



Romans 8:37

Lake Houston Conquerors

Basketball Program
Parent Handbook

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About Lake Houston Conquerors

Lake Houston Conquerors is a Christ-centered homeschool athletic program committed to providing young athletes with an opportunity to compete at a high level while keeping Jesus Christ at the heart of all we do.

We offer competitive teams in Basketball, Volleyball, Track & Field, and Cross Country for homeschooled students in the Lake Houston area and surrounding communities. Our mission is to train student-athletes not only in sports excellence but also in godly character, discipline, and teamwork.

At LHC, we believe that athletics is more than just winning games—it's about shaping hearts, building friendships, and glorifying God through effort, sportsmanship, and integrity. Whether on the court, the field, or the course, we strive to reflect Christ in everything we do.

Our Core Values:

Christ First – We place Jesus Christ at the center of our lives and our program.

Character Counts – We pursue godly character, learning to lead and serve with integrity, humility, and respect.

Partnering with Families – We come alongside homeschooling families in their mission to raise God-fearing young men and women, offering support through Christ-centered athletics and community.

Excellence in Athletics – We train to win with passion, discipline, and purpose.

Come join the Lake Houston Conquerors as we pursue greatness in sports, growth in faith, and joy in the journey.

“In all these things we are more than conquerors through Him who loved us.” – Romans 8:37

Statement of Faith

The Lake Houston Conquerors is a Christian sports organization, which subscribes to the basic tenets of Biblical Christianity. The following statements are the belief positions of the Lake Houston Conquerors and the basis for its operations and teachings.

- The Bible, both Old and New Testaments, are the inspired, inerrant, infallible, and final authoritative Word of God.
- There is only one God, eternally existing in three persons: God the Father, God the Son, and God the Holy Spirit. God the Son was revealed in the person of Jesus Christ, fully God and fully man in the flesh, except without sin. God the Holy Spirit indwells and seals any person who accepts Jesus Christ's sacrificial death as the only payment for their sin.
- Man was created in the image and likeness of God, but through Adam's sin all men fell, inherited a sinful nature, and became alienated from God's righteousness and holy character. Man is now under God's wrath and condemnation, totally depraved, and of himself, utterly unable to remedy his lost condition.
- In order to redeem man from his lost condition, God sent His Son, Jesus Christ to pay the penalty of man's sin through His substitutionary death on the cross. Through His subsequent visible, bodily resurrection Jesus Christ has made the way for man to be reconciled with God the Father. Jesus Christ offers this free gift of salvation to man. It must be accepted individually in faith alone, not trusting in any personal acts or works, but in His death and resurrection only.
- Athletes are required to participate in a sport by gender unless the specific sport is identified as a co-ed event by the LHC Board. Gender is defined as the biological classification given at the time of birth. No Concession or allowance is allowed.
- The foundation of the family and the basic structure of human society was instituted by God to begin with marriage between one man and one woman. God created man and woman to complement and complete each other, and His design for sexual intimacy is to be expressed only within the context of marriage. Thus, we believe that marriage is exclusively the union of one man and one woman.
- We believe that God created all human beings in His image. Therefore, we believe that human life is sacred from conception to its natural end and that we must honor the physical and spiritual needs of all people. Following Christ's example, we believe that every person should be treated with love, dignity, and respect.

Basketball Program Overview

At LHC, our basketball program is designed to support athletes at every stage of their development. We use a tiered approach that aligns with each athlete's skill level and age, focusing on individual growth, team success, and long-term development – both on and off the court.

Our teams are organized into three distinct categories: Developmental, Transitional, and Fully Competitive.

Developmental (10U and 12U):

This level is designed to introduce young athletes to the game in a structured and supportive environment.

- Coaches prioritize teaching basketball fundamentals and team dynamics.
- Players work on building the foundational skills necessary to progress to higher levels of play.
- While equal playing time is not guaranteed, coaches focus on developing all players and providing meaningful opportunities for growth.
- Developmental does not mean it's not competitive. These athletes compete around the Houston area and also attend two tournaments.

Transitional (14U):

This stage bridges the gap between developmental play and high-level competition.

- Coaches implement strategies that prioritize winning while continuing to emphasize skill improvement.
- Playing time is based on performance, effort, attitude, and team needs.
- Athletes are challenged to elevate their game and prepare for the demands of fully competitive play.

Fully Competitive (16U and 18U):

These teams represent the highest level of competition in our program.

- Players are selected through a combined tryout process based on skill, athleticism, work ethic, and attitude.
- The goal is to form teams capable of competing at a high level against top-tier opponents.
- Coaches maintain high expectations, focusing on team success while continuing to develop individual players.
- Playing time is earned and strategically allocated to achieve competitive goals.

