

Central Christian School

Athletic Handbook

PHILOSOPHY OF ATHLETICS

At CCS, we believe that the athletic program is an integral part of a Christian education. It is our goal to live out the truth of Christianity in every aspect of our lives, including athletics. We have a threefold desire for our athletic teams: (1) to represent the Lord well, (2) to learn about the Christian life through lessons learned in sports, and (3) to attain excellence as a team in each sport played. It is our goal to produce the highest quality athletic program possible. We ask that everyone involved be positive, communicate clearly, and be team-centered.

TO PARENTS:

This material is presented to you because your son/daughter has indicated a desire to participate in interscholastic athletics at CCS, and you have expressed your willingness to permit him/her to compete. Your family's interest in this phase of our school program is gratifying. We believe that athletics provide a wealth of opportunities and experiences for our students. When your son/daughter joins one of our sports programs, our staff is committed to certain responsibilities, such as

- To encourage spiritual growth.
- To provide qualified coaches.
- To provide competitive contests with registered officials.
- To provide adequate equipment and facilities

These guidelines attempt 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 CCS 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 CCS.

The administration at CCS would also like to encourage all parents to be strong Christian role models in the stands. Our fans are watched by visiting teams as much as our players. Please refrain from cheering against the other team; cheer for our team. Also, please refrain from yelling derogatively at the officials or our own players. We would ask the parents to please be there to encourage and support your son or daughter, as well as the athletic program.

Consider the "big picture" before becoming critical. Remember that you are not at practice, and often game to game decisions are based on what happens in daily practice. Give the coach time to evaluate his players, to see who gets the job done. Realize that even the best players have an "off night" and that a less talented player can have a great game and may deserve to be in the game more than usual.

Avoid seeds of dissent. Resist the urge to talk to other parents or fans about dissatisfaction. Everyone loves to have company in their misery, but no good ever comes from it. Encourage your athlete to talk to the coach when playing time questions exist. Avoid robbing your child of a wonderful opportunity to mature and develop communication skills of his/her own. You may need to help him/her think through what to say to the coach. Support the coach even though you may not agree with his/her decisions. It will make your athlete's experience a much better one overall.

TO ATHLETES:

When you wear the navy and gold colors of CCS, we assume that you are willing to accept the responsibilities that go with them:

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 YOU:** The responsibility to broaden yourself and develop strength of character is very important. You need to develop a desire to get the greatest possible good from your school experience. 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 CCS. 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 a CCS 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 game. Whether you are a "starter" or a "sub", participate 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. **(We, not me),**

ATHLETES' CODE OF ETHICS

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

- Be committed to Jesus first, then the team (Psalms 37:5)
- Give maximum effort (Colossians 3:23)
- Be disciplined, self controlled and on time! (1 Corinthians 9:25)

- Be obedient to authority (e.g. coaches, officials, volunteer helpers, etc.) (Romans 13:1&2) Leave any locker room, bus, field, court, etc. cleaner than when you found it (Yes, the bus!) Promote team unity (Philippians 2:2)
- Strive for excellence (Philippians 3:14)
- Treat teammates and others as more important than yourself (Philippians 2:3)

Drug and Tobacco

- Use of drugs/tobacco in any form or alcoholic beverages on or off campus is prohibited. Possession of these or of illegal drugs on campus or at school functions is cause for immediate separation from school. This is following our school guidelines.
- All athletes must complete a nicotine test before the start of the season. If an athlete is found positive for nicotine they will be put on practice/game suspension for two weeks. He/She must be negative of nicotine in their system upon return. We will also conduct random testing during the season. They will also be subject to school discipline.

ATHLETES' PLAYING TIME POLICIES

The Player Should:

- Practice so intensely that the coach feels pressure to reward him/her with playing time. Coaches notice intensity in practice, not occasional periods of intensity, but every day, every minute intensity. To have any legitimate reason to talk to a coach about playing time concerns, a player must bring to that meeting a history of practicing with excellence.
- Understand everything the team does, both offensively and defensively. A player can't expect to play if his coach has doubts about his understanding of what to do in the game.
- Develop knowledge of as many positions as possible. You never know when the opportunity may come, due to another player's injury or illness or another reason. Be ready to go whenever and wherever needed.
- Want to play, whether for long or short periods of time; be ready by staying in the game mentally while on the bench. When the coach starts to think about who to sub into a game, your chances of being chosen will be increased if he/she sees you focused and aware of the game situation, and encouraging your teammates from the bench.
- If a non-starter, genuinely cheer for those who start.
- If a starter, be genuinely glad when the subs get to play, and cheer for them. A starter can easily become spoiled and selfish. That is however, an inappropriate team mentality. Respect the subs for the role they play in practice, pushing you to become a better player.

