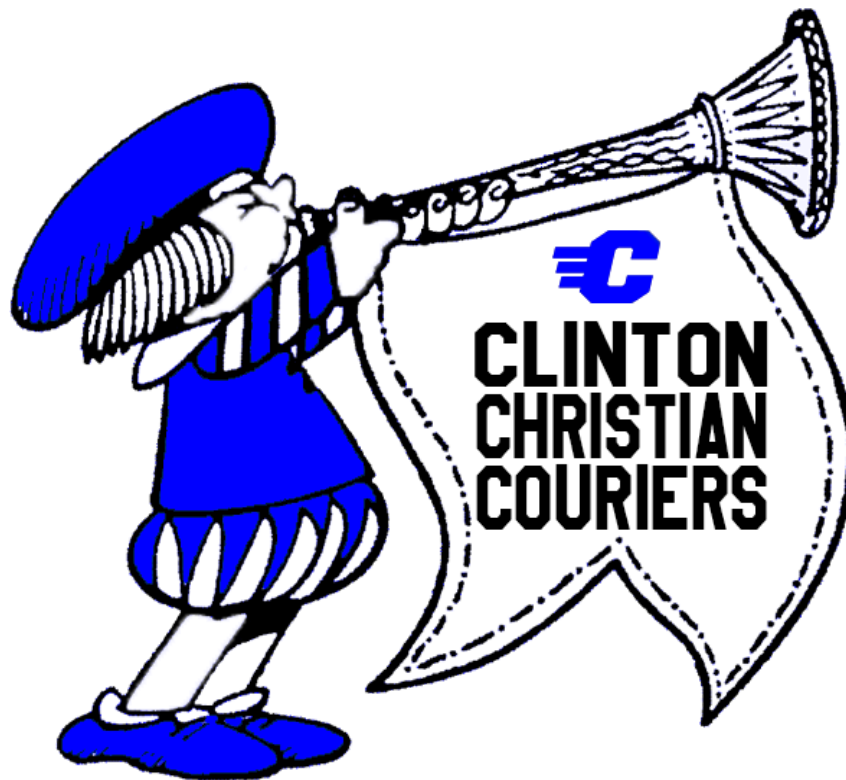




# **Clinton Christian School Athletic Handbook**



***Distinctly Christian, Decidedly Excellent, Deeply Connected***

## **Introduction**

Athletics at Clinton Christian School are a significant part of the total school program. Participation implies a commitment to responsible behavior in both academic and Christian character. Students' Christian witness can and should be exemplified through their participation.

Athletes are expected to maintain certain academic standards as well as attitudes and behavior consistent with the goals of Clinton Christian School and in line with the Student Conduct section of the Parent-Student Handbook. Student-athletes will be held accountable for upholding these academic and character qualities by administration, directors, coaches, teachers, and parents during school, outside of school, and at any school-sponsored extra-curricular activity. Below are additional details regarding qualifying and maintaining eligibility.

Homeschool students are welcome to participate in athletics at Clinton Christian School, provided they meet all eligibility requirements outlined for enrolled students. This includes maintaining academic standards, adhering to school conduct policies, and completing required physicals. Homeschool families must also submit their official curriculum used for review to ensure academic eligibility as well as submit their weekly grade checks to the athletic director every Monday. Failure to submit grade reports in a timely manner will result in the athlete being ineligible until the required reports are provided.

Before the season begins, each coach will provide student-athletes with this handbook and any other guidelines for their particular sport. Athletes will be required to take this information home and share it with their parents. Athletes must fill out and sign the commitment portion of this handbook and parents must sign acknowledging that they have read the handbook and agree to have their child held accountable to the guidelines within. The commitment form, athletic medical release form, and physical examination form must be returned before an athlete can practice.

## **Physical Examination and Medical Release Form**

For students who are participating in athletic competition, a yearly physical examination form and a medical release form must be completed and on file at the school prior to his/her first practice. Forms are available on the school website and in the school office.

