



FAITH COMMUNITY CHRISTIAN HIGH  
SCHOOL

2009-2010 Athletic Handbook

# I. PHILOSOPHY OF ATHLETICS

At FCCHS, 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.

Ideally, every student would be involved in the athletic program and experience all that competitive sports have to offer. Realistically, however, not all students are equally gifted and/or interested in this pursuit. Additionally, certain teams may have limited rosters for which tryouts may be required. As with any quality academic program, the athletic program allows students to progress and compete at a level consistent with their ability regardless of age or grade level. Every effort is made to encourage and involve students who desire to be part of the program.

In the pursuit of excellence, our varsity teams provide an opportunity for those students demonstrating the highest level of ability, as evaluated by their respective coach, to compete against the best athletes other schools have to offer. Our memberships in an established league, county association, and state athletic association provide the teams with such opportunities. While we are committed to this pursuit, we also recognize that winning is merely the object of the contest, not the sole purpose of the competition. Our goals for competing include building school spirit, teamwork, self-esteem, confidence in a competitive environment and the ability to win humbly or lose graciously. A desire to win is healthy; the need to win is not.

## II. INTRODUCTION

### A. TO PARENTS

This material is presented to you because your son/daughter has indicated a desire to participate in interscholastic athletics at FCCHS 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.

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 FCCHS 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 FCCHS.

The administration at FCCHS 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 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.

## **B. TO ATHLETES**

When you wear the green and white colors of FCCHS, we assume that you are willing to accept the responsibilities that go with them:

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 me, that they may see your good works, and glorify your Father, who is in heaven". (Matthew 5:16)

RESPONSIBILITIES TO YOUR SELF: 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 experiences. Your participation in academic studies, athletics, and extra-curricular activities prepare you for life after high school.

RESPONSIBILITIES TO YOUR SCHOOL: By participating in your sport to the maximum of your ability, you are contributing to the positive testimony of FCCHS. 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.

RESPONSIBILITIES TO OTHERS: As an FCCHS 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," 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.

## **III. ATHLETE'S CODE OF ETHICS**

Each athlete that competes at FCCHS 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)

## IV. CHARACTER QUALITIES

*Here are some character qualities that all FCCHS athletes should strive to attain. Use this list as a guideline for self-evaluation:*

**Dependability** – Be at all practices and contests unless excused by your coach. Do what is expected of you in all situations.

**Punctuality** – Be on time; never be late!

**Enthusiasm** – Take an interest in every part of your sport and be glad to quickly carry out every part of the job. (I Thessalonians 5:16)

**Faith** – Show that you know that the Lord is in control of all circumstances and that He is carrying out His will in your life. (Hebrews 11:1)

**Humility** – Show the attitude that God is the one responsible for your abilities and success. (I Peter 5:5)

**Endurance** – You must be able to withstand stress, hard work, and the problems that all athletes experience. (Galatians 6:9)

**Obedience** – Jesus was always obedient to His Father's will. Be obedient and responsive to those in authority over you: the Lord, your parents, teachers, and coaches. (II Corinthians 10:5)

**Diligence** – Use all of your strength and ability to complete each part of your task whether in practice, in a game, or anywhere else. (Colossians 3:23)

**Responsibilities** – Athletes need to do everything that is expected of them. Coaches need to know that athletes are capable of doing things without direct supervision. Take the initiative to work and make intelligent decisions.

**Determination** – Make up your mind that you will accomplish your goals regardless of the opposition. (II Timothy 4:7)

**Confidence** – A good athlete should know that he/she can be a winner in God's eyes as they totally give all they have to Jesus.

**Intensity** – Give everything you have at all times, focusing your total attention upon the job at hand and putting forth your every effort to complete it perfectly.

**Love** – Be self-sacrificing and show real concern for team members, coaches, and opponents. Remember, Christ centered His love upon others, not Himself.

## V. GENERAL POLICIES, RULES AND GUIDELINES

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

### ***Enrollment:***

To be eligible to participate in the interscholastic athletic program, one must be formally enrolled at Faith Community Christian High School.

**Eligibility:**

The student-athlete must maintain a grade point average (GPA) at or above 2.0 in his or her current studies and must not be failing a subject in order to be eligible to play sports. If the student's GPA is below 2.0 or if he or she is failing a subject, the student will be considered ineligible for at least two weeks, at the end of which time the GPA or grade will be reevaluated. It is the responsibility of the student to present proof of a GPA change or that they are no longer failing the subject. A student that becomes ineligible will be allowed to practice with the team, but will not be allowed to dress for or play in competitions until eligibility is restored. Eligibility will be monitored by the coaches and the athletic director.

