

Lighthouse Christian Athletics

Parent Code of Conduct Policy

Revised January 2026

By enrolling a student-athlete in Lighthouse Christian Athletics (“LCA”), the parent(s)/guardian(s) agree to support their child’s participation and to uphold the standards below at all games, practices, team functions, travel, and LCA-sponsored events. These expectations apply equally to family members and guests attending in support of the student-athlete.

1) Parent Code of Conduct

1. Promote Sportsmanship

Demonstrate and encourage good sportsmanship by showing positive support for all athletes, coaches, officials, and spectators.

2. Insist on Safety and Health

Expect and support an environment that prioritizes safe participation, proper supervision, and healthy training practices.

3. Respect Coaches and Officials

Support coaches and officials to promote a positive, Christ-honoring, and enjoyable experience for all participants. Public criticism of coaches, athletes, or officials is prohibited.

4. Maintain a Drug-, Alcohol-, Tobacco-, and Profanity-Free Environment

LCA events must be free from illegal drugs, alcohol, tobacco/vaping products, and profanity. Parent(s)/guardian(s) will not use, display, or possess these items at LCA events and will refrain from profanity.

5. Keep the Focus on the Athletes

Remember that games and events are for students—not adults—and conduct yourself accordingly.

6. Model Respectful Conduct

Require your child to treat teammates, opponents, coaches, officials, and fans with respect at all times. Parent(s)/guardian(s) will model the same conduct, including tone, language, and body posture.

7. Ensure Proper Equipment and Readiness

Ensure the student-athlete arrives on time and is properly equipped and dressed for practices and games in accordance with team and program guidelines.

8. Report Injuries and Health Concerns

Promptly inform the coach of any injury, medical condition, or health concern that could affect participation—including injuries sustained outside LCA activities.

9. Serve the Program When Able

Volunteer to assist the team/program in reasonable capacities as time and ability permit.

10. Practice Attendance and Sideline Expectations

Parents are welcome to attend practices; however, unless invited by the coach to assist, parents/guardians must observe from designated areas. Sideline coaching, interfering

with instruction, and approaching the bench/locker room area during competition are prohibited unless directed by a coach or administrator.

2) Communication Protocol

LCA is committed to clear, respectful communication that protects student-athletes and supports the team. Parent(s)/guardian(s) agree to follow this protocol whenever questions or concerns arise.

A. Appropriate Topics for Parent Communication

Parents are welcome to communicate with coaches regarding:

- Athlete's health, injury status, or safety concerns
- Athlete's emotional well-being or conduct concerns
- Clarification of team logistics (practice times, locations, travel, equipment, schedules)
- Academic eligibility or general participation status (when relevant to LCA requirements)

B. Topics Not Open for Discussion

The following are not appropriate for parent-coach discussion and will not be debated:

- **Playing/participation time decisions**
- **Game strategy, play-calling, lineups, or positional assignments**
- **Criticism or comparison of other athletes, families, coaches, or officials**
- **Demands for disciplinary action against another student-athlete** (parents may report concerns to the appropriate administrator; LCA will address internally)

C. “24-Hour Rule” for Emotions and Conflict

To prevent reactive or heated conversations:

- Parent(s)/guardian(s) agree to wait **a minimum of 24 hours** after a game or incident before requesting a meeting or sending a message related to a concern (except for immediate safety issues).
- Coaches are encouraged to follow the same standard and may defer responses until the next business day.

D. Where and When Communication Should Occur

To protect focus, safety, and professionalism:

- **No confrontation at the field/court:** Parent(s)/guardian(s) may not approach coaches during games, immediately after games, or during practices for complaint-based discussions.
- **Scheduling meetings:** Concerns must be addressed by scheduling a meeting or call through the coach using the team's designated communication channel (email, app, or phone as provided by the coach).
- **Location:** Meetings should occur in a neutral, appropriate location (or by phone/video), not in locker rooms, team huddles, or on the sideline.

E. Chain of Communication (Escalation Path)

Parent(s)/guardian(s) agree to follow this sequence:

1. **Student-athlete to coach** (when appropriate): Encourage the athlete to speak respectfully with the coach first.
2. **Parent/guardian to coach:** If unresolved, the parent contacts the coach to request a meeting.
3. **Athletic Director/Administrator:** If the issue remains unresolved after meeting with the coach, the parent may request a meeting with the Athletic Director (or designated LCA administrator).
4. **Final determination:** LCA leadership's decision is final on program matters.

F. Standards for Respectful Communication

All communication must be:

- Respectful, truthful, and solution-oriented
- Free from profanity, threats, harassment, or inflammatory language
- Free from gossip, public commentary, or social media disputes

G. Social Media and Public Communication

Parent(s)/guardian(s) should not:

- Publicly criticize LCA, coaches, athletes, officials, or families on social media or in public forums.
- Post content that ridicules, harasses, or embarrasses a student-athlete, coach, official, or opponent.
- Concerns must be handled through the Chain of Communication above.

3) Enforcement and Consequences

Violations of this code of conduct may result in immediate action to protect athletes and the integrity of the program.

1. **Immediate Removal**

LCA reserves the right to require any spectator (including a parent/guardian) to leave a practice, game, or event immediately for behavior that is unsafe, disruptive, disrespectful, or contrary to LCA standards.

2. **Progressive Discipline (may be accelerated based on severity)**

Depending on severity and frequency, consequences may include:

- o Verbal warning from a coach or administrator
- o Written warning and required conference with the Athletic Director/Administrator
- o Suspension of parent/guardian attendance for a defined period
- o Removal of volunteering privileges or event access
- o **Athlete suspension or removal from the program** if parent/guardian conduct materially disrupts team operations or violates safety expectations

3. **Zero-Tolerance Behaviors**

Any of the following may result in immediate removal and further discipline, including program removal:

- o Threats, harassment, intimidation, or physical contact
- o Profanity directed at athletes, coaches, officials, or spectators
- o Use/possession of alcohol or illegal drugs at LCA events
- o Entering restricted areas (bench, locker rooms, team huddles) without permission
- o Public disparagement campaigns or targeted harassment (including online)

4. **Final Authority**

The Athletic Director/Administrator (or designated LCA leadership) has final authority regarding enforcement decisions, including restrictions on attendance and program participation.

Playing/Participation Time Policy

1. **Coaching Discretion**

Playing/participation time is determined by the coach and may be influenced by competition level, game/event situation, athlete readiness, practice attendance, effort, attitude, skill development, team needs, and adherence to team standards.

2. **Program Goal vs. Competition**

LCA strives for each athlete to play or participate in every game or event when feasible. However, in most cases this goal is secondary to competing effectively. Some contests may result in limited participation for some athletes.

3. **Acknowledgment and Support**

Parent(s)/guardian(s) acknowledge that the athlete may not play or participate in some games or events and agree to support coaching decisions regarding playing/participation time.