



LANSING CHRISTIAN SCHOOL

Athletic Handbook



Equipping young men and women to **engage** and **transform** the world for **Jesus Christ.**

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Accredited by Christian Schools International and AdvancEd.

3405 BELLE CHASE WAY | LANSING, MI 48911 | 517.882.5779

lansingchristianschool.org

Welcome to Lansing Christian School, home of the Pilgrims! We are glad to welcome you as a member of the LCS family. It is our hope that your association with the school will give you an opportunity to learn and share with other Christians from many backgrounds and denominations. Whether you are a returning student, or a new student to our school, our prayer is that God will use the year to help you grow in your knowledge of Him and His Word through Christ-centered education, so that you can serve God and others.

At LCS we believe that the Lordship of Jesus Christ is of primary importance. It is our intention that staff and students make Jesus the Lord of their lives so that in all we do Jesus Christ will be glorified. Because all that we do is to bring glory to God, it is important that we seek excellence in all areas.

It is our hope that this handbook will provide information that will help students and parents better understand Lansing Christian and the expectations we have for our students.

We encourage you to become familiar with the contents of the handbook. As we all work together to live and learn in Christian community, we trust we will be recognized as a school of quality which is thoroughly Christian in our practices.

Administrators:

Mrs. Wendy Hofman, Head of School
Mr. Ryan Batson, Middle and High School Principal
Mr. Dan Carmichael, Athletic Director

Contact Numbers:

<i>Lansing Christian School</i>	<i>517-882-5779</i>
<i>Head of School Office</i>	<i>Extension - 101</i>
<i>High School Office</i>	<i>Extension - 305</i>
<i>Middle School Office</i>	<i>Extension - 302</i>
<i>MS & HS Principal</i>	<i>Extension - 303</i>
<i>Athletic Office</i>	<i>Extension - 505</i>
<i>High School Fax</i>	<i>517-272-9567</i>
<i>Business Office</i>	<i>Extension - 104</i>

2.2 – Athletics

LCS offers several sports. Some sports require trying out while others do not. Following are the sports offered for grades 9-12, along with the season in which they occur:

Season	Sport	Participant
Fall	Cross Country	Girls/Boys
Fall	Soccer	Boys
Fall	Swimming (Co-op)	Girls
Fall	Tennis (Co-op)	Boys
Fall	Volleyball	Girls
Winter	Basketball	Girls/Boys
Winter	Bowling	Girls/Boys
Winter	Cheerleading	Girls
Winter	Hockey (Co-op)	Boys
Winter	Swimming (Co-op)	Boys
Spring	Baseball	Boys
Spring	Golf	Girls/Boys
Spring	Lacrosse (Co-op)	Girls/Boys
Spring	Soccer	Girls
Spring	Tennis	Girls
Spring	Track	Girls/Boys
Spring	Water Polo (Co-op)	Girls

- A physical is required for athletes each year before the start of practice. Forms may be obtained in the high school office. A student may not **practice or compete** without a current physical on file.
- According to the Michigan High School Athletic Association (MHSAA), transfer students are ineligible to participate in athletics until the Athletic Director has informed the student of their eligibility status.
- Students participating in athletics are expected to follow all guidelines and policies written in the student-athlete handbook. These handbooks are available in the school office.

2.3 - Athletic/Family Pass

Family Season Passes for all sports events are sold in the fall. Season passes entitle any or all immediate family members to attend LCS home athletic events throughout the year. The Athletic Office will announce when these passes are available. Athletic passes can be purchased in the secondary office.

ATHLETICS

5.1- General Guidelines

Athletic competition provides all of us with a special opportunity to **develop Godly character** through our play and sportsmanship. Although our teams compete with victory in mind, it is critical each athlete/fan also compete with a desire to *honor God* through words, attitudes and actions. Parents and coaches play an important role in helping each student consistently integrate these two goals: honoring God while pursuing victory.

To help accomplish this goal, LCS asks each family to review the following Athletic Code of Conduct highlighting important Christian-athletic principles. After agreeing to abide by these principles, each parent and athlete is asked to sign and return a pledge sheet. The Athletic Code of Conduct is annually binding.

