



WHERE OAKLAND SHINES

**Lighthouse Community Public Schools
Athletic Program Handbook for Student-Athletes
and Parents**

A Championship Guide for Future Champions

Lighthouse Wolves

Lodestar Cobras

Lighthouse Community Public Schools Athletic Program

Welcome to the LCPS athletic program! You are now part of an exciting and growing tradition of excellence across both campuses. At Lighthouse Community Public Schools, our student-athletes from both the Lighthouse Wolves and the Lodestar Cobras work together to uphold a unified mission and build a proud tradition of excellence in athletics. While representing two distinct campuses, our expectations for student-athletes remain the same: demonstrating commitment both on the field and in the classroom. We encourage all students to embody the qualities of dedication, teamwork, and perseverance that make a true "student-athlete."

Whether you represent the Wolves or the Cobras, we expect you and your teammates to set high goals and give a "championship effort" in everything you do—on and off the field or court. While athletics plays a crucial role in student life at Lighthouse Community Public Schools, remember that academics always come first. We want you to succeed both in the classroom and in your sport.

The Value of Co-Curricular Activities Relating to Future Success

Research indicates that students who participate in co-curricular activities are more likely to succeed in adulthood. In fact, the most significant predictor of success in college is not GPA, SAT/ACT scores, or class rank; it is involvement in extracurricular activities. Many of the positive character traits required to be a successful athlete are the same ones that contribute to a successful life after high school.

Middle School Sports

Season	Lighthouse Wolves		Lodestar Cobras	
	Sport	Coach(es)	Sport	Coach(es)
Fall (Aug-Nov)	Boys' Flag Football	Samuel Carter	Coed Flag Football	Daniel Cornejo
	Girls' Flag Football	Samuel Carter	Girls' Volleyball	Tahlif Brown Morgan Ramee
			Girls' Futsal	Huseyin Celik Talia Gonzalez-Medina
Winter (Nov-Mar)	Girls' Soccer	Adriana Diaz	Girls' Soccer	Talia Gonzalez-Medina Huseyin Celik
	Boys' Soccer		Boys' Soccer (JV & Varsity)	Huseyin Celik Talia Gonzalez-Medina
	Boys' Basketball	Samuel Carter	Boys' Basketball	Craig Harris
	Girls' Basketball	Kelly Norris		

High School Sports

Season	Lighthouse Wolves		Lodestar Cobras	
	Sport	Coach(es)	Sport	Coach(es)
Fall (Aug-Nov)	Boys' Soccer	Julian Castro	Boys' Soccer	Huseyin Celik Talia Gonzalez-Medina
			Girls' Volleyball	Tahlif Brown Morgan Ramee
Winter (Nov-Mar)	Boys' Basketball	Samuel Carter	Boys' Basketball	Julian Cote
	Girls' Basketball	Sabrina Ybarra		
Spring (Mar-May)	Girls' Soccer	Adriana Diaz	Girls' Soccer	Huseyin Celik Talia Gonzalez-Medina
	Coed Flag Football	Frankie Zuniga	Coed Flag Football	Zadden Pimentel Tahlif Brown

How to Participate in LCPS Athletics

Your decision to become a student-athlete for the Lighthouse Wolves or Lodestar Cobras is a privilege and an honor. Each student must complete the following steps to be eligible (middle school and high school)

1. Physical Exams

- a. All athletes must submit a physical release form to their coach or Athletic Director before the first day of practice. BACSAC physical form is required
 - i. These physicals are valid beginning July 1st of the new school year.

2. Academic Eligibility

- a. To be eligible, any student must have achieved an **unweighted 2.0 grade-point average on a 4.0** scale in enrolled courses at the conclusion of the previous grading period (grading cycle).

Q: What is the definition of an unweighted grade-point average?

A: An unweighted grade-point average is one where no additional grade points are awarded for courses (advanced placement, honors, etc.)

3. Good Attendance and Punctuality

- a. Being present and on time is essential for academic success and athletic participation. Student-athletes are expected to attend school, practices, and games regularly. Consistent absences or tardiness without a valid excuse may result in disciplinary actions, including potential removal from the team. The full LCPS Attendance Policy can be found here [LCPS Attendance Policy](#) and in the appendix of this handbook.

