



Athletic Handbook

Calvary
CHRISTIAN SCHOOLS

5873 Kendra Road Fruitport, MI 49415

PROBLEM SOLVING PROCEDURES:

When an issue arises that is appropriate for discussion, the coach will welcome the chance to discuss it with you. Use the following guidelines to guide the problem solving procedures:

Step 1- The first step is for the student-athlete to meet with the coach and discuss the problem

Step 2 - If the problem is not solved between the athlete and the coach, the parent may contact the coach to set up a meeting.

Step 3 - If, the problem is not solved between the parent and the coach, the parent may contact the athletic director to set up a meeting.

AWARDS

- Each school year the student athletes, athletic teams, coaching staff, and support organizations will be recognized through awards and recognition events. The Athletic Director, administration, and coaching staff will determine the specific awards and recognitions to be given.
- Beginning with the 2003-2004 school year, varsity letters may be awarded in high school sports based on participation, character development, contribution to the team, and support of fellow team members. Other criteria for earning a varsity letter are outlined in the Coach's Handbook.

PREFACE

This booklet is an extension of the Parent-Student Handbook and describes expectations and policies for the Calvary Christian Schools (CCS) athletic program. Participation in athletics is a privilege that is extended to every student who is eligible under regulations set forth by the Michigan High School Athletic Association (MHSAA) and communicated in this handbook. With every privilege comes responsibility. Any matters not specifically covered by school policy or this handbook will be referred to the athletic director, principal, and/or CCS administrator.

A CCS athlete is a representative of the Lord Jesus Christ, the community, the school, and the team. Participation in athletics is more than just competition between individuals or teams; it is an opportunity for the athlete to apply Biblical truth to challenging situations and to reflect it through a Christ-like attitude (Rom. 8:29). The highest value of athletic participation is in its similarity to life beyond the contest. In any arena, apathy is the worst form of defeat, but dedicated perseverance leads to physical, intellectual, and spiritual victories. (Colossians 3:23)

WHAT IS THE CCS ATHLETES' CODE OF CONDUCT?

- Bring glory to God and honor to the Lord Jesus Christ by performing to the best of one's ability with the talents God has given him/her. (I Corinthians 10:31)
- Develop a positive set of moral attitudes such as fair play, cooperation, courtesy, honesty, self-control, loyalty, and good sportsmanship.
- Win with humility and lose with dignity and to learn from both.
- Strive to foster team morale and unity as fellow members of the body of Christ.
- Conduct themselves as ladies and gentlemen at all times. Even during the most trying situations, proper respect should be shown.
- Show reverence as individuals and a team (e.g. heads bowed during prayer and respectfully facing the flag during the National Anthem).
- Maintain good scholarship, citizenship, and attendance in school.
- Practice good diet and rest habits.
- Keep parents informed regarding practice, dates of games, and any changes to the schedule.
- Faithfully attend their local church and maintain regular Bible study habits. Participation in team "devotions" is an excellent way for teammates to share how God is at work in their life.
- Pray daily for their teammates.
- Learn balance in life and priorities, understanding that even good things can become stumbling blocks, idols, or opportunities for the flesh.

WHAT PERSONAL QUALITIES ARE REQUIRED OF A GOOD ATHLETE?