1. **Best effort/best attitude:** We desire every LCS athlete and team to pursue victory with *passion*, to think and play as a team, and demonstrate self-discipline in making the right decisions when using school athletics to bring glory and honor to God.
2. **Respect:** Show respect to teammates, coaches, officials, parents, and opponents at all times. Be gracious in victory and accept defeat with dignity. *Give thanks in all circumstances, for this is God's will for you in Jesus Christ. 1 Th. 5:18*
3. **Responsibility in the classroom:** Support the educational concept of "being a student first." Provide your best effort in the classroom and on the field of play.
4. **Trustworthiness:** Do what is right, be loyal to the team, be worthy of others trusting you in all you do. Consistency in being on time, encouraging teammates and coaches, and following through on what you promise to do will earn you the important characteristic of being trustworthy.
5. **Role-Modeling:** Wearing a team uniform that says *CHRISTIAN* on it carries a special responsibility to your school and to your Christian brothers and sisters. Others are watching and evaluating how LCS Christians act, talk, and behave on the athletic fields, courts, and in the stands. Whether we're with believers or nonbelievers, let's consistently conduct ourselves in a manner that honors God.

On the Athletic Code of Conduct, please sign the pledge sheet demonstrating your understanding and support of the LCS Athletic Handbook and the principles of *Pursuing Victory as we Honor God*. May God bless each of our athletes, coaches, and fans with an outstanding year of school sports at Lansing Christian School.

5.2 – Athletic Mission Statement

The mission of Lansing Christian School athletics is to provide a well-balanced program to supplement the spiritual, social, physical and academic growth of our students. Our primary purpose is to have our athletes think and act like Jesus Christ. It is our intent to guide students to discover and recognize their unique gifts and abilities and to develop their skills in order to achieve their full God-given potential. Our purpose is to biblically direct athletes in these situations so as to build the following character qualities: self-discipline, leadership, cooperation, commitment, self-control, and perseverance.

5.3 – Athletic Outcomes

The school expects these from the athletic program:

1. The development of godly character. (Gal. 5:22-23)
2. The development of a spirit of love, care, and support for others as the group works to accomplish its goals. (Mt. 12:25; John 15:17)
3. The development of self-discipline, diligence, and perseverance. (Phil. 3:12-14; Heb. 6:11-12)
4. The motivation for students to give their best and try their hardest. (I Cor. 9:24-27)
5. The development of gifts, talents, and athletic skills that can be used in greater service.
6. The discretion of students to put athletics in perspective with other parts of their lives, such as family, church, academics, etc. (I Tim. 4:8)
7. The commitment of students to take responsibility and keep commitments. (Acts 20:24; Prov. 3:3,4)
8. The ability to handle adversity in a constructive manner. (James 1:2-4)
9. The development of self-respect and confidence. (Mt. 12:31; Rom. 13:8-10)
10. The ability to relate to authorities, such as coaches and officials. (I Cor. 11:1; Heb. 13:17)

5.4 - LCS Athletic Code of Conduct

Introduction

It is a privilege for students to participate in Lansing Christian Athletics. Since the conduct of students reflects upon the entire school and Christian community, students engaged in LCS athletics are expected to act as model representatives of their school and abide by the provisions of the LCS Athletic Code of Conduct throughout the period of their participation in athletic activities. This Athletic Code is in agreement with the Lansing Christian High School mission statement and the Secondary Student Handbook.

I. Adherence to MHSAA Eligibility Requirements

The student athlete will abide by the rules and regulations of the Michigan High School Athletic Association (MHSAA) which are described later in this book.

II. Academic Eligibility

In order to participate in athletic programs, a student must:

- a. Be enrolled as a full-time student. 2/3 High School, 1/2 Middle School.
- b. Pass all classes in each semester.
 - If a student fails to pass a class in a semester, he/she will be ineligible to participate the following semester.
- c. Have a satisfactory weekly academic report. Each week the teachers will review all athletes' cumulative semester grades and assign a Warning (W) if a student has a D or D- in the class or an Ineligible (I) if a student is failing the class. Ineligibility can occur under any of the following circumstances:
 - A student receives an Ineligible (I) in any class.
 - A student receives a Warning (W) for three consecutive weeks in any class.
 - A student receives three or more Warnings (W) for three or more classes in one week.

Ineligible students will not be able to participate in scrimmages or games for the next full week in school (next Monday through Sunday). At the discretion of the coach students will be required to attend games, practices and sit on the bench. Students will remain ineligible until they do not receive any I's or W's in a week.