- A player will have two weeks to decide if he/she would like to play that sport. After that two week period a player who quits the sport he/she will not be allowed to play the next sport.

GENERAL POLICIES, RULES AND GUIDELINES

The CCS Handbook, given to all school families at the beginning of each school year, clearly states CCS policies, rules and guidelines. However, the uniqueness of athletics creates the need for the following policies, rules and guidelines which apply to all students, grades 6-12, who are members of any athletic team which represents CCS.

Eligibility

The student-athlete must maintain a grade point average (GPA) at or above 2.0 in his/her current Studies. If a student's GPA falls below 2.0, or if he/she has a "F" on a quarterly report card, the student is considered to be ineligible. Also, if an athlete has a failing grade on a mid-term progress report, a game suspension may be implemented. Please refer to the Family Handbook for specific information on academic probation.

All school policies and guidelines that apply to non-athletes also apply to athletes. The conduct of the athlete must always be above reproach or the privilege of participating in athletics will be revoked. Whenever applicable, CCS guidelines will be followed as a minimum standard for our athletes.

School Attendance

In accordance with the PCC, all athletes must be in attendance for a minimum of 75% of the school day of the athletic contest. If the contest falls on a Saturday or on a day off of school, the attendance rule applies to the preceding day's school attendance. On game day students must be check into school before 10:00am to participate in the game.

Athletic Fees and Fundraising

All athletes will be required to pay a fee for each sport in which he/she participates. This fee will be determined at the start of each school year by the CCS Athletic Director and Administrator. These funds will be used to pay for various expenses including officials, utilities, equipment, etc. Currently the fees are as follows:

Full-time CCS Student

1st Varsity or JV sport = \$200
 2nd Varsity or JV sport = \$200
 3rd Varsity or JV sport = \$100
 Middle school sport = \$100

Home school Student

1st Varsity or JV sport = \$250
 2nd Varsity or JV sport = \$250
 3rd Varsity or JV sport = \$150
 Middle school sport = \$150

Various fundraising opportunities will be available to the athlete. If the athlete declines to participate in fundraising efforts, they will personally be responsible for all fees and the

timely payment of such. The athletic department provides these opportunities throughout the summer and fall to enable athletes of all sports to pay their fees early. Fall sport athletes must pay their fees by September 14. All winter and spring sports fees have to be paid prior to the first game of their season. Athletes may be suspended from play until fees are paid. If an athlete raises more than the fees for his/her sport(s) for the year, the excess may be used toward athletic shoes or other items for a specific team.

All athletes must sell 10 discount cards from Adrenaline Fundraising. These cards will be handed out at the beginning of each year, and will have a 3 week sell time frame. Each athlete makes 50% of sales of each card he/she sales

All sign order forms must be finalized and submitted for Volleyball, Soccer and Basketball by November 1. The signs are on a yearly renewal from December 1st— November 30th.

Baseball and Softball must be renewed March 1st. The signs are on a yearly renewal from March 1st— February 28th.

Please note: The athletic department will not cover the cost of overnight trips per team. If overnight trips are planned, the athletes may pay the cost of hotels and gas from their fundraising money made. This does not include possible qualification for Final Four Tournaments and the resulting overnight trip, if necessary.

Practices

1. Because of the mutual commitment required of all players for a successful team, it is imperative that players be at all practices and be on time to all practices.
2. Absences or tardiness not approved by the coach will result in disciplinary measures at the coach's discretion. An example of an approved tardy would be an athlete getting academic help. Whenever possible, an athlete should give the coach prior notice. This should be by phone call or text message.
3. Each coach will make a practice schedule available to parents at the beginning of the season. With multiple teams participating in a given season, it often necessitates inconvenient practice times. In consideration of coaches, parents must be available to pick up students immediately after practices and games, as students are not permitted to be left unattended in the school building or at the practice area.
4. If you become injured during a game or at practice you are still required to attend all practices and games for limited activity until you are cleared to play by a physician. Just because you are hurt does not mean you can miss any practice.