**Age:**

An athlete becomes ineligible for high school athletics if he/she reaches the age of 19 prior to July 1 of an academic year. Any athlete reaching the age of 19 on or after July 1 is eligible for that school year.

**Semesters of Eligibility:**

Starting with the 9th grade, a student will have four consecutive years of eligibility. No student shall be eligible for high school athletics after the end of eight consecutive semesters following his/her entrance into 9th grade. If a student misses a school semester or an academic school year, continued eligibility may be available upon petitioning the MCSAA/MSHSAA for an exemption.

**Physical Exams:**

A student must have a physical examination by a certified doctor and be approved for athletic competition by the Athletic Coordinator and/or the Athletic Director. A physical examination is valid for a one-year period from the date of the physical. In addition, a Sports Physical Update Form is required for each additional sport in which a student participates. Only students with current physicals, approved by the Athletic Coordinator or Athletic Director, may participate in tryouts and practices.

**Practice Schedules:**

Athletes must complete ten (10) full days of official practice before they can compete in any scrimmage or athletic event. Practice dates in a previous sport can count toward the ten days for a new sport season. For example, a boy's soccer player does not have to practice for ten dates before he can play basketball. The official starting dates for each sport season are as follows:

Fall Sports: August 10, 2009  
Winter Sports: October 12, 2009  
Spring Sports: February 8, 2010

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, MCSAA/MSHSAA guidelines will be followed as a minimum standard for our athletes.

**School Attendance:**

In accordance with the MSHSAA, all athletes must be in attendance for a minimum of ½ 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.

**Sports Offered:**

**Fall**  
Volleyball (G)  
Soccer (B)

**Winter**  
Basketball (B)  
Bowling (B/G)  
Cheerleading (B/G)

**Spring**  
Baseball (B)  
Track (B/G)

**Athletic Fees:**

All athletes will be required to pay a fee for each sport participated in. This fee will be determined at the start of each school year by the FCCHS staff. These funds will be used in conjunction with gate and concession income to pay for the various expenses related to the provision of athletics. In the event that cuts from an athletic team take place, a cut athlete will be refunded their fee. If a student quits a team after the season begins, there will not be a refund of the athletic fee.

**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 forfeit initial uniform deposit to cover the replacement cost of the uniform. If no damage or replacement is necessary the athlete's deposit will apply to any other future sports as well. Laundering of the uniform should be done regularly and with proper care. Please wash in cold water and hang dry. After the last contest of the season, the coach will set up a turn in day. All uniforms should be returned that day to the coach.

**Commitment to the Team:**

You are making a commitment to yourself, your teammates, your coaches and your school when you make or join a team. In order for each athlete to reach his/her potential, to improve on personal skills and performance, for the team to establish camaraderie, and for the school to be well represented, it is essential that all team members be present for all practices and games. An athlete is to be fully committed to the team. In order for that to occur it is Athletic Department policy to recommend that an athlete not participate in any outside sport while participating in a sport at Faith Community Christian. Personal training or skill work is acceptable. Participation on an outside team where game contact can occur is not recommended. The Athletic Department/coach cannot initially prohibit an athlete from outside participation. However, once it becomes evident that such participation is affecting the performance on the school team, the Athletic Department/coach will have the right to then discuss same with the athlete and possibly require the athlete to make a choice.

**Transferring Sports:**

No athlete may quit one sport and transfer to another sport in the same season without the approval of the Athletic Director and Coaches involved.

**Equipment:**

Athletes must care for and are responsible for all equipment issued to them by the school and must return such equipment at the end of the season (or when leaving the team). In addition, the athlete is responsible for the proper use of all non-issued school equipment. Failure to abide by this may result in monetary reimbursement to the school.

***Sportsmanship:***

Athletic sportsmanship is to be promoted at all times. Disrespectful conduct towards an opponent, teammate, coach or official will result in benching, possible suspension or dismissal from the team. TRCAA requires any athlete disqualified for unsportsmanlike flagrant misconduct; either physical or verbal, to be disqualified from the next regularly scheduled game/meet. Disqualification is a judgment call by the official and cannot be appealed.

***Early Dismissals:***

Teams are occasionally dismissed from school before the end of the day for athletic events. Athletes are responsible for all schoolwork missed. Generally, such early dismissals will be known in advance to allow the athlete the opportunity to see the teacher prior to leaving school.

***Injuries/Insurance:***

Athletes injured during a contest are required to fill out an accident report within three days of the injury. The accident report must be signed by the Coach and be submitted to the Athletic Director. The Coach must report all accidents to the Athletic Director. Insurance coverage is the responsibility of the athlete and parents. Parents should understand that medical expenses are their own responsibility.