III. School Attendance

A student athlete is expected to attend at least 1/2 day (four class periods) on the day of a contest or practice. If extenuating circumstances exist which prevent 1/2 day attendance, the Athletic Director or Principal may, at his/her discretion, allow participation.

IV. Practice Attendance

Team members are expected to be present at all team practices, team meetings, games, awards ceremony, and special occasions **unless excused by the head coach**. Coaches have the authority to determine if an athlete has unexcused or excessive absences and to take appropriate action. **Please try to give advance notice when unable to attend a scheduled practice or event. It is helpful when coaches are preparing practice plans etc.**

V. Care of School Equipment and Facilities

At the beginning of each year, every student and parent/guardian will sign the Uniform Policy stating that the student athletes are responsible for all school equipment issued to them. The students or their parents must pay for lost, stolen, or damaged equipment before participation in athletic activities will be allowed. In addition, athletes should see that appropriate equipment is returned to the proper place. **If a student athlete fails to return the entire uniform all or in part, the responsible family will purchase the items from Lansing Christian School Athletic Dept.** In addition, it is expected that students will take proper care of all facilities being used.

VI. Transportation to Athletic Contests

All team members will travel to contests by means of transportation provided or communicated by the Athletic Director. Per the direction of the Athletic Director, parents may be required to provide transportation for student athletes. When bus transportation is provided, players may return home with parents with the proper form filled out and signed. **If the proper form is not filled out and presented to the assigned bus driver or coach the student will be required to return to the school on the bus.**

VII. Medical Release to Participate after Injury

If a student athlete is seriously injured, he/she must have a written doctor's release before he/she can return to practice or compete in athletic contests. **This includes injuries sustained during any athletic event that are considered to be of a serious nature. The MHSAA rule states that any participant who has lost consciousness will not return to action without consent from a health care provider.**

Concussion

"Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional."

- A concussed student is ineligible to return to any athletic meet or contest on the same day the concussion is sustained.
- A concussed student is ineligible to enter a meet or contest on a subsequent day without the written authorization of an M.D., D.O., Physician's Assistant or Nurse Practitioner.
- Any student that has been diagnosed to be concussed cannot return to practice or games without the proper MHSAA paperwork completed and turned into the Athletic Office.

VIII. Physicals

Physical examinations are required of all student athletes at Lansing Christian School **before** they may **practice** or **participate** in athletic contests. MHSAA physical forms are available in the Athletic Office. The form must be presented to the coach or Athletic Director **prior to pre-season practice.**

IX. Personal Conduct

Participation on an athletic team at LCS is a privilege. Any participant whose conduct is judged to represent a discredit upon the athlete, the team, or the school, whether such activities take place during or after school hours, will receive disciplinary action as determined by the coach, the Athletic Director, and/or the school administration, and as stated in the Student Handbook. Behavior in the school before, during, and after games should be exemplary. Student Athletes represent their team and they represent Lansing Christian School.

X. Technical Foul/Carding Policy

Any player or coach receiving a technical foul, a yellow card (volleyball), or a red card (volleyball or soccer) will have a meeting with the Athletic Director the next school day. See Regulation V SECTION 3 (D) in the MHSAA handbook for further explanation of unsportsmanlike policies.

Ejection

Any player/coach who has been ejected must follow the MHSAA Guidelines for all ejections. Any player/coach ejected during a contest will be removed from all activities for that day and also for the next scheduled contest. The player/coach must also meet with the Athletic Director and/or Head of School to be able to continue being part of that team. Any player/coach who has been ejected a **second time** in the same sport will be removed immediately from the team.

XI. Use of Substances

Use, possession, concealment, distribution, sale or being under the influence of a substance listed in this policy is prohibited and considered a violation of the substance policy.

- Substances include but are not limited to the following: tobacco, alcohol, illegal drugs, electronic cigarettes, steroids, growth hormones, misused prescription or non-prescription drugs, drug paraphernalia, look-alike drugs and inhalants.
- This policy is in effect year round (365 days) whether at school or not at school (including vacation breaks) beginning when an athlete participates in the first day of practice for a sport at Lansing Christian and for the remainder of their athletic career.
- All consequences start at the point of disciplinary action for the infraction and carry over into post season tournaments or the next season if necessary.
- All violations, whether self-disclosed or not self-disclosed are subject to the chemical assessment/treatment plan.
- In all cases, parents will be notified.