- **A Coachable spirit:** An athlete should take constructive criticism well. Look for ways to improve and be willing to submit to the leadership and expertise of the coach. Be willing to be held to the high standard expected of young followers of Jesus Christ.
- **Gratitude:** Knowing that our most basic physical motor skills, from tying our shoes to tying a game, represent gifts from our creator God. This understanding that we are “fearfully and wonderfully made” (Psalm 139: 13-16) helps keep sins of pride and self-importance in check. A grateful spirit should also be shown to all those who make athletic experiences possible (coaches, parents, teammates, donors, etc.)
- **Humility:** Since our primary purposes in life is to glorify God, we must avoid the temptation (so common in sport) to glorify ourselves. Humility recognizes the role of others and God in whatever accomplishments he allows in our lives; it understands the paradoxical relationship of between weakness and strength as stated in II Corinthians 12:9-11. And it sees “pride” not in a puffed up sense of self-importance, but as the joy derived from the proper use of talents.
- **Competitiveness:** A good athlete must possess a love for the game, a balanced desire to win, an understanding that behaving like “winners” transcends the score board, and the ability to appreciate this quality in others. While the Bible speaks often about “victory” it is typically in a military or spiritual context. CCS coaches and athletes understand that their opponents are not “the enemy.” Whether from public or Christian schools, interaction with our opponents represents an opportunity to reflect Christ in word, attitude, and sportsmanship. (Matthew 19:19)
- **Commitment.** Know what is means to have others depending on you
- **Loyalty:** Be true to your faith, school, team, and coaches.
- **Desire to Improve:** Have an ardent desire to improve and be willing to strategically practice the things you’ve not mastered with more energy than the things you naturally do well.
- **Sacrifice:** Getting in condition to play is not always fun or easy. Training is exacting and includes personal denials, but it also has rewards. The best way to remain in good shape is to never get out of it.
- **Perseverance:** Stand up under pressure; never give up; press on. “... Run with endurance the race set before us.” Hebrews 12:1
- **Poise:** An athlete must have the ability to think under pressure and to concentrate on the work to be accomplished at the moment. Strive to forget previous failures, rule infractions, personal insults, or crowd distractions in order to give undivided attention to the task at hand.
- **Love:** Love your teammates and demonstrate it to them. Be willing to love your opponents, even in the midst of competition. Speak kindly of their God-given talents and abilities.
- **Integrity:** Compete as hard as you can in accordance with the rules. Maintain your commitment even though circumstances change. Do the right thing whether or not others notice. Practice and play as if Jesus Christ is your only audience.

CONDUCT ON BUS

- When there is a mixed group on the bus, boys and girls are not allowed to sit together in the same seat. Conduct on the bus should be above reproach. No roughhousing or horseplay will be tolerated.
- As a general rule, food and drink are not allowed on the bus. This privilege may be granted on a trip-by-trip basis, however, if the driver, coach, and at least two “clean-up assistants” agree to oversee and thoroughly pick up inside the bus and properly dispose of all waste in the dumpster behind the building (not an inside trash can). Neglecting the duties of this privilege will result in a strict “no food or drink” rule for that team.
- In accordance with the CCS Student Technology Policy, the appropriate use of cell phones and other personal electronic devices en route (to and from) and at athletic events is a privilege that coaches, bus drivers, and school authorities can monitor and restrict on a case-by-case basis if the privilege is abused.

CONDUCT IN RESTAURANTS

- Conduct in public places should speak well of Calvary Christian Schools and be a testimony for Christ. “So whether you eat or drink or whatever you do, do it all for the glory of God.” (I Corinthians 10:31)
- Avoid loud conversation or attention-getting behavior.
- Allow chaperones, coaches, and drivers to be served first.
- Be courteous to other guests. If the CCS group congests the entrance or patron area, leave an “order line” open for the general public or allow guests to step ahead of the large group.
- Show proper respect while saying “grace” at the table.
- If possible, make sure no one “goes hungry.”
- Leave restrooms and eating areas cleaner than you found them.

SPECTATOR EXPECTATIONS AT ATHLETIC EVENTS

Respectful attitudes of athletes on the floor, field, or bench help set a good example to spectators. Human error is an expected part of sports. In the spirit of Christian character and good sportsmanship, students, parents, and all fans are asked to refrain from audible griping, negative yelling, or chanting anything that might ridicule, embarrass, or insult athletes, referees, or other spectators. This is equally important at both home and away games. Objectionable behavior should be addressed in a spirit of constructive grace or brought to the attention of the authority on duty.

ATHLETIC ELIGIBILITY

All student athletes will have their academic eligibility checked every two weeks during the sport season. The following minimal requirements must be met at each two-week grading period.