4. Adhere to all CIF Rules and Regulations (High School Sports)

- a. A complete copy of the CIF Constitution and Bylaws can be found here: [CIF Constitution and Bylaws](#)

5. Follow school and team policies regarding conduct, attitude, and training habits.

6. Sign in to the Extended Learning Program (ELP)

As a Lighthouse Community Public Schools student-athlete, you must sign into the Extended Learning Program (ELP) before attending practices or competitions. Athletics are a crucial part of the ELP, and all student-athletes must treat it as such.

Q. Why is signing into ELP necessary?

- 1. Safety:** Signing in ensures that we know who is present and can account for everyone in case of emergencies or other important situations.
- 2. Program Funding:** Funding for our athletic programs depends on accurate attendance in the ELP. Signing in ensures we can continue providing all students with sports and athletic opportunities.
- 3. Program Integrity:** By signing in, you acknowledge your commitment to being part of the ELP and supporting the overall mission of student-athlete development, both on and off the field.

Failure to sign in may affect your ability to participate in athletics and could limit funding for our sports programs. Please prioritize signing in as an essential part of your athletic routine.

Athletic Participation & Commitment

Participation in the Lighthouse and Lodestar athletic programs is a privilege, not a right. It requires a commitment from each student-athlete to always strive for their best in academics and athletics.

Each athlete is expected to:

1. Attend all practices, games, and events on time.
2. Communicate with coaches regarding any concerns.
3. Work toward both individual and team goals throughout the season.

Team Selection

Team selection is based on the evaluation of the coaching staff, and placement on a team is not guaranteed. Athletes who are not selected for a team are encouraged to work on improving their skills and try out again in the following season.

Participation on Outside Teams (Club Teams): Per CIF Bylaw, Article 60, Bylaw 600, student-athletes are ineligible to participate in any outside team during their high school season, with the exception of boys' and girls' soccer (as LCPS plays boys'

soccer in the fall and girls' soccer in the spring). While exemptions exist, all athletes are expected to prioritize their commitment to the school team, attending all practices and competitions. Students who cannot fully commit to the team's schedule and expectations should refrain from joining the team for that season.

Weekly Progress Reports

As part of our commitment to ensuring that our student-athletes are successful both in the classroom and on the field, weekly progress reports are a mandatory requirement throughout the sports season. These reports serve as a tool to help monitor academic progress and ensure that students maintain a healthy balance between their academic responsibilities and the demands of participating in athletics.

Playing sports adds another level of time commitment, and we understand the challenges that can arise from balancing academics with athletic participation. The weekly progress reports are designed to:

- Track academic performance: Help coaches and administrators monitor students' progress in their classes.
- Provide early intervention: Identify students who may need academic support, allowing us to offer resources and guidance to get back on track.
- Acknowledge achievement: Celebrate and acknowledge those students who are excelling and consistently managing their academic responsibilities.

Process for Submitting Progress Reports

- Every week, student-athletes must complete a progress report form that includes feedback from their teachers regarding their class performance, including grades, participation, and any areas of concern.
- Reports must be submitted to the coach by the designated day each week (usually Friday, depending on scheduling).
- Coaches and administrators will review the reports to identify students needing additional academic support or encouragement.
- Failure to submit a weekly progress report or consistently poor classroom performance may result in a meeting with the coach and administration to develop an academic improvement plan. In some cases, this could impact a student's eligibility to participate in practices or competitions.

By maintaining academic accountability through these weekly reports, our student-athletes will develop the discipline and time management skills necessary to excel in school and their respective sports.

Student-Athlete Conduct & Behavior

All Wolves and Cobras athletes are expected to uphold the highest standards of behavior and conduct, whether on or off the field. This code of conduct is designed to help athletes make the right choices and avoid situations that could negatively impact themselves, their team, and their school.

Athletic Code of Conduct

Participation in athletics is a privilege and carries with it the responsibility of sportsmanship, ethical conduct, and a commitment to fair play. Every student-athlete must uphold these principles both during competition and in everyday life. Violations of this code will lead to consequences such as:

- Probation from the team
- Suspension from games or competitions.
- Removal from the team for repeated violations.

Detention and Disciplinary Obligations

At **Lighthouse Community Public Schools**, we hold our student-athletes to high standards both in the classroom and in the community. As representatives of our athletic program, it is essential that student-athletes demonstrate good behavior and respect for school rules.