Our Values and Culture

At LHC, we believe that character matters as much as talent. Our coaches are committed to nurturing the whole athlete, not just the player.

- Devotions are held at every practice, grounding our program in faith and purpose.
- We encourage athletes to compete with integrity, humility, and respect—for teammates, coaches, officials, and opponents.
- Our goal is to develop leaders on and off the court—young men and women who display grit, sportsmanship, and Christ-like character in all they do.

Practices, Games, and Tournaments

The season begins with tryouts in September. Practices are held on Mondays and Thursdays. Games are typically held on Mondays and Thursdays, replacing the practice time for that day. However, some additional games may be scheduled on other days, especially for older teams. Home games are held in Humble, TX, and away games are typically in the greater Houston area.

We host our own Tip-Off Challenge round-robin tournament in early November, and attend a district tournament in Bryan, TX in January. The season culminates with all our teams participating in the NCHBC Big South Regional tournament held in the DFW area in February. Some of our teams will even go on to compete in the NCHBC National tournament held annually in Springfield, MO in March.

Athlete Eligibility

Each athlete proves eligible by adhering to the following:

1. Passing in all subjects & notifying the coach if they are not passing
2. State of Texas homeschool requirements - Leeper Law
3. National Christian Homeschool Championships (NCHC) – visit NCHC online to see all rules.
 - a. 'Homeschooling' is defined as parent-directed schooling done at home.
 - b. Player cannot be married or have participated in a graduation ceremony
 - c. Player must live within a 100-mile radius of LHC's practice facility. (exceptions can be discussed with LHC Board)
 - d. Player must live at home with his/her parent, legal guardian or LHC/NCHC approved legally responsible person.

Our Coaches

Role and Philosophy

Our coaches play a critical role in shaping not just the athletic ability of our players but also their character and confidence. Each coach is committed to:

- Supporting each athlete's development on and off the court
- Creating a positive, disciplined, and faith-driven team culture
- Upholding the values of sportsmanship, accountability, and respect
- Lead devotions at practices and encourage athletes to compete in a way that honors God.

Expectations for Coaches

All LHC coaches are expected to:

- Communicate clearly and respectfully with players and parents
- Make decisions that align with the goals of the age group
- Maintain professionalism in all interactions (games, practices, events)
- Collaborate with other coaches and team managers to ensure consistency
- Participate in ongoing development (coaching clinics, program meetings, etc.)

Parent Expectations

At LHC, we believe that a strong, supportive parent community is essential to the success of our teams and our program as a whole. To ensure that all athletes have the best possible experience, we ask that each family commit to sharing the responsibilities that keep our program running smoothly.

Team Volunteer Responsibilities

Each family is expected to contribute equally to their child's team by participating in volunteer duties throughout the season. These responsibilities include:

- Admissions
- Scorebook
- Game clock

Team Managers will organize and track volunteer hours to ensure that the workload is evenly distributed among all families, and training is provided at the beginning of the season. Your commitment helps create a positive and efficient game-day environment for everyone involved.

Tip-Off Challenge – Program-Wide Volunteer Commitment

In addition to team-specific duties, all families are required to volunteer at our annual Tip-Off Challenge, a major fundraising event that supports the entire LHC basketball program.

Each family must:

- Volunteer for at least two hours during the event.
- Provide contributions to the Coaches Lounge, such as food, drinks, or supplies, as coordinated by event organizers.

This event is a cornerstone of our program and takes the full effort of our community to be successful. Your support is vital and greatly appreciated.

Accountability and Participation

Because our program relies heavily on shared responsibilities, families who do not fulfill their volunteer commitments may impact their athlete's ability to participate in LHC activities. While we understand that unforeseen circumstances can arise, consistent support from all families is necessary for the success and sustainability of our program.

If you anticipate any difficulty in meeting these expectations, please communicate with your Team Manager or basketball coordinator early in the season so we can work together on a solution.