- a. Maintain a grade point average (GPA) of nothing less than a 2.0 in ALL subjects.
- b. Have no "F" grade marks in any subject area and no more than three classes with an average below 70%. A student should have no major incomplete assignments that would result in a failing grade, if neglected.
- c. Demonstrate a good current record of proper respect for ALL authorities.
- d. All athletes MUST remain eligible under the MHSAA guidelines that are published annually. A copy of these guidelines is in the Athletic Director's office. NOTE: An athlete that has been declared ineligible due to disciplinary reasons will remain ineligible until the next report is issued. Any athlete declared ineligible with two (2) successive reports due to a discipline issue will remain ineligible for the remainder of that season.

DAILY ATTENDANCE AND ATHLETIC PARTICIPATION

- If a student has an unexcused absence for any part of a normal school day, he/she will may not be allowed to participate in any extracurricular sport activities that same day. Some examples of an unexcused absence include: two or more detention periods that cause missed practice time during a sport season, suspension, absence from school not excused by the office, not attending practice, etc.
- If a student has an excused absence for any part of a normal day, he/she must be in attendance a minimum of four full class periods. Some examples of excused absences include sickness, a medical or dental appointment, family emergency, etc. A note from a parent is always appreciated but may not eliminate the consequences of a student's absence. Upon consultation with the principal and/or athletic director, a coach may determine the validity of such concerns.

TRAVELING

Athletes traveling to contests are to ride the bus or with designated parent drivers. Any exceptions must be arranged prior to the day of the event through the Athletic Director and/or School Administrator. Students must notify both the coach and bus driver if they are returning with their parents after a game.

GENERAL RULES AND GUIDELINES

- No association with or use of drugs, alcohol, or tobacco is permitted at anytime (365 days/year). Compliance with school policy will be strictly reinforced. Proven use or association with any of these vices may constitute expulsion from any sport and further disciplinary action from the school.
- Any improper or questionable language will not be tolerated. This includes swearing, taunting, or disrespect to teachers, officials, coaches, fans, or teammates.
- The head coach of a sport may set other restrictions for unacceptable conduct. He/she may restrict or dismiss an athlete he/she feels is having a negative influence on the team or is not abiding by the rules and regulations set forth for that sport. A student who is dropped from a squad relinquishes any rights to receive any letters and/or awards earned. Any such action will be preceded by a conference with the coach, athletic director, and parents of the student.
- Sometimes parents choose to withhold athletics from their child as a disciplinary measure for concerns unrelated to the athletic season. CCS discourages this form of discipline once the season has begun. Parents should notify the athletic director and/or coach prior to the season if they intend to use this form of discipline. CCS encourages parents to work with the coach before removing a student from the team (or practice), preserving the commitment made to the coach and teammates.
- In accordance with expectation of reasonable consistency outlined in the Coach's Handbook, athletes who miss a practice and/or athletic contest (whether excused or unexcused) may be required to participate in at least one practice prior to participation in the next game. Such absences may also affect "starting line-ups" of subsequent contests.
- More than two unexcused absences may result in the loss of the chance to letter in a sport and may also result in removal from the team.
- Students are responsible to obtain and complete homework and turn it in when absent from class due to athletic participation. Detention periods that conflict with a practice or game will be served as scheduled.

ATHLETIC DRESS FOR PRACTICE

Practice attire will consist of standard physical education clothing or gear that has been approved by the coach, Athletic Director, or administration. Tops and bottoms should be modest, clean, and in good repair.

ATHLETIC EQUIPMENT

Each player will be personally responsible for all school athletic equipment checked out and will return said items in good condition and on time. The player will pay for any missing or damaged equipment at the replacement cost determined by the Athletic Director. An athlete may not participate in subsequent programs until he/she has returned or paid for all issued equipment. No after-school equipment or uniforms shall be worn during physical education class, off-campus events, or for personal use other than those events for which the equipment was specifically designed.