## **Athletic Fee**

The athletic fee will be utilized to maintain quality uniforms and equipment, coaching salaries, tournament and league fees, referees, and athletic awards. The fee for 9th-12th Grade students per sport will be \$100 and for 5th-8th grade students the fee will be \$75 per sport. This fee must be paid at the beginning of each sports' season through the office. Participation in one match/game/contest eliminates the possibility of any refund, regardless of the reason. Depending on the sport, additional fees may be required for items that athletes keep (e.g., uniforms, socks, hats). These costs will be outlined at the pre-season meeting.

## **Specific Eligibility Rules**

To participate in athletic activities (i.e. sports teams or sports managers) students must be and maintain eligibility. Initial eligibility for both traditional and homeschool students is first determined by the student's current grade level and/or age. The minimum age/grade is fifth grade or 11 years old by the first practice of their sport's season. The oldest grade of eligibility is 12th grade.

In addition, quarterly grades proceeding the current sports season (must have a 2.0 GPA and no failing grades) are used to determine initial eligibility.

Homeschool and Woodlawn athletes are required to submit grade checks to the athletic director every Monday. Failure to submit grade reports in a timely manner will result in the athlete being ineligible until the required reports are provided. If an athlete's grades fall below 60%, the Clinton Christian School strike system will be applied, which may affect participation in practices or games.

Regarding the academic portion of eligibility, grades must not fall below 60%. A weekly grade check is performed by the administration each Monday morning. If a student's grades fall below 60% the strike system will be utilized.

**Strike One:**

Students will practice but will not play in contests/events/games during the one-week probationary period (Monday to Monday). Students with Strike One will be expected to dress out and sit on the bench for all games during the week-long penalty.

**Strike Two:**

Students will not practice or play in contests, events, or games (Monday to Monday).

**Strike Three:**

The student will no longer be eligible to participate in the season.

Additionally, the following items must be in place in order to be eligible for the first practice:

1. Physical examination form completed and on file
2. Medical release form signed and on file
3. Commitment form signed and on file
4. Athletic fee

## **School Attendance**

Students must be in school by 10:30 AM on the day of a practice or contest and must stay in school until school is dismissed. Students arriving after 10:30 AM or leaving before school dismissal will not be allowed to participate in that evening's practice or contest. Friday attendance is used for weekend matches, and the day before a holiday break is used for contests over holiday breaks. If the absence is not excused, the student will not be allowed to play in a contest.

Students are expected to be at school and not tardy the day following an athletic contest. Disciplinary action will be taken if this is not adhered to.

## **Character and Behavioral Accountability and Eligibility**

The strike system is in place for academic accountability during an athletic season. Additional accountability guidelines for character and behavior are also in place. Coaching cards and coaching conversations will be used to curb and correct student conduct and disrespect violations that take place at school, outside of school, or during any athletic practice, game, or school-sanctioned event. Coaching cards are serious and an athlete's playtime and participation on a team can and will be impacted by earning them as a result of their behavior during and outside of school and at extra-curricular events.

Athletes should anticipate the emotional, mental, and spiritual challenges of competition and develop and demonstrate character and behavior that will honor Christ. We desire students to grow in athletic skill, but also in godliness. The character and behavior we expect CCS students to work hard to demonstrate to all authority figures, peers, and teammates are generally defined by the following:

- Respect: both verbal and body language
  - Avoiding eye rolling, heavy sighing, stomping, refusal
- Kindness: both verbal and non-verbal
  - Avoiding exclusivity, being overly critical or overly discouraging, gossip
- Humility
  - Avoiding prideful behavior
  - Accepting correction, demonstrating a desire to change, making an effort to do so
- Wholesomeness
  - Avoiding coarse joking, inappropriate language, unwholesome behavior with media or on social media)
- Effort
  - Be dependable, punctual, loyal
  - Give your best effort to every task

If a student athlete does not demonstrate noticeable and consistent effort to demonstrate the character qualities listed above and detailed in the commitment section below, the consequences will be as follows:

Tardies will not count as offenses until they reach the point of detention.