An athlete, who has been injured and has required medical treatment, may not participate in any practice or athletic event at FCCHS until a medical doctor provides a medical clearance. The medical clearance must be on file in the Athletic Director's office prior to participation.

***Awards:***

The Athletic Department recognizes each participant on a team by means of athletic awards. Completion of the sports season, including all post-season games, tournaments and practices, is required in order for the student to be eligible for any awards mentioned above. Injured athletes are exempt from actual participation, but not from finishing out the season by attending practices and games unless specific permission is given by the Coach and Athletic Director.

***If You Have a Problem or Concern:***

The Athletic Department is dedicated to providing the best athletic opportunities for the students of Faith Community Christian High School. This objective may be best attained if there is a climate of mutual trust and understanding on the part of the Athletic Department, coaches, athletes and parents. In items of concern the line of communication is:

Athlete/Parent  Coach  Athletic Coordinator  Athletic Director  Principal  Board

## **VI. Coaching Requirements and Responsibilities**

### **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 and uphold the overall mission statement of FCCHS in all aspects of both coaching and personal conduct. Spiritual leadership with regards to prayer and devotion with athletes should be high priority for our coaches.

### **Promotion of Program and Personal Appearance**

- A. Promote all school activities whenever possible.
- B. Encourage students to be involved and support other school teams.
- C. Dress the part of a coach.
- D. Wear school colors whenever possible.

### **Practice and Game**

- A. Be early for practice and games  
15 minutes for practice  
30 minutes for games
- B. You are expected to be at all practices and games. If for some reason you cannot make a scheduled practice, you need to contact the athletic director as soon as possible. Under no circumstances are you to hold a practice without an adult in attendance.
- C. Be aware of, and adhere to, the practice time schedule. Respect other practice times by staying out of the gym until your practice time begins. Make sure your players do this too.
- D. Following a contest or practice, coaches are expected to stay in the building for proper supervision or provide for supervision by another responsible adult until all students have left the school grounds.
- E. If the practice schedule is changed, 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. Always communicate changes to the A.D. If practices vary during a vacation time, it is the responsibility of the coach to contact each player. Coordinate times with the A.D. Please remember, many parents need to transport their students and need advance written notice.

### **Officials**

Your A.D. is responsible to secure officials for any contest.

### **Equipment**

- A. Coaches are responsible for all equipment issued to them.
- B. Storage of equipment after a practice is the coach's responsibility.
- C. Proper care of equipment is a must.
- D. Contact the A.D. in advance for any equipment needs.
- E. Securing of equipment before and after athletic contests is a coach's responsibility. Report any losses of equipment to your A.D.
- F. Any equipment purchase must receive prior approval from the A.D., but not necessarily purchased by the A.D.
- G. Coaches are expected to be sure that the gym/field is ready for any contest or practice.
- H. Proper medical equipment is to be secured from your A.D. in case of athletic injuries. Each team will be issued their own athletic kit for use during their season.

### **Uniforms**

Each coach is expected to issue and collect all uniforms and record exactly what each athlete has been issued and the condition of the uniform. Return this list to the athletic office. Uniforms are to be worn for *games only* - not practices. Uniforms are the property of FCCHS.

### **Coaches' Behavior**

- A. Coaches behavior during games must in no way detract from the Christian testimony at FCCHS. 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 (but not limited to) shaking hands with opposing coaches and standing with respect and attention for the National Anthem.
- B. Failure to follow these guidelines will result in a written warning for a first offense; possible dismissal, for a further offense.
- C. The coach's first and foremost responsibility is to the particular sports team he/she is assigned. All other areas are the concern of the other coaches and the A.D. Any questions or concerns should be brought directly to the attention of the A.D.

### **Background Checks**

Our athlete's spiritual growth and parental confidence is imperative to Faith Community Christian High School. All coaches will agree to authorize Faith Community Christian High School to procure a criminal background investigation for the purposes of their coaching position. This check will be confidential and not used for any other purposes other than as required for their coaching position.

Signature constitutes agreement to all of the information above:

**Coaches Name (Printed)** \_\_\_\_\_ **Coaches Name (Signature)** \_\_\_\_\_  
**Date:** \_\_\_\_\_

## **VII. CLOSING COMMENTS**

The athletic administration and coaching staff at FCCHS want to wish you the very best in your athletic endeavors. If we can be of help to you in any way, please let us know. The Lord has put us here to help you grow. We want our athletics to be fun and profitable in your Christian life, and we want sports to help build the character of Christ in you.