Parent Code of Conduct

1. I have read, I believe, and I will support the LHC Statement of Faith.
2. I will certify my athlete's eligibility by adhering to the following:
 - a. Ensuring that my child is passing in all subjects & notifying the coach if they are not passing
 - b. State of Texas requirements-Leeper Law –
<https://thsc.org/homeschooling-in-texas/the-history-of-home-education-in-texas/>
 - c. National Christian Homeschool Championships (NCHC) – see www.nchclive.com for rules.
 - i. 'Homeschooling' is defined as parent-directed schooling done at home.
 - ii. Player cannot be married or have participated in a graduation ceremony
 - iii. Player must live within a 100-mile radius of LHC's practice facility. (exceptions can be discussed with LHC Board)
 - iv. Player must live at home with his/her parent, legal guardian or LHC/NCHC approved legally responsible person.
3. I will always encourage my child to abide by the team rules and program guidelines (see the Athlete Code of Conduct). If my child breaks the Athlete Code of Conduct, I will support the decisions made by their coach and/or the leadership of LHC to remedy the situation.
4. I will honor God and the LHC program with my conduct and behavior by demonstrating high personal standards and a Christ-like image to the players, other parents, officials, and coaches.
 - a. I will refrain from criticizing the coaches or instructing players from the sidelines.
 - b. I will remain under control during all games. I will not yell at my child, Conqueror players and/or coaches, or the opposing players, coaches or parents.
 - c. I will not express negative reactions (verbal or non-verbal) to poor officiating. I will strive to remember that the referees are only human and that rarely is the outcome of a game determined by a 'bad call'.
 - d. I will not participate in jeering, booing, belittling players, manipulative intimidation (i.e. making noise during an opponent's free throws), or boastful chanting.
5. I understand and will abide by the LHC Conflict Resolution Policy.
6. I acknowledge that LHC is a competitive basketball program and that playing time is at the sole discretion of the coach, based on his/her decisions as to what will make the team the most competitive. I understand that the coach isn't obligated to explain how playing time is determined.
7. I will meet my financial obligations to the program in a timely manner.
8. Regarding LHC - I will not place any negative or inappropriate content on Facebook or any other social media. This includes the use of profanity, airing grievances with another parent/player/family/team, or any other content that does not reflect a Christ-like attitude.
9. I will maintain a servant's attitude and volunteer, as needed, throughout the season (i.e. keep clock, scorebook, team manager, video/pics, stats, admissions table, etc.).
10. I understand that if I fail to abide by this code of conduct, the LHC governing body has the authority to ask my family to leave the program and no fees will be refunded.

Sign: _____ Print: _____ Date: _____

Sign: _____ Print: _____ Date: _____

Athlete Code of Conduct

1. I have read, I believe, and I will support the LHC Statement of Faith.
2. I will demonstrate the character quality of attentiveness by listening to the instructions of my coaches.
3. I will demonstrate the character quality of faithfulness by attending (to the best of my ability) all practices and games. I will show up on time, with proper equipment, and ready to play. If I will miss a practice or game, I will notify the coach ahead of time.
4. I will demonstrate the character quality of orderliness by abiding by the following dress code. The LHC dress code is designed to prevent provocative clothing that could cause undue attention to oneself and others to stumble. If a player is in violation of the following guidelines, they will not be allowed to participate until the violation has been corrected.
 - a. No jewelry or watches will be worn during practices or games.
 - b. Maintain a clean-cut appearance during the season; no radical hairstyles or colors, no visible tattoos, and no visible body piercings. Girls may have pierced ears but cannot wear earrings or hair hardware during practices or games.
 - c. Dress appropriately for all team events. Coaches will determine game attire.
 - i. Guys – shirt required, no cut or sideless shirts, no spandex shorts worn alone
 - ii. Girls – no tank tops or halters; no sheer or tight/form-fitting/spandex clothing, tube tops, mesh tops, or tops that reveal midriff when athlete's arms are raised
 - iii. Shorts, skirts, and dresses must be at least mid-thigh in length – for guys and girls
 - iv. All undergarments must be covered, including sports or workout types.
 - v. ** This dress code is not exhaustive, and the LHC Board reserves the right to make a final determination of what dress is considered unsatisfactory. **
5. I will maintain a positive, teachable attitude no matter how much playing time I receive, how fair the officiating is or is not, and whether we win or lose. I will honor my teammates by submitting to the greater good of the team at the expense of my own ambitions.
6. I will demonstrate the character quality of respect by accepting the decisions of those in authority (coaches, parents, and referees) without argument, grumbling, or gesturing of any kind. I will respect each facility by picking up my trash before leaving. I will follow all NCHC eligibility guidelines, including but not limited to... (full list at www.nchclive.com)
 - a. Player cannot be married or have participated in a graduation ceremony
 - b. Player must live within a 100-mile radius of LHC's practice facility. (Exceptions can be discussed with LHC Board)
 - c. Player must live at home with his/her parent, legal guardian, or LHC/NCHC-approved legally responsible person.
7. I will seek to honor God and demonstrate the character quality of self-control by:
 - a. Not participating in the use of profane language, alcohol, tobacco, or drugs
 - b. Not jeering, booing, or belittling other players
 - c. Not participating in ridicule, manipulative intimidation (ie. making noise during opponent's free throws), or boastful chanting
8. During all trips, practices, and games, I will keep my focus on basketball and avoid pairing off with a person of the opposite sex. I will also refrain from any public displays of affection. On a road trip, I will honor the curfew set by my coaches.
9. Regarding LHC – I will not place any negative/inappropriate content on Facebook or any other social media. This includes the use of profanity, airing grievances with another player/parent/family/team, or any other content that does not reflect a Christ-like attitude.

