

# **COMMUNITY CHRISTIAN SCHOOL**

## **ATHLETIC HANDBOOK**

### **I. COMMITMENT**

Athletics at Community Christian School are an integral part of the overall school program and require commitment from parents, coaches, teachers, and student athletes. Christian witness and testimony can and should be exemplified through participation, coaching and fan support. Our athletic program is one of several means of developing the total Christian and is an honor and privilege for all participants. These extra-curricular activities add to education by promoting good citizenship and character, developing discipline for personal success, and promoting the image and identity of our school, community of Fort Dodge, and the Christian community at-large.

### **II. PHILOSOPHY OF ATHLETICS**

Community Christian School student athletes should strive to be as much like Christ, with the Holy Spirit's help, on and off the court or field. Just as Jesus gave Himself for us (Phil. 2:8), so should we work to give all we have to Him.

Scriptural-based character qualities promoting excellent athletics habits through practice and prayer:

1. Dependability—be at all practices and contests unless excused by your coach. Do what is expected of you in all situations. (Psalms 15:4)
2. Punctuality—be on time, never late! (Ecclesiastes 3:1)
3. Love—be self-sacrificing and show a real concern for team members, coaches, and opponents. (I Corinthians 13:3)
4. Enthusiasm—take an interest in every part of your sport and be glad to quickly carry out every part of the job. (I Thessalonians 5:15)
5. Faith—show that you know the Lord is in control of all circumstances and that He is carrying out His will in your life. (Hebrews 11:1)
6. Humility—show forth the attitude that God is the one responsible for your abilities, talents, and success. (Philippians 2:3, James 4:6)
7. Endurance—be able to withstand stress, hard work, and challenges that all Christian athletes experience. (Galatians 6:9)
8. Boldness—be ready to boldly express what Jesus Christ has done for you. Never give up. (Acts 4:29)
9. Self-control—Do not be boastful or envious of one another. (Galatians 5:24-25, I Peter 5:8)

### **III. CODE OF CONDUCT**

Student athletes participating in any activities on campus or off campus that are inappropriate, illegal or a violation of school rules may lose eligibility. Student athletes, coaches, parents and spectators are expected to live in a way pleasing to the Lord at all times. A signed Code of Conduct form is requested from each student athlete family prior to the first competitive game. Athletic contests are competitive—all present on behalf of Community Christian School athletics are expected to speak and ACT as a matter of Christian testimony in all situations.

### **IV. ACADEMIC ELIGIBILITY**

Community Christian School desires all athletes to perform to their own highest potential in attitude, aptitude and academics. In an effort to help teachers, coaches, and parents understand the policy better it has been decided that any student involved in extra-curricular activities must adhere to a responsible academic standard. First, the student should be current in all letter grade subjects. This includes Bible and music. Eligibility periods will run from Monday to Monday. Any incompletes for any of the letter grade classes will result in the student being ineligible until the following eligibility period, but students should get incompletes taken care of as soon as possible. Secondly, any student having a D+ grade or lower in any of the letter grade subjects will not be eligible until that grade has been raised to a C- grade or higher. The teacher, the parents, and the student will work together to accomplish this goal in a reasonable/timely manner. Thirdly, it is a student's responsibility, along with the help of their instructors to be aware of their standing academically. If a student is in danger of becoming ineligible, the teacher will inform the parent of this fact. Finally, the teachers will inform the coaches/advisors/parents, on Mondays, as to the ineligibility of a student. As with all school endeavors, if there are any questions or concerns regarding the policy, please feel free to contact the school, the administration, or the teachers involved.

### **V. ATHLETIC PHYSICAL EXAMINATIONS**

All student athletes must have an up-to-date completed physical examination form on file at the CCS office prior to their first practice. Students are also required to have a medical treatment permission slip turned in before the first practice. (The Medical Release card for CCS should be taken by athletic director to all CCS games.) NO student (including home school students) may participate without these items on file. If at all possible, physicals will be given at the school. If any student is not present for the school physical, he/she is responsible for getting a physical elsewhere.

