



NEW ATHLETE PACKET

MLCA/ CCS STUDENT ATHLETE EXPECTATIONS

A. Expectations of Student Athletes

1. Be respectful, be kind, be mature, be moral, be responsible and be a leader.
2. Always be on time to practices and games.
3. Communicate with your coach. If you want to know something, ask. Don't expect your parents to handle it for you. Try to get information yourself. If there's an issue that you can't work out with the coach, then ask your parents to get involved.
4. Manage yourself at all times in all that you do, EVERYDAY. Remember the Lifestyle Agreement that you signed at the beginning of the school year.
5. Be a self-starter and encourage and inspire others.
6. Maintain your grades at eligible levels or above.
7. **MLCA student athletes REQUIRED to work at the Crab Feed. CCS athletes may volunteer if they would like to help out.**
8. When using the gym for your sport, you will be required to help clean the gym after a game and to help with carpets. No exceptions. This is mandatory for all players.
9. Be proud to represent MLCA/CCS

B. Expectations of Parents

1. Be the role model you want your student to be at all games, home and away.
2. Stay positive and motivate your athlete to do their very best at all times.
3. Encourage your athlete to communicate with the coach before stepping in. allow him/her the chance to tackle things on his/her own to try to grow and mature from the experience.
4. Help your student athlete to remember the procedures for all grade checks. (see below)
5. Have physical and concussion forms to the Athletic Director by 1st day of practice.



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6. Pay sports fee by first practice. High School: \$225.00 Middle School: \$150.00
7. Volunteer during games (lines during volleyball, concessions during basketball, etc.)
8. Help your athlete to be on time for all practices and game days.
9. Make sure your student athlete is available to work during the crab feed.
10. Your student athlete will be expected to help clean the gym after a game and to lay down carpets.
No exceptions. This is mandatory for all players.
11. Cheer for the athletes at all games.
12. Applaud their wins and rally even when they lose.

E. Dress Code for all Game Days.

It is not the coach's responsibility to make sure that your student athlete is dressed appropriately. Please be mindful of the current MLCA/CCS dress codes for students. Whether we are at a home game or an away game, our student athletes represent themselves, your family, MLCA and God. They need to be encouraged to dress-up and be proud that they are able to play a sport. **The following clothing is expected for game days:** **HS & MS Boys:** Dress pants and a button up dress shirt with a tie. Another substitute for gameday attire would be school chapel/dress code clothing. **HS & MS Girls:** Dresses that follow the MLCA/CCS dress code. Another option for gameday attire would be school chapel/dress code. At the coaches discretion athletes may be given the opportunity to wear team gear or team sweats.

D. Grade Eligibility

Successful workload management for student leaders does not require perfection. Yet, every student participating in an extra curricular program is expected to maintain at least a 2.30 grade point average with no F's. Grades will be checked by the administrative staff. At the beginning of the season or time of service, initial eligibility will be based on the last semesters report card grades. However, during the season or term of service, grade checks occur on the first Tuesday (school day) of the month. All academic and elective classes, even Running Start and classes taken at Moses Lake High School are included in the grade check. If during the regular grade check procedure a teacher reports a grade as eligible and then determines it to be incorrect, he/she cannot come back and change that grade. The



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student would remain eligible until the next scheduled grade check. Students are ineligible when their overall average falls below a 2.30 GPA, they have an F, or if they are placed on behavioral probation. To allow ineligible students the opportunity to focus on self-improvement for long term success without distraction, an ineligible student cannot compete in any interscholastic athletic competitions, leadership activities or public performances of any kind. Furthermore, the student may not ride with the team or group to or from the competition, activities, or performance and may be asked to forgo practices. Once deemed ineligible, a student will remain so for a week until the following Tuesday. At that time, there will be another grade check for the ineligible student. The student's status may be reclassified as eligible if they have met the above grade requirements, or the student will remain ineligible.

E. Requirements for Grade Checks for Athletes.

1. 1 or 2 days before the due date of grade checks, your athlete should print a grade report from Sycamore.
2. Your student athletes must sign the grade report.
3. You or your spouse must sign the grade report.
4. Student athletes take grade reports to each class to obtain the initials for each teacher to verify class grades.
5. Grade report is submitted to the Athletic Director by 3pm on due date, to be verified and filed into each athlete's sports file.

F. Equipment List per Sport (unless specified, uniforms will be provided by MLCA)

Per WIAA rules all under garments will match team and school colors. WIAA 17.26.2

HS & MS Volleyball: T-shirt and Shorts (in compliance with the MLCA/CCS dress code), knee pads, court shoes, water bottle, extra socks. **Spandex shorts are not allowed.**

HS & MS Basketball: T-shirt and shorts (in compliance with the MLCA/CCS dress code), court shoes, water bottle.



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HS & MS Baseball: Baseball glove, baseball cleats, warm/extra clothing, extra socks, water bottle, baseball pants.

Cheer: Exercise clothes for practice (in compliance with MLCA/CCS dress code), water bottle, duffle bag. (cheerleaders will have to purchase their own coordinating team socks, hair accessories, tennis shoes, pom-poms and briefs to be worn under uniform. These are not part of the school issued uniform.)

Football: Cleats, practice gear suitable for the weather conditions and water bottles.

HS & MS Track: Dress according to weather. **No spandex shorts are allowed.** T-shirt & shorts.

G. Administration's Goal for Student Athletes

1. Help each player grow as a Christian young man or woman.
2. Encourage each player to develop skills and abilities.
3. To encourage each player to build up their teammates.
4. To build solid athletic teams that MLCA families & the Moses Lake community are excited about.
5. To guide each student athlete towards academic success.

H. Cell phone policy while Traveling with the Team

1. High School cell phone use while traveling with the team will be at the coach's discretion. Middle school students will turn in their phones while traveling with the team.
2. Athletes will be able to call when they are about 30-45 minutes away from arriving back at meeting point. Coaches will try to update ETA's on Teamsnap to help with parent communication.