Dress Code

1. Practice clothing is expected to be appropriate at all times. Girls/Boys are to wear shorts that are no shorter than 7" above the knee while kneeling. This is a school-wide rule for any extracurricular activities.
2. No inappropriate printing is acceptable.

3. If an athlete comes to practice and is dressed inappropriately, they will be asked to change or a parent will be called to bring new clothing.
4. Uniforms are made to be worn as they are intended by the manufacturer. Girls and Boys do not need to roll their waistbands on shorts or shirt sleeves on jerseys.
5. Proper undergarments will be worn by both male and female athletes. As you know, white uniforms tend to be see-through. Be thoughtful about your undergarments and what can be seen in your uniform.

Uniforms

- Coaches will assign each player a uniform at the beginning of each season.
- Any player whose assigned uniform is lost or unnecessarily damaged will be charged the replacement cost of the uniform.
- No report cards or transcripts will be released at the end of the school year until this matter is resolved.
- Laundering of the uniform should be done regularly and with proper care. Please wash in cold water and hang to dry. **DO NOT PUT IN DRYER!**
- After the last game of the season, the coach will collect the uniforms. All uniforms should be returned to the coach that day. You will not be able to wear the uniform home that night, so please bring a change of clothes to the game.

Equipment

All school equipment should be treated with care. If given a responsibility for CCS athletic equipment, carry out that responsibility completely. Any loss or damage of school equipment due to neglect, carelessness, or abuse will result in payment for repair or replacement by the person(s) responsible.

Facilities

We have been greatly blessed at CCS with excellent facilities for our athletic teams. It is essential that we take great care of our facilities and use them wisely.

1. Always leave the area cleaner than when you found it. (This includes locker rooms at away games.)
2. Be aware of any destructive misuse of property. If you witness abuse of any facilities, encourage the offenders to stop and report it to the proper authorities.
3. All articles left in the locker room will be taken to the "lost and found".
4. You are not to be in any other part of the building during practices and games other than the designated athletic area.

5. You are to be out of the building 15 minutes after practice is completed. The coach is required to stay until all athletes are gone. Make sure your ride is at the practice location at the designated time. Have a place to go (i.e. another athlete's home) if your ride does not come on time. Do not make the coaches wait for your ride.
6. No other students are to be in the gym while practices are in session. As much as possible we will keep the gym closed.
7. No athletes are to be in the gym or practice area without proper supervision.
8. Students are not to get equipment or supplies without permission from the coach.
9. All spiked or cleated shoes must be put on and taken off outside of the building and are never to be worn on the gym floor.

Transportation

1. All athletes must travel to and from out-of-town athletic contests in transportation provided by the CCS Athletic Department unless school transportation is not available and other arrangements are made.
2. Exception to the above stipulation would be if the team is playing near the athlete's home; then that athlete would be allowed to drive his/her own vehicle to the game with permission from the appropriate coach.
3. Athletes may ride home from away games with their parents only.
4. Athletes may ride home with another player's parents if they have written permission from their parents. A note must be shown to the Head Coach prior to leaving for an away game.
5. School vehicles are a privilege, not a right. Keep them clean and neat! Vehicle must be cleaned after an away game before the athlete can leave.
6. ***No electronic music will be allowed on the bus or van. No earphones of any kind will be allowed with cell phones.***

Game day Procedures

Athletes will travel to and from all away games in CCS apparel, such as t-shirts or team apparel. These will be designated by the individual coach. All team members must dress alike.

Athletes are encouraged to support other CCS teams by attending their games whenever possible. Sub-varsity coaches may require their teams to attend home games of higher level teams in their particular sport.

All CCS athletes should strive to be an excellent example to others as participants and fans by displaying the character qualities previously listed.

Respect and courtesy should be displayed at all times when visiting schools, restaurants, hotels, etc.

Students will be required to bring their own money for food after away games. Overnight games are uncommon, but athletes may be required to bring additional money for expenses including meals and hotel.

