-mail or phone to address those concerns with the coach the following day.

E. The proper chain to follow in dealing with issues will be:

1. Go to the head Coach.

2. If the issue is not resolved then a meeting with the Athletic Director, parent, student-athlete, and coach will be scheduled.

3. If the situation persists, then the Director/Principal will be asked to join the next meeting with all parties involved.

F. The coaching staff will not engage in debates over playing time, strategy, or philosophical issues.

#### VIII. Transportation

Legacy Preparatory Charter Academy does not have vans or buses to transport the student-athletes to the game locations currently. Parents are responsible for furnishing transportation to and from games.

#### IX. Games/Cancellations/Directions

A. All athletic contests will be posted on the calendar page of the Legacy Preparatory Charter Academy website.

B. Coaches should provide directions and/or last minute instructions 24-48 hours before the event via e-mail or group messaging platform created by the head coach.

C. In the case of a cancellation or change of plans the website will be updated as soon as possible. On the day of the game if there is a cancellation the coaches will text you or e-mail you .

#### X. Multi-Sport philosophy

A. Athletes at Legacy Preparatory Charter Academy are encouraged to do more than one sport. We are a small school and this is necessary to make all our programs successful.

B. In some cases we have athletes who want to play more than one sport during the same season. For example, Baseball and Track occur at the same time. These will be handled on an individual basis between the coaches of those two sports. These are not encouraged because of the missed practice time that occurs. However, in some cases the athlete is able to handle the situation.

#### XI. Game Conduct

A. Athletes should never question an official's call.

B. Parents and fans are encouraged to cheer for our athletes, not cheer against the opposing team or officials. The Athletic Director or Game Administrator has the right to remove any fan or student who displays unsportsmanlike conduct from the sidelines.

C. The use of profanity on the playing field, sidelines, or bench will result in an ejection from the contest. If an athlete is ejected it will result in a minimum one game suspension from any further contests.

D. Noisemakers of any kind are prohibited at athletic contests.

E. Always treat the visiting team and their fans as our guests before, during and after games.

#### XII. Playing time

A. At the Middle School level the emphasis is on development. Winning is our objective, but the development of the athlete for high school will be the primary concern. Every person who makes the team will receive playing time in each game, but the amount of playing time is solely dependent on the student-athlete's performance (excluding playoffs/elimination games).

B. At the High School level the objective is to win championships. Playing time for each athlete will be determined on how well that athlete helps the team achieve that goal. No amount of playing time is guaranteed.

#### XIII. Tryouts/Cuts

A. There are a number of sports at Legacy Preparatory Charter Academy that do not have cuts; such as track. All of the other sports may or may not have tryouts. Although we would prefer to allow every athlete to participate in any sport, there are circumstances that may require try-outs and the cutting of athletes.

1. The number of athletes who come out for that sport
2. Limited number of teams
3. Limited amount of gym availability
4. Limited amount of playing time per game

B. The decision to make cuts will occur on a sport-by-sport, season-by-season basis.

#### XIV. Letter Jackets:

- A. Letter jackets may be ordered by any student who has competed in any high school sports at Legacy Preparatory Charter Academy. Please refer to the Legacy Preparatory Charter Academy parent/student handbook for qualifying requirements.
- B. Letter Jackets are ordered in September each year. Forms can be picked up and returned at the Athletic Director's office.
- C. New patches can be ordered through the school or any outside source, but must be approved by the Athletic Director.

#### XV. Sports Banquet/End of Season Parties

In May of every school year Legacy Preparatory Charter Academy will host a middle school and high school sports banquet, honoring all athletes who participated in MS/HS athletics during that specific sport. Athletes are expected to attend.

#### XVI. Booster Club

The Legacy Preparatory Charter Academy 2018-19 Booster Club is currently being constructed. They will meet monthly throughout the school year to promote the needs of the athletic program. The Booster Club raises funds and disburses those funds at the discretion of the Athletic Director. As a parent of a Legacy Preparatory Charter Academy athlete we encourage you to join and/or get involved in helping raise funds and attend Booster Club meetings once a month.

#### XVII. Sunday practices

There are never any organized practices on Sundays.

#### XVIII. Uniforms and Equipment

- A. Athletes are financially responsible for all equipment and uniforms checked out to them. If lost or returned damaged it will need to be replaced at the parents' expense. Please make sure that all uniforms are being washed properly.
- B. A few teams require the purchase of a few items that the athlete keeps because they are unusable for other athletes. Ex. Baseball hats, swimsuits, socks for soccer, etc.

