



Abundant Life Christian School

Athletic Handbook 2026-2027

Updated 9/9/2026

MISSION STATEMENT:

The ALCS Athletic Department seeks to build character in our athletes and achieve athletic success for God's great name.

“Build Character and Achieve Athletic Success”

Build Character:

1. To develop life skills in student athletes including self-discipline, work ethic, motivation, leadership, time management, sportsmanship, responsibility, self-esteem and an understanding of the relationship between individual effort and team success.
2. To use athletics as a vehicle for spiritual growth and discipleship.
3. To glorify God through our talents and abilities.

Achieve Athletic Success:

4. “Athletic success” can be defined in many ways, and looks different for each team and each individual.
5. Achievements are not an end unto themselves, but a platform from which we can impact the world for Christ.
6. When our department performs with excellence, school spirit is enhanced, athletic participation is boosted, and ultimately the mission of Abundant Life Christian School is advanced.

(ALCS Mission Statement: to develop students who are committed disciples of Jesus Christ through an excellent, comprehensive, Biblically-integrated educational program.)

VALUES of ALCS ATHLETICS:

“R.I.S.E. to Glory”

Responsibility – We take Individual and collective responsibility for our role in the athletic department's mission – “Build Character and Achieve Athletic Success”

Integrity – We conduct ourselves honorably (Philippians 1:27).

Sportsmanship – Respect the game, the opponent, and the officials.

Excellence – We don't settle ever. (Colossians 3:23)

A. TO PARENTS

This material is presented to you because your son/daughter has indicated a desire to participate in interscholastic athletics at ALCS, and you have expressed your willingness to permit him/her to compete.

This handbook attempts to acquaint you with the responsibilities and obligations associated with a well-organized program of athletics. It is the role of the Athletic Department at ALCS to develop policies, rules, and guidelines that govern the spirit of competition for the school. Parental support is vital to the administration of the athletic program at ALCS.

B. TO ATHLETES

When you choose to become an ALCS Challenger, you accept the responsibilities that go with that privilege:

1. *RESPONSIBILITIES TO THE LORD*: As a Christian, everything you do is a witness for the Lord. People will not only view your performance as a player, but will view your performance as a Christian as well. Both on and off the court or field, "Let your light so shine before men, that they may see your good works, and glorify your Father, who is in heaven". (Matthew 5:16)
2. *RESPONSIBILITIES TO YOURSELF*: The responsibility to broaden yourself and develop strength of character is very important. You need to develop a desire to acquire the greatest possible good from your school experiences. Your participation in academic studies, athletics, and extra-curricular activities prepare you for life after high school.
3. *RESPONSIBILITIES TO YOUR SCHOOL*: By participating in your sport to the maximum of your ability, you are contributing to the positive testimony of ALCS. Like it or not, athletes are looked upon as leaders. The student body, our opponents, the spectators, and other communities judge our school by your attitude, conduct, and effort on and off the field/court.
4. *RESPONSIBILITIES TO OTHERS*: As an ALCS athlete, you are responsible to your family, to your teammates, and to your classmates to live up to the training rules, practice to the best of your ability every day, and give your all in every practice and contest. Whether you are a "starter" or a "sub," play the whole game, and support your teammates from the bench. You can keep a positive outlook when you know in your heart that you've placed others ahead of yourself.

C. ATHLETE'S CODE OF ETHICS

Each athlete that competes at ALCS will be expected to strive at all times to reflect Jesus Christ by doing the following:

- a. Be committed to Jesus first, then the team. (Psalms 37:5)
- b. Give maximum effort. (Colossians 3:23)
- c. Be disciplined, self-controlled, and on time! (I Corinthians 9:25)
- d. Be obedient to authority (coaches, officials, volunteer helpers, etc.). (Rom.13:1- 2)
- e. Leave any locker room, bus, field, court, etc. cleaner than when you found it. (Yes, the bus!)
- f. Promote team unity. (Philippians 2:2)
- g. Strive for excellence. (Philippians 3:14)
- h. Treat teammates and others as more important than yourself. (Philippians 2:3)

D. SPORTS OPTIONS

ALCS participates in cooperative programs with St. Ambrose Academy, Madison Country Day School, and Madison Edgewood at the high school level. We may participate in cooperative programs with various MAISL schools at the middle school level. This allows greater athletic options for our student athletes as well as expands the social and competitive opportunities.