Detention Policy

If a student-athlete receives **detention** or any similar disciplinary obligation, they will not be allowed to participate in practices or games until the detention has been served. Specifically:

- **On practice days:** The student may not attend or participate in any practice until the detention has been fully served.

- **On game days:** If detention is scheduled on a game day, the student will not be permitted to travel with the team or participate in the game. Once the detention is complete, the student-athlete may resume participation.

Multiple Detentions

Student-athletes who receive multiple detentions throughout the season will be required to attend a meeting with the **Athletic Director, coaches, and school administration** before they are allowed to return to practices or competitions. During this meeting:

- The student's behavioral history and the reasons for the detentions will be discussed.
- If necessary, a **behavioral intervention plan** will be developed, outlining the steps the student must take to improve their behavior and meet the expectations of both the athletic department and the school.

Consequences

Failure to comply with the behavioral expectations outlined in the intervention plan, or continued disciplinary issues, may result in further consequences, including suspension from the team or removal from the athletic program.

Student-athletes have a responsibility to demonstrate good character and represent the values of our school and athletic community. This policy is designed to ensure that our athletes prioritize respect and accountability both in and out of the athletic arena.

Game Day Conduct

As student-athletes, you represent Lighthouse Community Public Schools both on and off the field. Whether competing at home or away, your behavior reflects on your team, coaches, and school community. To uphold the values of our program, all athletes are expected to follow these guidelines:

Respect for Facilities and Hosts

1. Treat all facilities, whether at home or away, with care and respect. Leave locker rooms, benches, and common areas clean and organized.

2. At away games, be courteous to guests by following the rules and instructions of the host school or event organizers. We should leave a positive impression on every community we visit.

Sportsmanship and Team Spirit

1. Display excellent sportsmanship by treating opponents, officials, and spectators with respect, regardless of the outcome of the game.
2. Refrain from negative comments, gestures, or actions that could tarnish the reputation of our team or school.
3. Support your teammates on and off the field with positive encouragement and unity.

Accountability and Team Cohesion

1. Stay with your team at all times during games and travel. Do not wander away from designated areas without permission from a coach.
2. Follow team protocols for warm-ups, pre-game meetings, and post-game responsibilities.

Professionalism and Presentation

1. Dress appropriately for all games, adhering to the team's dress code for travel and competition. Your appearance reflects pride in your team and school.
2. Conduct yourself with professionalism, avoiding disruptive language or behavior, especially in public areas, on buses, or at other schools' facilities.

Safety and Responsibility

1. Represent the team responsibly by avoiding behaviors that could endanger yourself or others, such as roughhousing or inappropriate conduct.
2. Report any concerns about facilities, injuries, or conflicts to your coach promptly.

Transportation and Timeliness

1. When traveling to away games, be punctual for all departure times. If an emergency prevents travel with the team, notify your coach immediately.
2. Respect bus or vehicle rules, keeping the space clean, and following the driver's and coaches' instructions.

By following these expectations, student-athletes contribute to a positive and respectful atmosphere for everyone involved in the game-day experience. Whether at home or away, remember that you are ambassadors of Lighthouse Community Public Schools. Your conduct should reflect the pride, integrity, and sportsmanship of our athletic program.

Locker Room Conduct

The locker room is a shared space where respect, responsibility, and safety are paramount. Student-athletes are expected to adhere to the following guidelines to ensure a positive and inclusive environment for everyone:

Safety First

1. Roughhousing, horseplay, or any behavior that could result in injury or damage to property is strictly prohibited.
2. Report any damages, spills, or unsafe conditions to a coach or staff member immediately.

Respect for Others

1. Treat teammates, coaches, and staff with courtesy and respect at all times. Harassment, bullying, or inappropriate language or behavior will not be tolerated.
2. Respect others' personal space and property. Do not touch or take items that do not belong to you.

Maintain Cleanliness

1. Keep the locker room clean and organized. Dispose of trash properly and store your belongings neatly in designated areas.
2. All personal items and school-issued equipment must be taken home after practices or games unless instructed otherwise.

Privacy and Professionalism

1. The locker room is a private space; respect the privacy of your teammates and staff.
2. Taking photos or videos in the locker room is strictly prohibited to ensure everyone's comfort and privacy.

Time Management

1. Arrive promptly and use your time efficiently to prepare for practices or games. Avoid lingering unnecessarily to ensure everyone can use the space as needed.