Athletic Consequences for Violation of Substance Policy

- 1st Violation = Suspended for 1/3 of the season (1/3 of scheduled games). Practice time will be determined by the Athletic Director.
- 2nd Violation = Suspended for 12 months from athletics.
- 3rd Violation = All Athletic Eligibility rights are taken away. Student may not participate in any athletics at LCS for entire athletic career.

Chemical Assessment/Treatment Plan required for Violations of Substance Policy

- 1st Violation = the athlete will be required to complete chemical assessments through a licensed agency. At the discretion of the administration, a treatment program may also be required.
- 2nd & 3rd Violation = the athlete will be required to complete chemical assessments and a treatment program through a licensed agency.

For all violations:

- Satisfaction of the assessment/treatment requirements must be verified in writing by the licensed agency.
- Any expense incurred for the chemical assessment/treatment program will be the responsibility of the athlete and/or parents and not Lansing Christian School.

Self Disclosure: An athlete who voluntarily discloses, to an LCS school administrator or employee, *use of* one of the substances noted in the substance policy *or a need for assistance for* alcohol or substance abuse prior to any report, charge or complaint under the Athletic Code **will be** charged with a violation of the Athletic Code of Conduct but they **will not be** subject to the athletic consequences connected with the violation. The athlete **will still be** required to follow the chemical assessment/treatment plan.

- The athlete will not qualify for self-disclosure if it is determined that the athlete has used this self-disclosure policy primarily to avoid a penalty.
- This self-disclosure exemption is available to an athlete only once during his/her high school career.

XII. Quitting a Team

If a student athlete quits a team, that student is ineligible for any other sport during that season. A sport officially begins with the first practice. The student athlete may not participate in any pre-season conditioning or practice for the next sport season until the end of the current sport season.

The only exceptions to this rule that may be considered:

- **An injury sustained and confirmed with medical documentation from the athlete involved medical doctor or the student**
- **A multi-sport athlete stops doing one of the two sports and just continues in one of them**
- **The athlete stops participating on a team with coach support**

XIII. Removal from the Team

The removal of an athlete from a team is the decision of the Athletic Director. The Athletic Director will confer with the coach before any removal action is taken. Causes for removal from the team include, but are not limited to the following:

- Use of alcohol, tobacco, illegal use or possession of drugs or steroids not prescribed by a physician.
- Continual violation of any Lansing Christian School Handbook requirements.
- Repeated violations of the Athletic Code or team policies.
- Personal misconduct involving the police or court action either during or outside of school hours.
- Verbal or physical attack upon an opponent, coach, teammate, contest official, teacher, fan or any other person. This includes use of technology as a method for communicating disrespect or attack.
- Continual acts of unsportsmanlike conduct.

XV. Safety

Every effort should be made to eliminate injuries. Players must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect equipment they use.

XVI. Grooming/Dress

Appearance, expression, and actions always influence people's opinion of athletes, the team, and the school. Once a student has volunteered to be a member of the school team, the athlete must hold to high standards of cleanliness, modesty, and neatness. It is preferred that athletes dress up when attending both home and away games.

5.5 - Governance

The School Board

The School Board, responsible to the Lansing Christian School Association, is the ruling agency of Lansing Christian School. It has the final authority on all matters of policy. It also approves the means by which the professional staff may make these policies effective. It has the responsibility of evaluating the interscholastic athletic program in terms of its value to the school community.

The Administration

The Athletic Director has the responsibility of administering the sports program of the school system and is directly supervised by the Head of School. Like other administrators, the person is responsible to the Head of School and the School Board.

The Michigan High School Athletic Association

Lansing Christian School is a member in good standing of the Michigan High School Athletic Association, which is a private, voluntary association of public, private, and parochial secondary schools. The primary function of the Association is to sponsor tournaments and ensure that member schools have rules and guidelines to promote equitable competition.