High School Sports

SEASON	GIRLS	BOYS
Fall	Volleyball, Cross Country, Tennis	Soccer, Cross Country, Volleyball, 8-man Football
Winter	Basketball	Basketball
Spring	Track, Golf, Soccer,	Track, Golf, Baseball

Elementary & Middle School Sports (4th-8th Grade)

SEASON	GIRLS	BOYS
Fall	Volleyball, Cross Country	Flag Football, Cross Country
Winter	Basketball	Basketball
Spring	Track, Softball*	Track, Volleyball*

* = Participation numbers dictate whether or not a school team can be formed

E. Paperwork for Athletes

HIGH SCHOOL ATHLETES

All **high school athletes** wishing to participate in/on an athletic team or program must complete and have on file with the Athletic Office the following documents (1-5) **prior to the first practice**:

1. **Athletic Physical Card or Alternate Year Physical Card**: Athletes must have a physical by a licensed physician or APNP every other year and have the Physical Form on file in the ALCS Athletic Office beginning with the student's ninth grade year. In alternate years, the Alternate Year Physical Card must be completed and on file in the ALCS Athletic Office. All freshmen must have a physical before participation in a sport at ALCS. Transfer students providing documentation from their previous school will be acceptable.
 - *Current interpretation of the HIPAA law does allow for discussion of an athlete's relevant medical history and current injury status between the medical staff and that athlete's coaching staff. This is to ensure the safety of the athlete through clear lines of communication between the athletes, parents/guardians, coaches and the medical staff regarding an athlete's ability to safely participate in a sport or activity.*
 - Athletes will need a new physical if the most recent one is dated before April 1, 2022.
 - **The Athletic department needs a copy of the physical. It is not enough to simply to have had the physical done; a copy MUST be provided to the school.**
 - If the athletic department has a copy of a physical dated 4/1/23 - 3/31/24 , then an alternate year card must be completed and turned in.
2. **Parent and Athlete Agreement Form (AKA - Concussion & Sudden Cardiac Arrest Information Statement)**: Forms signed by both the player and a parent/guardian must be received by the Athletic Office before a player can participate on a sports team. Information on concussions will be provided by ALCS to the player and parent.
 - *Per WIAA Policy, no athlete shall return to play or practice on the same day of being diagnosed with a concussion or rendered unconscious. Any athlete suspected of having a concussion must be evaluated by an appropriate health-care professional that day. Any athlete with a concussion must be medically cleared by an appropriate health-care professional prior to resuming participation in*

- any practice or competition. Return to play must follow a step-wise protocol which includes provisions for delaying return to play based upon the return of any signs or symptoms.*
3. **WIAA Athletic Eligibility Information Bulletin:** Form signed by both the student athlete and a parent/guardian.
 4. **ALCS Athletic Participation Contract:** Form signed by both the student athlete and a parent/guardian acknowledging agreement to abide by all rules and regulations set forth in this Athletic Handbook as well as the Co-Curricular Code of Conduct. The athlete and parent/guardian also agrees to pay designated participation fees and any equipment fees for lost or damaged equipment.
 5. **Non-ALCS Hosted Athletics Transportation Release:** This form is required to be filled out by students who are participating in sports that are hosted at Madison Country Day School, St. Ambrose Academy, or any other school.

MIDDLE SCHOOL ATHLETES

1. Parent and Athlete Agreement (Concussion & Sudden Cardiac Arrest Information Statement)
2. ALCS Athletic Participation Contract

F. PRESEASON PARENT/PLAYER MEETINGS

The athletic department will either have a parent/player meeting or issue a video before each sports season for all HS athletes. The purpose is to outline the co-curricular code of conduct, the required paperwork for each sport, transportation policies, and other important information. It is required that each parent/guardian and athlete attend or watch the video and fill out a short Google Form verifying this requirement.