## **VI. ATHLETIC FEE**

This non-refundable fee will be assessed for each student at the beginning of each season. This is to be paid to the school office prior to the first practice. The fee is to be utilized to help support the athletic program.

## **VII. UNIFORM INFORMATION**

Uniforms (including all equipment and attire for cheer & basketball) are purchased by and remain the property of CCS. Uniform condition will be noted when issued and returned at the end of the season. Garment care and washing instructions will be provided by the coach at issuance. They are only to be worn for CCS sporting events. Damage to the uniform apart from participation in CCS athletics will be assessed to the student. Non-marking soles on shoes are required. Coaches will determine the color of socks, T-shirts etc.

## **VIII. ATTENDANCE AT PRACTICES/GAMES**

Practice sessions are specifically designed to develop skills—athletes are expected to attend practice. These skills cannot be applied to contest situations if attendance at practice is not consistent. The coach reserves the right to limit playing time or assign additional workouts if any athlete misses a practice for any reason not approved in advance. The athlete must be in school at least ½ school day on the day of a contest or practice to be eligible to participate—except with an excused absence from the administrator.

## **IX. DRESS CODE FOR ATHLETES (Games: Home & Away, Practice)**

ON GAME DAY; students are required to wear the CCS-issued game day shirt with either khaki or black pants or black nylon sport pants to school, while traveling and while in attendance at game site. FOR PRACTICE; students are required to wear appropriate, modest sportswear and tennis shoes.

## **X. CONCUSSION PRECAUTION**

Senate file 367 requires a parent or guardian to sign and return a concussion and brain injury information sheet prior to the student practicing or participating in any extra-curricular interscholastic activity for grades 7-12. Coaches are required to remove a student that shows signs of a concussion or brain injury from the activity until the student receives written clearance from a licensed health care provider.

## **XI. ATHLETIC AWARDS CEREMONY**

An athletic awards ceremony will be held following the season to honor all participants. Attendance is expected by student athletes and coaches. Chapel dress is required.

## **XII. SPORTS AWARDS**

5<sup>th</sup>, 6th, 7th, and 8th graders may receive letters, pins and certificates. 4th graders will receive certificates and pins. The coaches of each athletic/cheerleading team will determine all awards given and will meet prior to the awards banquet with the athletic committee to agree upon awards. Awards should be positive and encouraging in nature, and reflective of athletic ability and potential. Athletic committee will meet prior to ceremony to confer on awards. Engraved medals are given to every athlete. The Timothy and Lydia awards are no longer part of CCS Athletics as of 2011-12, as all student athletes should strive for this level of personal Christian excellence.

Coaches' gifts are given at the sports awards banquet by the athletic director, and should be nominal in nature or based mostly on donations provided by athletic families. CCS Athletics will offer \$50 base amount per coach should there not be adequate donations offered.

## **XIV. ATHLETIC FACILITIES USAGE**

All facilities on the CCS property are designed for multiple school activities. Extreme care must be taken to assure that the next group using the facilities finds them clean, well-cared for, and vacated on time. The following regulations are in force:

1. No student is permitted the use of any athletic facility at any time without the supervision of a staff member.
2. The use of any school athletic equipment must be cleared through the athletic director or coach.
3. Restrooms and changing facilities must be left neat and free from any items not in proper storage receptacles.
4. VALUABLES MUST NOT BE LEFT IN UNSECURED LOCATIONS and should not be brought to games.
5. The use of non-CCS facilities for practices and contests is subject to these regulations in addition to their regulations. Competitor facilities are to be left in good or better condition than when CCS players and fans arrived for use.

## **XV. TRANSPORTATION**

Athletes are responsible for their own transportation to and from athletic practice, events and games. Ride arrangements should be made in advance.

## **XVI. THE ATHLETIC COMMITTEE**

The athletic committee will be comprised of the athletic director, head coach of each sport, school administrator, school board representative, pancake breakfast fundraiser chair. The athletic committee meets before the season starts and prior to sports awards banquet, then as needed during the school year at a date and time determined by the athletic director &/or the committee.

## **XVII. EXCEPTIONS**

Exceptions to the regulations set forth in this handbook may be made at the discretion of the athletic director and administration.