5.6 - MHSAA Eligibility Requirements for Senior High Students

1. **Age.** High school students become ineligible if they reach their nineteenth (19) birthday before September 1 of a current school year.
2. **Physical Examination.** Students must have on file a current athletic physical in order to participate in scholar athletics at Lansing Christian. The Physical Form must be signed by the student, parent, and doctor in order for it to be recognized as acceptable. The current physical must be completed by April 15 of the same year in order for it to be current.
3. **Enrollment.** Students must be enrolled in school prior to the fourth Friday after Labor Day (first semester) or the fourth Friday of February (second semester). A student must be enrolled in the school for which he or she competes.
4. **Semesters of Enrollment.** Students cannot be eligible for more than eight consecutive semesters.
5. **Semester Records.** Students must have passed at least five full-credit subjects in the previous semester of enrollment, and must be currently passing five full-credit courses.
6. **Transfer Students.** A student in grades 9 through 12 who transfers to another high school is not eligible to participate in an interscholastic contest for one full semester unless the student qualifies for immediate eligibility under one of fourteen published exceptions. Students and parents anticipating a change of schools should first seek advice from their high school administration.
7. **Undue Influence.** The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes shall cause the student to become ineligible for a minimum of one semester.

8. **Limited Team Membership.** After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport during the season. Students in individual sports may participate in a maximum of two non-school individual meets or contests during the school season while not representing their school.
9. **All-Star Competition.** Most All-Star Competition will make you ineligible for MHSAA sponsored sports. However, some events are allowed. Please contact the Athletic Director to see if your son/daughter's event is allowed.
10. **Awards and Amateurism.** Students cannot receive money or other valuable considerations for participating in MHSAA sponsored sports or officiating in interscholastic athletic contests, except as allowed by the MHSAA HANDBOOK. Students may accept, for participation in MHSAA sponsored sports, a symbolic or merchandise award which does not have a value over \$25. Banquets, luncheons, dinners, trips and admissions to camps or events, are permitted if accepted "in kind". Awards in the form of cash, merchandise, certificates, or any other negotiable document are never allowed.
Note: Consult the MHSAA HANDBOOK for detailed regulations and/or interpretations.

5.7 – Lansing Christian Athletic Procedures and Guidelines

Parent Consent Form

Each parent or guardian is responsible for knowing the requirements a student must meet to participate in athletics at LCS.

Insurance

The school does not carry insurance to cover student athletic injuries. Parents are responsible for any costs as a result of injuries.

Costs

The athlete must pay the cost of his/her physical exam and for various equipment such as shoes, cleats, socks, various gloves, jerseys, etc. If financial conditions exist that make it difficult for a team member to purchase mandatory equipment, the athlete or his/her parents should contact the athletic office so that confidential arrangements can be made to supply such equipment.

Restricted Practice and Game Days

All practices are to be held on school days, if possible. Holiday practices are to be discouraged. No Sunday practices or games are allowed unless approved by the athletic director.

Tryouts

Prior to trying out, the following information will be made available to all candidates for the team.

1. Time of tryouts.
2. Criteria used to select the team.
3. Number to be selected.
4. Practice commitment if the candidate makes the team.
5. Game commitments.
6. Season commitments.

Donations

Donations to a sport or athletic department are needed and appreciated. The final say on how the donation is spent will be determined by the athletic director and coach.

Parent-Coach Communication

Both parenting and coaching are laborious and complicated roles that adults assume in the successful functioning of the LCS athletic program. By establishing an acceptance and an understanding of each role, as well as a vehicle for positive communication, we are better able to create a healthy athletic environment and provide greater benefit to the athlete. Clear communication among the school, the coach, the athlete and the athlete's parents is essential to a good program.

1. Communication a parent can expect from the coach.
 - a. The basic philosophy of the coach.
 - b. Expectations the coach has for your child as well as for all players on the team.
 - c. Locations and times of all required practices, bus departures, scrimmages, and contests.
 - d. Conditions that result in the denial of your child's participation.
2. Communication that a coach should expect from parents.
 - a. Personal notification of any schedule conflicts well in advance.
 - b. Special concerns that involve your child expressed directly to the coach at an appropriate time. **Absolutely no conversations with the coach of any sport that is of a personal nature regarding your player shall occur prior to twenty four hours' time past. If you have a concern with a coach, please contact the athletic director during the next school day to set up a time to discuss the matter.****
3. Appropriate concerns to discuss with coaches.
 - a. Concerns about your child's educational progress as related to athletic participation.
 - b. Ways to help your child improve.
 - c. Concerns about your child's behavior, on and off the field or court.
 - e. The treatment of your child, mentally or physically.
4. Inappropriate concerns to discuss with the coaches.
 - a. Playing time.
 - b. Team strategy.
 - c. Play calling.
 - d. Other student athletes.
5. Conflict resolution – Athletic Director (517) 882-5779 ext. 304
 - a. Head Coach and Varsity Coach (if your son/daughter is on a sub varsity team)
 - b. Athletic Director
 - c. Principal