Additionally, each sport may have a preseason meeting to be conducted by the coach prior to the first day of practice for fall, winter, and spring sports. These meetings may either be virtual meetings or in-person. Coaches will reach out by email with relevant information.

G. ACADEMIC ELIGIBILITY

High school students are required to meet certain minimum standards in the area of academics in order to participate in interscholastic athletics as outlined in the [HS Co-Curricular Code of Conduct](#) document.

For the 2025-26 school year, grades will be checked on:

1st Mid-Quarter	September 24, 2026
1st Quarter	October 23, 2026
2nd Mid-Quarter	December 3, 2026
2nd Quarter	January 18, 2027
3rd Mid-Quarter	February 18, 2027
3rd Quarter	March 19, 2027
4th Mid-Quarter	April 29, 2027
4th Quarter	May 28, 2027

1. Academic Probation: Students may be placed on academic probation at any time within a quarterly grading period if it is determined they are failing any course or earning a D in any class. The Principal and Athletic Director will monitor all D grades for improvement. There are no WIAA or institutional restrictions on practicing, competing/performing while on academic probation. The Principal in consultation with the Athletic Director may, however, develop individualized plans for improvements as circumstances warrant.
 - *Although WIAA does not eliminate academically ineligible students from attending practices, the Principal and the Athletic Director will determine whether the student is eligible to practice.*
2. As required under WIAA rule, if a student or a student's parents or guardian falsify any information submitted to the school, and a student participates resulting in an order of forfeiture, the student becomes ineligible in all sports for one calendar year from the date of the last game or meet in which the student participated.

Elementary & Middle School students are held to the same standards; however, the Principal, the Athletic Director, and the teachers may use more discretion in the enforcement of the above procedures, as 4th-8th grade students are not bound by WIAA regulations. For example:

- Academic eligibility requirements may be waived for 4th-8th students with a Student Success Plan on file in the school office. These students must still show academic effort by consistently handing in work on time, demonstrating a cooperative/positive attitude in the classroom, and doing work to the best of his or her ability.

H. ATTENDANCE POLICIES

High School Students are eligible for interscholastic activities if they are in regular attendance at school, and enrolled as full-time students as outlined in the [HS Co-Curricular Code of Conduct](#).

Students enrolled in grades 5th-8th grade at Abundant Life may participate in athletics. These students have the same attendance requirements as high school students as outlined in the [HS Co-Curricular Code of Conduct](#).

Students in 4th grade may be invited to participate on higher level teams if additional participation numbers are needed.

Non ALCS Student Participation in 4th-8th grade

- As the registration deadline is approaching (or has passed), and it appears that participation numbers are insufficient for any particular 5th-8th grade team, the Athletic Director and Principal may add players to these teams who are not enrolled at Abundant Life according to the following weighted criteria (in order): *(also in accordance with MAISL guidelines)*
 1. Students enrolled full-time at a different MAISL (Madison Area Independent Sports League) school if that school does not have their own team.
 2. Individuals who are active members of City Church's "religious education" (i.e. - Activate Youth Group, City Changers, Sunday School, etc.).
 3. Individuals who attend weekly ALCS Chapels
 - If a non-ALCS student satisfies criteria 2 or 3, preference will be given to individuals who:
 - a) Have siblings currently enrolled at Abundant Life
 - b) Have played on Abundant Life athletics teams in previous seasons
 - c) Have siblings who were previously enrolled or who graduated from Abundant Life
 - d) Have a parent who is an Abundant Life alumni

I. ATHLETIC PRACTICE POLICIES

1. If the number of students trying out for an activity is more than the facilities and equipment can accommodate, selection will be made on the basis of ability.
2. All practice schedules and use of facilities will be coordinated and approved by the Athletic Director.
3. Students should be suited up and wait to practice until the coach is present.
4. Parents should know the practice schedule and pick up their children immediately following practices.
5. It is ALCS policy that the normal length of time for a practice session not exceed two hours; additional time may be required for weight-lifting or viewing game/practice film, not to exceed 3 hours total practice time. There are occasions where an athletic practice may go longer than the normal 2 hours, but not longer than a total of 3 hours.