1. With the first offense, a coaching card will be issued and a meeting will take place between the student-athlete and their teacher, coach, athletic director, and/or administration to try to help you learn how to correct the behavior or attitude. Parents will be notified via FACTS email.
2. The second offense will result in a second coaching card, an additional coaching discussion with the teacher, coach, AD, or administration, and communication with parents via FACTS email. Athletes may sit on the bench for one set of a match or one-quarter of a game.
3. The third offense will result in a third coaching card, an additional conversation with the teacher, coach, AD, or administration, a phone or in-person conversation with parents. The student will receive detention and sit the bench for two sets of a match or one-half of a game.
4. The fourth offense will result in a fourth coaching card, an in-person meeting between the student, the parents, the teacher or coach, the athletic director, and/or the administration. The student will receive an additional detention and sit the bench for one whole match or one whole game.
5. The fifth offense will result in an additional detention or ISS (any ISS/OSS will automatically require this level of consequence), an additional parent meeting with leadership, and sitting the bench for 2 whole matches or two whole games.

6. The sixth offense will result in additional consequences determined by the administration and the student-athlete will not be able to participate in that sport for the remaining games of the season.

\*Any or all consequence levels may be bypassed depending on the severity of the behavior infraction. If students earn multiple coaching cards between checkpoints, the consequence that corresponds with the highest number of coaching cards will be issued.

## **Practices**

Practice sessions are specifically designated to sharpen skills. These skills cannot be applied in contest situations if attendance at practice sessions is not consistent. Students will participate in at least 10 practices before being eligible to play in a game. Practice schedules are announced at least two weeks in advance.

Attendance at all scheduled practices is mandatory for all players. Absence from practice may impact play time. Players who miss scheduled practice or practices may be required to make-up practices before they are eligible to participate in a contest.

With multiple teams needing the gym for practice times, it is possible for a team to need to practice "early" or "late." For "late" practice times (typically 5 to 7 pm), students who live a distance away MAY be allowed to stay after school to wait for their practice session. These students must sit quietly in the cafetorium. If they cause an issue and cannot follow these rules, they will not be able to stay.

There will be no athletic practices scheduled over fall break or Thanksgiving break. Coaches will communicate details of optional practices scheduled over Christmas break.

## **Dress Code**

Students are required to wear acceptable, modest, sportswear. Attire comparable to the team uniform is appropriate. Tight (biker shorts) or short shorts, skin-tight yoga pants, bare midriff shirts, no shirts, shirts with the side arms cut out showing undergarments or sports bras, or shirts with questionable messages are not permitted. Some sports require specific shoes or warm-up uniforms to be purchased. The purchase of team shirts or sweatshirts will be optional.

## **Use of Facilities**

Facilities are a significant provision and are to be treated with respect. Care must be taken to ensure that the next group using the facilities finds them clean, well cared for, and vacated on time. The following regulations are in force:

- No student is permitted the use of any athletic facility, at any time, without the direct supervision of an adult (over 18) staff member or an adult (over 18) approved by the administration. Additionally, a liability waiver must also be on file before any non-school-sponsored use of the facility takes place.
- The weight room may only be used when an adult (over 18) is present in the cage with those using the equipment.
- The use of any school athletic equipment must be cleared in advance through the Athletic Director or administration.
- Restrooms, shower rooms, and playing areas should be left neat.
- Athletic equipment should be returned to its proper storage area.
- Personal valuables are the responsibility of the student.

## **Team Travel**

### *Overnight Trips*

Occasionally, scheduling dictates overnight athletic road trips. All provisions set forth in this handbook and in the Parent-Student Handbook apply to overnight trips. Lodging will be arranged by the Athletic Director or the Coach. If an overnight stay is required, the following details will apply:

- If only one overnight stay per season is required, most lodging costs will be covered by the school. If more than one overnight stay is required, those additional costs MAY be the responsibility of the athlete.
- Food costs are not covered by the school for overnight stays.
- All students stay with the team on overnight trips, unless a parent has made the trip and special arrangements are made in advance with the Athletic Director to stay with their parent.