FACILITIES

- Students are to be good stewards of their school building and off-campus facilities. They are to make an effort to clean up the team's area of the gym, locker rooms, hallways, athletic fields, and bus.
- Students are not to wear street shoes of any kind on the gym floor for recreational activities.
- Students are not to wear "cleats" inside the building. They should remove cleats before entering the building, brush them off, and place them in a locker or duffle bag.
- Food items are to be consumed in the cafeteria only.
- Students are not allowed in the weight room without adult supervision.
- Only an adult staff member or authorized assistant may activate "keyed" gymnasium lights, backboards, and bleachers.
- Under no circumstances are students to drive school vehicles.

PHYSICAL EXAMINATIONS, INSURANCE, AND INJURIES

- Every athlete must have a physical exam prior to the first practice of the season of a sport. In accordance with MHSAA guidelines, the exam must be done on or after April 15 of the prior school year. Each physical exam is applicable for the school year following the exam.
- **As stated in the Parent-Student Handbook: Calvary Christian Schools does not provide personal injury insurance coverage for students.** Parents or guardians are urged to include this insurance in their own coverage.
- Medical insurance for students participating in the athletic program is the responsibility of the athlete's family.
- Any injuries need to be brought to the attention of the athlete's coach so assessment can be made.

PRACTICE AND CONTESTS

- Be dressed and ready to practice on time every day. There is no substitute for enthusiasm, so be "enthusiastic" about the sport.
- ATTEND EVERY PRACTICE SESSION UNLESS PREVIOUS ARRANGMENTS ARE MADE WITH THE COACH. Leave the practice facility ONLY when permission is given.
- Work hard to do your best, approach practices and games with a proper attitude, and have fun without clowning. Conditioning comes from hard work during practice and proper mental and moral conduct. Poise, confidence, and self-control come from being prepared.
- Avoid cliques, complaining, criticizing, jealousy, egotism, envy, or excuses.
- Expect the best from your teammates and earn their respect at each practice.
- When the coach blows the whistle, the team should pay undivided, supportive attention to prevent undue repetition of the same instructions or correction.

- Follow instructions and move quickly to get in position to start a new drill. Correct habits are formed only through continued repetition of an ideal model.
- Take preventative measures to decrease the possibility of injury to yourself or your teammates. Remove all jewelry before practice or games, make sure fingernails and toenails are cut properly, get taped by the coach (if necessary) well in advance of the start of practice.

TEAM OR SQUAD SELECTION

It is the school's desire to make students' involvement in athletics an enjoyable one whereby athletes gain confidence in improving their skill level by learning the basic fundamentals of the sport in which they are participating.

It is the desire of the school to allow as much opportunity as possible for every student trying out for an athletic team to gain this learning experience.

MIDDLE SCHOOL SPORTS

Each student trying out for an athletic team will have the opportunity to be a part of that team in one capacity or another. When practical, additional teams or games may be added to accommodate large numbers of students participating in a particular sport. Understanding that different students may enter middle school athletics with a wide range of experience in various sports, the goal will be to give each child the opportunity to develop his/her skills in the chosen sport. The best interest of both the individual athlete and the team(s) will be considered within the limitations of the coaching staff, team positions, conference competition, and length of season or schedule.

JUNIOR VARSITY AND VARSITY

Once the athlete reaches this level, the competition for squad placement may become increasingly strategic and earned. The determination of squad selection is based on several criteria established by the Athletic Director and Coach's Handbook, and implemented accordingly by head coach of each program. Members of each team must meet certain guidelines, and the skill level of the athlete is a determining factor in his or her selection. Through the tryout process, athletes have the opportunity to display their abilities, and from these tryout sessions the coaching staff determines the selection of the individual squads. Cuts may be a part of the selection process. Although attempts will be made to give playing time to all team members, coaches will have the authority in accordance with the criteria in the Coach's Handbook to determine distribution of playing time.