#### XIX. Select/Club sports

- A. In the case of non-school related athletic events conflicting with a school related athletic event, Legacy Preparatory Charter Academy events will have priority over the non-school related event.
- B. Missing a school related practice or game for non-school athletic activity is unacceptable and could result in a suspension from participation in the school athletic contest or dismissal from the team.

#### XX. Student/athlete conduct and expectations

- A. Always be courteous to faculty/staff and other students.
- B. Never use profanity or illegal substances.
- C. Be neat and well groomed at all times.
- D. Athletic practice or contests are not the time to socialize with the opposite sex.
- E. Follow the dress code for the school and obey the rules.
- F. No hazing of students will be tolerated-punishment will be given.



G. Be on time for school.

#### XXI. Dismissal from team

A. Students may be dismissed from the team for any of the reasons below.

1. Conduct on and off field is not supportive of the team.
2. Conduct on and off field that is not acceptable by Legacy Preparatory Charter Academy standards.
3. Disrespect to coaches and/or team members.
4. Unexcused absences from practices and/or games.
5. Constant Academic struggles.

B. In the event of a dismissal the situation will be reviewed by the athletic director at the earliest possible date.

C. After the meeting with athletic director a decision will be finalized. Steps toward possible restitution are available upon request with coach's/A.D.'s approval.

#### XXII. Tips for Parents

A. Be supportive of Coaches – In front of your child and in the bleachers be supportive and positive of the coaches' decisions. If you have problems with what the coach is doing, it is best to talk directly to the coach, not with other people. Keep in mind the coaching staff will not engage in debates over playing time, strategy, or philosophical issues.

B. Teach Respect for authority – There will be times when you disagree with a coach or official, but always remember they are trying their best and are trying to be fair. Show good sportsmanship by being positive.

C. Let the coach do the coaching, but you can do some of the teaching – When your child is on the field or court, let the coach do the coaching. Shouting out instruction or criticism may hinder the overall experience of the student-athlete. You can teach sportsmanship and how to deal with success or failure. Develop their character and teach life skills that athletics and activities bring to the forefront.

D. Model good sportsmanship at games – Cheer for our athletes, not against the other school. Do not boo the official about a call.

E. Help your child learn through failure – The way your child handles failure can help him/her face certain disappointments life will throw them in the future. The worst time to give advice is immediately after a disappointment. Encourage and support him/her, but allow your child to cope in his/her own way.

G. Listen to your child, but stay rational – Always support and listen to your child, but remember to stay rational until you have investigated the situation.

H. Be mindful of your role as role model – Your child will mimic your actions without even realizing it. Be on guard and use self-control knowing that your child will be you one day.

I. Show unconditional love – Show your child that you love them, win or lose.

J. Parents are strongly discouraged from punishing their children by taking them out of their team sport. (Ex. Not allowing your child to play during a game because he/she did not do all of his chores that day, or made a bad grade on a daily assignment at school). This hurts your child, but also hurts his/her teammates who are counting on him/her.

### XXIII. Tips for Students

- A. Be responsible – Be at practice, be on time, keep grades up, be an example in the classroom. You are a student first, then an athlete.
- B. Be Respectful – Speak to teammates, coaches, parents and officials with kind words and respect. Dress modestly and appropriately.
- C. Be honest – Speak the truth in love, avoid gossip, and keep your speech clean and pure.
- D. Be loyal – Believe in your teammates and coaches.
- E. Work hard – Push yourself and encourage your teammates to do the same. Be diligent and take advantage of every opportunity to improve.
- F. Play smart – Know your plays and assignments, take care of your body by eating right, staying hydrated and getting plenty of rest. Stay away from activities that may harm your body and hurt your athletic career.
- G. Team before yourself – Always consider others more important than yourself. Encourage your teammates faithfully. Be a multi-sport athlete. Help your school by playing in other sports.
- H. Be coachable – Listen to the advice of your coaches. Respond with a Yes, ma'am/sir, not with excuses.
- I. Accept your role – Be willing to sacrifice personal goals for the good of the team. Be good at what you are called to do for the team. Everyone has a different role. Trust the coaches to have your best interests in mind as well as the teams.
- J. Handle success and failure with composure and class – Always keep your head up. In failure take the opportunity to learn and with success be humble. Be strong and gracious in your defeats and be kind to your opponents in victory.
- K. Be a competitor and have a winning attitude – Always strive to improve, seek excellence on the field, court, and classroom and in your personal life.