10. I will demonstrate the character quality of discipline by following the rules established by my team and the LHC program.

FAMILY LAST NAME: _____ DATE: _____

Athlete Signatures

1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

Coach's Code of Conduct

1. I have read, I believe, and I will support the LHC Statement of Faith.
2. I will demonstrate the character quality of faithfulness by attending (to the best of my ability) all practices and games. I will show up on time, with proper equipment, and ready to coach.
3. I will strive to develop each child's God-given gifts in character and athletic skill.
4. I will demonstrate the character quality of orderliness by abiding by the following dress code. The LHC dress code is designed to prevent provocative clothing that could cause undue attention to oneself and others to stumble..
 - a. Maintain a clean-cut appearance during the season.
 - b. Dress appropriately for all team events.
 - i. Guys – shirt required, no cut or sideless shirts, no spandex shorts worn alone
 - ii. Girls – no tank tops or halters; no sheer or tight/form-fitting/spandex clothing, tube tops, mesh tops, or tops that reveal midriff when athlete's arms are raised
 - iii. Shorts, skirts, and dresses must be at least mid-thigh in length – for guys and girls
 - iv. All undergarments must be covered, including sports or workout types.
 - v. ** This dress code is not exhaustive, and the LHC Board reserves the right to make a final determination of what dress is considered unsatisfactory. **
5. I will honor those in authority, including referees, by accepting their decisions without sarcasm, grumbling, or inappropriate gesturing. When I disagree with a call, I will exemplify a Christ-like attitude and manner in my questioning and conversations with the referees.
6. I will support the basketball program values by encouraging my players and their parents to follow their respective code of conduct.
7. I will seek to honor God and demonstrate the character quality of self-control by:
 - a. Not participating in the use of profane language or drugs
 - b. Not gossiping or talking maliciously about any players, coaches, parents, or fans in person or on social media
 - c. Not participating in ridicule, manipulative intimidation (i.e., making noise during opponent's free throws), or boastful chanting
8. I will direct parents to the written Conflict Resolution Policy when a parent or player has a concern about the program as a whole, another parent or player, or me as a coach.
9. Regarding LHC – I will not place any negative/inappropriate content on Facebook or any other social media.
10. I understand that the team that I am coaching is part of a larger program, and I will adhere to the direction of the officers and the basketball philosophies of that program.

Sign: _____ Print: _____ Date: _____

Conflict Resolution Policy

We recognize conflicts may arise between parents, coaches, or players. We resolve to handle these issues in the spirit of Scripture and according to Matthew 18:15-17. This policy aims to provide all individuals in LHC with a process for resolving conflicts. Please consider these relevant Scriptural passages: Matthew 22:36-40; Ephesians 4:29-32.

Conflicts with a Parent, Coach, or Player

Questions or concerns should be handled using the following steps:

1. Ask the person when he or she can meet to discuss your question or concern. (Do not question or express your concerns with the person right before, during, or after a game or practice unless you have a prearranged agreement with that person. Emotions may be high, so please allow 24 hours for everyone to cool down before making an appointment to discuss the issue.)
2. Pray before the meeting and go with an attitude of wanting to gain understanding.
3. If a resolution is not obtained in the face-to-face meeting, either party may submit the concern in writing to the athletic director. (If the issue is with the athletic director, the written statement should be submitted to the board.) Do not escalate the issue to the athletic director or board if the face-to-face meeting with the conflicting parties has not taken place first.
4. The athletic director will discuss the written statement of the issue with the person concerned, document the issue, and establish a course of action. Then a written response will be sent to the individual(s) who reported the issue.
5. If the athletic director determines that a meeting would be beneficial between the individuals in conflict, he/she will be present to facilitate the meeting and to document the progress.
6. If the conflict is still not resolved, a written complaint may be sent to the board. If the conflict is with the athletic director or a board member, he/she will recuse themselves from deciding on the matter. The remaining board members will provide oversight and judgment regarding the reported issue. The board may appoint an additional mediator or an independent review board if they see fit.
7. The board's decision is final and cannot be appealed to any other body.

Keep several ideas in mind when expressing your concerns:

- Guided by Christian principles, we should seek to treat each other with love and compassion. This includes not gossiping about or slandering other parents, players, or coaches. If differences arise, please speak directly to the person with whom you have an issue.
- When addressing your concerns, please do so without anger but with humility and compassion.