J. LOCKER ROOMS & ATHLETIC STORAGE AREAS

1. The locker rooms and a player's individual locker will be kept clean. Clothing and valuables (though valuables are discouraged from being brought to school) must be locked in the lockers and not left out in the open.
2. **It is state law that cameras, video recorders, tablets, laptops, cell phones, or any other device that may be used to record or transfer images are prohibited from being used in locker rooms and/or bathrooms.** It is prohibited to use such devices in locker rooms even if they are not being used for picture or recording purposes.
 - 1st violation: phone confiscation and meeting afterward with the Coach or AD
 - 2nd violation: phone confiscation and parent meeting
 - 3rd violation: suspension for one contest
 - 4th violation: suspension for one contest and must turn phone into coach at the beginning of all subsequent scheduled sporting events for the remainder of the season
 - 5th violation: possible dismissal from the team
 - *The exception to this rule: Captains only will be allowed to play music from their phones to bluetooth speakers in the locker rooms for pre-game warm-ups, but the phones must remain in their gym bags.*
3. Notwithstanding any other board policy, student restrooms, locker rooms, and showers that are designated for one biological sex shall only be used by members of that biological sex. In any other school facilities or settings where a student may be in a state of undress in the presence of other students (that is, changing costumes during school theatrical productions and so on), school personnel shall provide separate, private areas designated for use by students according to their biological sex. *Biological sex* means the biological condition of being male or female as determined at birth based on physical differences, or when necessary, at the chromosomal level.
4. No one will be permitted to remove anything from the athletic storage area without authorization from the coach or Athletic Director.
5. Student athletes are required to empty and clean their lockers at the end of each school year. Personal belongings may not remain in the locker room over summer vacation. Any items remaining in the locker room will be gathered up and placed in the lost and found on the last day of school. All unclaimed items will be donated to the Salvation Army or Goodwill at the end of the school year.

K. STUDENT DISCIPLINARY ACTION

1. Students participating in athletic activities will be expected to maintain certain behavioral standards. Participants are expected to follow the school's code of conduct on a year-round basis. Violations of the school code of conduct and the [HS Co-Curricular Code of Conduct](#) at any time may result in a suspension from interscholastic competitions, as outlined in that document.
2. Tournament suspension special rule: Under the WIAA rules, violations of an ALCS Code that results in a student being suspended for one or more WIAA Tournament competitions, result in immediate disqualification of the student for the remainder of the **total** State Tournament Series in that sport. Thus, all WIAA Tournament competition counts as one (1) contest because the ineligible student is out for all of it. The Principal will administer the Code of Conduct and maintain progress reports and grade records

pertaining to violations and penalties for all activities. The Principal, or Athletic Director and Principal in the case of athletes, will maintain these records in the student's disciplinary file. Only school officials will have access to these files.

L. ATHLETIC TRAVEL POLICIES

1. Transportation for high school interscholastic activities/contests may be provided by ALCS or a carrier hired for the event. In 2024-2025, parent transportation may also be an option. However, sometimes, other arrangements must be made when leaving an event. In those cases, the following procedures must be followed:
 - a. A parent or guardian must submit a signed, written request **in advance** to the Athletic Director or Assistant Athletic Director. (See Appendix B; also will be posted on the ALCS website). Requests must be submitted by 3:00pm the day of the contest. If approved, the parent must have face to face contact with the coach or advisor before the student will be released to ride home with the parent; or
 - b. For parents or guardians who fail to make arrangements in advance, or there are emergent or extenuating circumstances necessitating a student to leave with anyone other than the pre-arranged transportation, the parent must make face to face contact with the coach or advisor and submit a release, in writing, before the student can be released. This procedure is meant to accommodate unplanned circumstances only and is not to be used routinely.
 - c. Student participants, regardless of age, will not be allowed to drive to or from away games or events in lieu of transportation that the athletic department provides. Other players will not be allowed to leave with a different adult unless there is written notification on file with the Athletic Office before the trip begins.
 - d. Each coach/advisor will communicate to the students what dress will be acceptable for away games/events, and team dress as approved by the coach/advisor.
 - e. The use of electronic devices while traveling in school vehicles will be restricted according to the coaches' judgment.
 - f. All teams using buses or vans will be responsible for cleaning the vehicle. Failure to do so may result in a monetary fine of \$50 to be shared equally between all players and coaches.