6. Procedures for parent-coach discussions.
 - a. Call the Athletic Director to set up an appointment. All coaches may be reached through the athletic office by calling (517) 882-5779 ext. 304, or email bbinioris@lansingchristianschool.org. If the Athletic Director cannot be immediately contacted, a message will be delivered and your phone call or email will be returned within 48 hours.
 - b. Please do not attempt to confront a coach just prior to, during or immediately after a contest or practice session. These are emotional and stressful times for the parent, athlete, coach and team. Confrontations of this nature do not promote healthy resolutions. **Allow 24 hours before contacting the coach and/or the Athletic Director.**
 - c. Improper contact or communication with a coach may result in denying attendance at one or more games.
7. Procedures for unsatisfactory parent-coach discussions.
 - a. If after meeting with the coach of your child's team, and the athletic director you still have unresolved concerns.
 - b. The next step is to set up an appointment with the Head of School.

5.8 - LCS High School Athletic Program

Fall Sports and Teams

Co-ed Cross Country – Varsity
Boys Soccer – Varsity, Junior Varsity
Girls swimming and diving, co-op with Williamston High School
Boys Varsity Tennis co-op with Leslie High School
Girls Volleyball – Varsity, Junior Varsity, Freshman (as needed)

Winter Sports and Teams

Boys Basketball – Varsity, Junior Varsity, freshmen (as needed)
Girls Basketball – Varsity, Junior Varsity, freshmen (as needed)
Co-ed Bowling – Varsity
Girls Cheerleading – Varsity
Hockey co-op with Lansing Catholic/Mason/Charlotte– Varsity, Junior Varsity
Boys' swimming and diving – co-op with Williamston High School

Spring Sports and Teams

Boys Baseball – Varsity, junior varsity
Boys Golf – Varsity, junior varsity
Boys Lacrosse – Varsity, junior varsity
Girls Lacrosse – Varsity, junior varsity
Girls Soccer – Varsity, junior varsity
Girls Tennis – Varsity, junior varsity
Boys Track – Varsity
Girls Track – Varsity

5.9 - LCS Middle School Athletics

The Role of Athletics.

The middle school student is a unique learner. At LCS, we believe in the dignity and worth of each student as an image bearer of God. We believe that God has given us as parents, teachers, coaches, and student athletes, responsibility to ourselves, our fellow human beings, and the world around us. Therefore, the spirit that drives our school, our curriculum, our athletic program, and all our instruction must reflect these beliefs.

The role of athletics in the life of the middle school student must be consistent with these beliefs. Athletic involvement would emphasize the following at the middle school level:

- Skill development
- Value of team work/supportive learning
- Good sportsmanship
- Character building

Considerations Made to Serve Unique Needs of Middle School Students.

1. A maximum of 12 games per season, with the earliest start times as possible. (usually 5:00 pm)
2. A maximum of one tournament per season.
3. Every student athlete can expect playing time in every event, regardless of athletic ability, with the following considerations:
 - a. The student athlete must demonstrate his/her commitment to the team with attendance at practices and games.
 - b. The student athlete must demonstrate respect to the coach and the other athletes through self-control and being coachable.
 - c. Middle school athletes are one step away from high school sports; therefore a realistic approach to preparation will be employed by the respective coaches.

Eligibility

The same eligibility rules that apply to high school students apply to middle school students.

League/School Rules

The middle school does not operate under MHSAA rules and procedures. It is a GLAC league school and plays other teams in the league. All LCS athletic rules and procedures apply to middle school.

Middle School Fall Sports

Co-ed soccer (7th & 8th grades)
Girls volleyball (7th & 8th grades)
Boys Cross Country (6th, 7th and 8th grades)
Girls Cross Country (6th, 7th and 8th grades)

Middle School Winter Sports

Boys basketball (7th & 8th grades)
Girls basketball (7th & 8th grades)

Middle School Spring Sports

Track and field (boys and girls, 7th & 8th grades)