It is often necessary to dismiss athletes early from school to attend away games and tournaments. In this event, it is the responsibility of the student-athletes to see their teachers ahead of time to arrange for assignments, quizzes and tests to be handed in, explained or completed. Athletes will not receive special treatment when this happens. Extra-curricular activities will never be an excuse to fall short in academic performance at CCS,

Athletes may be asked to help with set-up of the gym before a game or tear-down after a game. In any event, please help with a willing heart.

Parents will be asked to the work admission table and concessions stand for home games during the course of each specific sport. Each parent will be asked to sign up for a designated position and date for a minimum of two home games.

PHILOSOPHY STATEMENT

The first and foremost thought in our coaches' minds should be that we as adults are representing our Lord Jesus Christ to the young people placed under our charge. We are called to be living examples of Christ. Spiritual leadership with regards to prayer and devotion should be high priority for our coaches.

Coaches are expected to be at all practices and games. If there is a schedule change, it is the responsibility of the coach to communicate the change either by notification in a note home or personal contact with each player by a phone call. Regarding outdoor sports, there may be last minute cancellations due to weather conditions. Coaches will do everything possible to have decisions made in a timely manner. Please be patient as this may involve waiting for phone calls from city officials regarding the use of public fields.

Coaches at the varsity level are expected to provide pertinent game information and statistics following any contest to the local media and maxpreps.com.

Coaches' behavior during games should in no way detract from the Christian testimony at CCS. Coaches should at all times strive to avoid unsportsmanlike conduct and be a good example to players and fans. Coaches should encourage good sportsmanship by players and participate in accepted traditions which include shaking hands with the other team and standing for prayer and the National Anthem.

CLOSING COMMENTS

Central Christian School is seeking to represent Jesus Christ in each and every aspect of our athletic activities. On the fields and courts is where the real you comes out and shows. If we always look to elevate the reputation of Jesus Christ in all we do at CCS, we will be seeking to serve our Lord Jesus Christ to the best of our abilities in each and everything we do. Our actions do speak louder than our words to the world around us. Let us constantly be aware of our responsibility to serve Jesus Christ in everything we say and do.

ATHLETE'S PRAYER

Father, I thank You that You care about all the details of my life, even this sports event. Your Word says that I am strong and can do all things because I have Jesus in my heart. I believe that You will guide my performance.

Student Athletes Prayer

I have practiced diligently, and You have said that the hand of the diligent shall rule. I will run this race and play this game in such a way that I might win. In Philippians 3:14 the Apostle Paul said, "I press toward the mark for the prize of the high calling of God" . . . in like manner I strive to win, to do my best, and to compete according to the rules with integrity and purity of heart. I will compete with all my strength and might because I play for Your glory. Father, I ask You for wisdom, for Your Word says that wisdom is better than strength. Help me to compete skillfully and confidently. I believe I have the mind of Christ. Though others may look to their superior abilities, wealth or experience, I look to and trust in You.

I pray for my teammates. I ask that You help us play together as a team, that each one of us will contribute our individual strengths and cover one another's weaknesses. Grant our coach wisdom to make the right call at the right time. Help him/her coach effectively, inspiring us to play harder, edifying us and building character in us.

Father, build in me the character of a godly competitor that under pressure I may walk in peace, maintaining poise. When I am tempted to become discouraged and give up, I will continue, empowered by Your strength. When faced with overwhelming odds, I will not waver in unbelief, but will walk securely because I know that nothing is impossible with You.

I will not murmur, complain, gossip, or get offended at the officials, coaches, opposing team, or at my own team if something happens that I don't like.

When graced with victory, I will not become prideful, because pride goes before a fall, but will gratefully give You all the glory. If we should lose, I will resist the temptation to become discouraged, because I know that You always cause us to triumph in Christ Jesus, and that we are always winners through Him.

Father, I pray that both teams can play free from injury. I pray that we will have fair games. Thank you that the officials will be fair and impartial and will keep all things decent and in

order. Thank you that I can do all things through Christ who strengthens me. No matter the results of this game, I will exercise the fruit of the Spirit and be a gracious athlete.

In Jesus' name I pray. Amen.

CCS Athletic Book Agreement



I have read, understand and agree with the information presented in the CCS Athletic Handbook.

Athlete's Name: _____

Parent's signature _____ Date _____

Athlete's signature _____ Date _____

***Please sign and return to the Athletic Director Michael Turner.**