M. SPORTS SEASONS

1. The regulations of the WIAA and the bylaws of the Trailways Conference will govern the length of all sport seasons. A sport season ends when the WIAA Tournament for that sport is finished, or in the case of no tournament, the last scheduled practice or game.
2. Athletes may start practice for a second sport while they are engaged in a sport in progress only with mutual consent of the coaches involved. However, an athlete will not compete in an upcoming sport until his/her team is eliminated from the WIAA tournament.
3. A sign-up meeting (in-person or virtual meeting) for the upcoming sport season may be held before the start of a season. These meetings will not conflict with those sports that are in season. This meeting will enable coaches to give a brief overview of the upcoming season, distribute appropriate materials and create a list of potential candidates. In lieu of a sports meeting, the athletic department may have electronic registration.

N. EMERGENCY PROCEDURES – INJURIES

1. A complete first aid kit will be available at every practice and every game.
2. All athletes are required to complete a Student Emergency Form.
 - a. The Student Emergency Form will be in the team first aid kit and will travel with the team at all times.
 - b. Please make sure that the information on this form is complete with telephone numbers that allow coaches to make communication possible if needed.

O. EQUIPMENT ISSUANCE – INVENTORY

1. The use of Abundant Life Christian School athletic equipment or uniforms is restricted to use by the athlete during games or practice sessions.

2. Athletes may not wear their game uniforms for practice sessions or for classes during the school day without prior permission.
3. If an athlete has failed to turn in or account for any part of his/her equipment, he/she will not be issued supplies for a new sport.
4. Upon completion of the season the head coach will announce a mandatory turn-in time for equipment and uniforms. At this designated time, players will return equipment and uniforms that were used during the season.
5. Uniforms and equipment not turned in on the date announced by the head coach will be considered lost. Two weeks after the final turn in date, parents of the player will be charged with the replacement cost of the equipment or uniform(s) listed.
6. The player is responsible for all equipment issued to them for their season. Any lost or damaged equipment will be charged to the player at the replacement cost.
7. When applicable, report cards and transcripts will be held until charges have been satisfied.

P. ATHLETIC EVENTS – SCHEDULING AND CANCELLATIONS

1. The Athletic Director will coordinate all Abundant Life Christian School interscholastic athletic schedules with the conference commissioner of the Trailways Conference for high school and the Madison Area Independent Sports League for 5th-8th grade.
2. Any time there is to be a postponement or cancellation, the following procedure will be used:
 - a. Before 2:00pm on the day of the game, the ALCS Athletic Director will communicate with the opposing team's AD to decide if the contest will be played or whether to establish a make-up date.
 - b. If a change is made all ALCS athletic and administrative staff will be notified.
 - c. Changes for all activities will be communicated in the following manner. Changes happening during the school day will be posted on the ALCS website. Parents should check this first to alleviate calls to the school. Those unable to access the internet/website are welcome to call the school and office personnel will have the up to date information.
 - d. If school is cancelled due to inclement weather, all athletic and co-curricular activities that afternoon and evening will be cancelled as well.

Q. ATHLETIC AWARDS

High School athletes are given special awards such as trophies, plaques, or medals for outstanding achievement in specific sport activities. These awards are presented to varsity and junior varsity athletes at an athletic awards program organized under the direction of the coach and Athletic Director at the end of each sports season.