Injury Procedures

If injured, report it to the coach immediately. Coaches should manage all treatments and taping, and athletes must follow their rehabilitation plans before returning to play.

Transportation to and from Games/Events

Student-athletes must travel to and from all competitions on team-provided transportation unless prior arrangements have been made. Athletes must behave responsibly while traveling and adhere to all school conduct policies.

Parent Guidelines for Supporting Student-Athletes

At Lighthouse Community Public Schools, a positive and supportive environment is essential for the growth and success of our student-athletes. Parents play a crucial role in creating this atmosphere by encouraging respectful, enthusiastic support and modeling positive behavior. To help create a memorable and constructive experience for our teams, we ask that parents follow these guidelines:

1. **Remain in Spectator Areas During Games**
 - a. Please stay within designated spectator areas during all games. This helps maintain a safe and organized space for athletes, coaches, and officials and ensures that athletes can stay focused on the game without distractions near their playing area.
2. **Refrain from Coaching from the Stands**
 - a. Allow the coaches to coach. Our coaching staff is trained to work with the student-athletes and implement game strategies. When parents try to coach from the sidelines, it can confuse athletes and interfere with the coach's game plan. Your support from the stands helps reinforce the lessons and strategies the athletes are working on with their coaches.
3. **Support the Team and Coaches**
 - a. A successful team thrives on positive encouragement from its community. Show your enthusiasm by cheering for the team and

acknowledging their efforts, regardless of the outcome. Our coaches work hard to develop our student-athletes both on and off the field. Demonstrating respect and appreciation for their efforts will foster a collaborative and supportive environment.

4. Set a Positive Example for Student-Athletes and Other Parents

- a. Remember that student-athletes look to parents and adults as role models. By keeping comments positive, avoiding criticism of officials, and showing sportsmanship toward opponents, you help our student-athletes learn valuable lessons about respect and integrity. When disagreements or frustrations arise, please handle them respectfully and privately, without negatively affecting officials, coaches, or other spectators.

5. Encourage Good Sportsmanship

- a. Celebrate the hard work and achievements of all student-athletes. Recognize and applaud displays of teamwork, perseverance, and resilience, both on our team and in our opponents. This demonstrates to our athletes that success is measured not only by wins and losses but also by the quality of one's character and respect for others.

6. Communicate Respectfully

- a. If you have questions or concerns about the team, playing time, or other matters, please address them through the appropriate channels, starting with the coach at an agreed-upon time outside of game days or practices. Clear, respectful communication ensures that issues are handled constructively without disrupting the team dynamic.

7. Volunteer and Engage

- a. We welcome and appreciate parent involvement! Opportunities to volunteer, whether by helping with transportation, organizing team events, or supporting team communications, can be a great way to stay engaged in your child's athletic experience. Volunteering can deepen your connection with the team and contribute positively to the program's success.

Together, we can create an environment where student-athletes feel supported, motivated, and valued. Your cooperation and commitment to these principles ensure that Lighthouse Community Public Schools Athletics is a source of pride for our entire community. Thank you for being an essential part of our team's success!

Acknowledgment of the Student-Athlete/Parent Handbook

By signing below, I acknowledge that I have received, read, and understood the **Lighthouse Community Public Schools Student-Athlete/Parent Handbook**. I agree to abide by all the guidelines, policies, and expectations outlined in this handbook. I understand that this document is designed to support my success both on and off the field and ensure that our athletics program operates in a safe, respectful, and equitable manner.

As a **student-athlete**, I commit to upholding the values of our athletic program, which include integrity, discipline, and respect. I understand that participation in athletics is a privilege, not a right, and that my conduct, both in and outside of school, reflects on the team and the school community. I will adhere to the academic and behavioral expectations outlined in the handbook and recognize that failure to do so may result in disciplinary action, including possible suspension or removal from the team.

As a **parent/guardian**, I commit to supporting my child's athletic and academic journey by encouraging positive behavior, good sportsmanship, and active participation in the school community. I will communicate effectively with coaches and staff, follow the proper channels for addressing concerns, and ensure that my child follows all the expectations outlined in this handbook.

We, the student-athlete and parent/guardian, understand that this handbook is subject to change at the discretion of the athletic department and school administration, and any updates will be communicated to us in a timely manner.

Student-Athlete Name: _____

Student-Athlete Signature: _____

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____