### *Food*

Regarding stopping to eat on the way home after away games, if the van leaves the host school at nine o'clock or later, there will be no stops.

### *Transportation*

All athletic team members, managers, and statisticians are required to travel to and from away contests in school-provided or school-sponsored transportation. The athlete must travel to and from a contest in the same vehicle.

Exceptions to team travel may be granted by the coach or the Athletic Director. Permission will be granted to allow the student to return home with his/her parents if a written request is received by the Coach or Athletic Director prior to the contest.

The intent of this policy is to enhance team unity and morale and to allow coaches and administration to properly arrange for the transportation of teams, to provide a means to meet family emergencies, and to properly account for every individual who is traveling.

## **Athletic Awards Policy**

Trophies or plaques will be awarded to two team players in each varsity sport. In addition, one or two coach's awards will be given in each varsity sport. Letters will be earned after having participated in half of the varsity games played during the entire season. Injury may be given special consideration.

### *Junior High:*

- MVP
- Most Improved Player
- Courier

### *Junior Varsity:*

- MVP
- Most Improved Player
- Courier

### *Varsity:*

- MVP
- Most Improved Player

- Courier
- Additional Accommodations
  - 1st year: 6" Chenille letter award and pin
  - 2nd year: pin
  - 3rd year: pin
  - 4th year: pin and mug or blanket

## **Commitment to Christian Character and Athletic Leadership**

Athletes, please read the description of each character and leadership expectation and write an “I will” statement communicating how you will work to demonstrate that quality while on the team.

### **Dependability**

Be at all practices and contests unless excused by your coach. Follow through on your word, even if it means unexpected sacrifice (Psalm 15:4).

I will:

### **Punctuality**

Be on time and prepared. Show high esteem for other people and their time (Ecclesiastes 3:1).

I will:

### **Love & Kindness**

Be self-sacrificing, showing genuine concern for your team members, your coach, and your opponents without having personal reward as your motive (1 Corinthians 13:3).

I will:

### **Enthusiasm & Encouragement**

Express an interest in every part of your sport and be glad to quickly carry out every part of the job (1 Thessalonians 5:16, 19).

I will:

### **Faith & Wholesomeness**

Demonstrate your awareness that God is in control of all circumstances and that you are committed to acting in harmony with His will (Hebrews 11:1).

I will:

### **Humility**

Demonstrate the awareness that your abilities are gifts from God, not something you have achieved one on your own. Receive correction without defensiveness, looking inward for opportunities to improve (1 Corinthians 7:7; Philippians 2:3-4).

I will:

**Effort & Perseverance**

Develop the ability to persist in the presence of stress, discouragement, and disappointment, do not give up easily (Galatians 6:9).

I will:

**Boldness**

Boldly express what Jesus has done for you, do not be timid when asked to try or learn new things (Acts 4:29).

I will:

**Gratefulness**

Be quick to recognize the achievements of others and how they and God have helped you (1 Corinthians 4:7).

I will:

**Loyalty**

Use the tough times as opportunities to demonstrate your commitment to God and to those He has called you to serve (John 5:13).

I will:

**As a student, by signing below, I agree to give my best effort to following the academic and character guidelines set forth in the Athletic Handbook and the Parent/Student Handbook of Clinton Christian School. I will work hard to consistently live out each of these character qualities as a CCS student-athlete and a representative of Jesus Christ. I understand that I will not be perfect, but I am dedicated to working hard to demonstrate Christian character. I will work with my coach and other players to handle all conflicts in a Biblical manner and I agree to take responsibility for my choices, even if it means not being allowed to practice or play as a consequence of poor choices in or outside of the classroom and on or off the court.**

**Student Signature \_\_\_\_\_ Date \_\_\_\_\_**

**As a parent, I acknowledge that my student-athlete understands the commitment they are making to serve in this leadership role at CCS.**

**Parent Signature \_\_\_\_\_ Date \_\_\_\_\_**