1. **High School Awards**
 - a. An athlete who completes the requirements for a varsity "A" for the first time will be awarded a letter and a pin. To qualify for an award, athletes must finish the season in good standing and have earned 100 points through competition or services (managers and statisticians).
 - ➔ In the event of a shortened season, the 100 point requirement will be prorated.
 - b. An athlete who earns additional varsity letters will be presented with a year of service pin signifying this honor.
 - c. Letters may be awarded to a potential letter winner by a coach for meritorious service or injury.
 - d. The following sports and point values apply to high school letters:
 - 1) **Volleyball** – 3 points per game played; WIAA tournament games count double
 - 2) **Basketball** – 6 points per half played; WIAA tournament games count double
 - 3) **Track** – 5 points per event entered in regular season, 10 points per event qualified for in sectional and state meets
 - 4) **Football** - 15 points per half played; WIAA tournament games count as double
 - 5) **Golf** – Member of the first five in at least 50% of the matches played during the season
 - 6) **Baseball** - 12 points per game played; WIAA games count double
 - 7) **Cheer** - 15 points for each game cheered (Cheer spans Fall and Winter Season for 2025-2026)
 - 8) **Managers, statistician, etc.** – finishing the season in good standing will be awarded service points on the following basis (cumulative):

- a) **1st season of service** – 75 points
- b) **2nd season of service** – 25 points
- c) **3rd season of service** – 25 points
- d) **4th season of service** – 25 points
- e) Service points are not limited to varsity competition

2. **High School Individual Awards**

The respective coaches and/or the respective student athletes select these awards. Additional awards may be given by coaches, but must be approved by the Athletic Director.

- a. Challenger Spirit – team leader in spirit and character attributes
- b. Most Valuable Player – based upon overall team statistics
- c. Most Improved Player
- d. Defensive/Offensive Player of the Year may also be given

3. **Middle School Awards**

An athlete who completes the season in good standing may be awarded a certificate.

R. ATHLETIC FEE SCHEDULE

1. All payments and fees are charged to the athletes' student accounts. **Checks should be made payable to "ALCS"**. Please do not include athletic payments on tuition checks.
2. Fee payment schedule:
 - a. Full payment of the sports fee is due two weeks after it is charged to their student account.
 - b. Failure to pay the sports fee before the due date will result in athlete suspension from practices and games until accounts are settled.
 - c. If an athlete plays in two contests (scrimmage and/or game), the full athletic fee is due. If an athlete plays in one contest (scrimmage and/or game), half of the athletic fee is due

S. Home Game Worker Shifts

In order to safely and efficiently host athletic competitions at Abundant Life Christian School, several different game worker shifts need to be filled for every home game. Parental involvement is integral to the success of our athletic programs!

- Examples of shifts may include: gate admission, concession stand, scoreboard operator, scorebook, or any other job that may be needed at home games or on Saturdays when we host elementary/middle school MAISL events.
1. It is the expectation that each family participates so that the shifts can be adequately filled. Expectations are different depending on the sport season.
 2. Shifts will be filled on a first come, first served basis. If a player's parent/guardian does not sign up for their shifts by the required time, the Athletic Department will assign you the dates.
 3. The athletic department will utilize the online sign-up tool called Sign-up Genius.
 4. Athletes can fill game shifts in another sport or level to reach the requirement. For example, a high school basketball player could work during the volleyball season or a middle school family could work at a high school game.

T. TRAILWAYS CONFERENCE

- Visit www.trailwaysconference.org for information about the Trailways Conference

U. ELEMENTARY/MIDDLE SCHOOL ATHLETIC POLICY

It is our desire for a large number of students to want to participate, as well as commit to playing for our school. The following is a description of what you and your children can expect at the different levels of our elementary and middle school program.

- a. **Grade 4/5:** At this level, we are introducing sports programs in general. We encourage all students to participate and find out if they have interest in being involved with athletics. Our coaches are told to attempt to keep playing time equal among the students, based on the numbers that are playing, not the talent levels.
- b. **Grade 6:** In sixth grade, many students return to play their second or third year of organized athletics. It is our hope that we may also attract students who have not been interested or involved before. Fairly equal playing time can be expected, however when tournament time comes, we are asking our coaches to attempt to win, but still let everyone have some playing time.
- c. **Grade 7:** At this level, students are expected to fully commit to being at every practice (two times per week) and attend all games. Playing time will be governed more by playing ability rather than equal times for all players. Students should still expect to play a percentage of each game according to MAISL rules, depending on the sport. At this age, teaching our students how to compete at a higher level of competition.
- d. **Grade 8:** In eighth grade, we are introducing students to the expectations of high school athletics and the commitments that are involved. Students that have worked hard in the off-season and have developed their abilities to a higher level than others will be rewarded with the majority of playing time, but everyone on the team will still play. It is imperative at this level that players are at every practice, both mentally and physically.
- e. **Combined Teams:** Due to varying degrees of participation, different age levels may have to be combined into one team. According to MAISL rules, a combined team must play at the higher grade level. If your child is on a combined team, they may not receive as much playing time as the older and more experienced team members. In these situations, our coaches will teach the students that their value as a person and as a player on the team is not determined by their playing time.
- f. **Coaching:** Currently the middle school coaches are primarily volunteers, and many are parents. We are continually in need of coaches who want to teach the students how to play the sport in which they are competing. Our program will only flourish if we have coaches who desire to truly teach the chosen sport. Please consider becoming involved in helping your child's program and continually show support for your child's coach. If you have any questions, please contact the Athletic Director or the Athletic Office at 608-221-1520.

V. FINAL NOTES

This handbook serves as a reference to answer questions about expectations of student participants and to outline the consequences of choices made by the students. Additionally, the WIAA mandates that member schools have a code of conduct for athletes; enforced year-round, that describes the circumstances under which athletic participation is limited or suspended. In addition to the ALCS Student Code of Conduct, the standards of this handbook apply to all school sponsored activities, not just athletics. Participation is a privilege that promotes personal growth and interpersonal skills. Participants represent our school and exemplify its values. Guidelines governing all activities are established to lead, coordinate, and facilitate the effort of all members of the ALCS departments including coaches, participants, parents and spectators toward the objectives of these programs.

In addition to the ALCS Parent/Student Handbook section on "Conduct and Discipline", which must be enforced throughout the year, in-season violations of the ALCS Conduct Policy will result in immediate suspension of the student from interscholastic competition for no less than one day of competition (but not less than one complete game or meet) for acts involving (a) use of alcohol, (b) use (including chewing) of tobacco and/or (c) use, possession, buying or selling of controlled substances. Out-of-season violations or penalties will be served in the next sports season. Athletes who are aware of a violation are encouraged to self-disclose in order to prevent penalties being assessed against the team.

Contact Information

The following phone numbers and email addresses will be updated regularly to assist you in obtaining information regarding athletic events. Coaches will provide athletes with contact information.

Athletic Director:

Michael Thies - mthies@alcs.us; ext. 366

Athletic Coordinator:

Shannon Lawver –slawver@alcs.us; ext. 345

Athletic Web Addresses:

www.alcs.us – Athletic information will be posted here on the ALCS website, including schedules, general information, registration paperwork, game changes/cancellations, etc.

facebook.com/ALCSChallengerAthletics - Athletic updates, highlights, and pictures

www.wissports.net – High school team schedules and team statistics.

www.trailways-athletics.org – All Trailways Conference schedules and statistics are available (does not include non-conference games).

www.maislathletics.org – Madison Area Independent Sports League information for 4th-8th grade athletics.

www.wiaawi.org – WIAA website.

Statement of Risk

Physical activity yields many benefits, but unfortunately serious injuries and illnesses can occur during the course of the athletic season. Although ALCS endeavors to operate athletic activities in a safe manner, it is impossible to eliminate risks associated with physical activity and/or sports. Therefore, parents and student athletes should consider these risks carefully before deciding to participate in interscholastic activities. Student athletes are recommended to obtain adequate health/accident insurance. If families have concerns about additional insurance, please contact the Business Office.

PLEASE NOTE: HEALTH CONCERNS, HEALTH PROTOCOLS, AND EMERGENCY MEDICATIONS NEED TO BE PROVIDED TO THE ATHLETIC COACHES BY THE PARENT. PLEASE BE CERTAIN TO PROVIDE ANY NECESSARY INFORMATION AND/OR MEDICATION TO THE COACHES, AND/OR ATHLETIC DIRECTOR.