

6:30pm – August 9, 2016

# ALL Sports, All Seasons Parent Meeting



“Preparing students to be  
effective servants of Christ in  
contemporary society”





# PART 1:

## Jason Heerema, Athletic Director

- Welcome
- Prayer
- Athletic Report 2015-16
- Athletic Department Staffing
- OK Gold Conference



# Athletic Report 2015-16

- Overall accomplishments of teams at GRCHS:
  - 7 Conference Titles
  - 4 District Titles
  - 5 Regional Titles
  - Football playoff appearance
- 7 girls teams and 8 boys teams finished in top 20 in the state:
  - TOP 10: Girls Swim, Boys and Girls Cross Country, Boys Swim, Girls Tennis, Girls Lacrosse, Boys & Girls Basketball, Boys Track, Girls Soccer, Volleyball
  - Top 20: Hockey, Boys Ski, Football, Boys Tennis



# Athletic Department Staff

- Jason Heerema, Athletic Director  
[jheerema@grcs.org](mailto:jheerema@grcs.org) , 574-5820
- Kevin Broene, HS Asst Athletic Director & MS Athletic Director  
[kbroene@grcs.org](mailto:kbroene@grcs.org) , 574-5527
- Carolyn Groendyk, Athletic Secretary  
[cgroendyk@grcs.org](mailto:cgroendyk@grcs.org), 574-5819
- Dick VanderKamp, Does Everything  
[dvanderkamp@grcs.org](mailto:dvanderkamp@grcs.org)



# Athletic Boosters

- Parent run organization
  - Raises money for ALL GRCHS athletics
  - Concession stand
  - Only survives because of parent volunteers
- Brecken Grieve, Athletic Boosters President
  - Email: [brecken.grieve@gmail.com](mailto:brecken.grieve@gmail.com)



# Sports Photography

- Jim Hill Photography
  - Personal packages
  - Team photos
- Contact Jim
  - Email: [jhillphoto@aol.com](mailto:jhillphoto@aol.com)
  - Website: Jimhillphoto.com



# Sports Performance

- Daimond Dixon - Director of Sports Performance

[www.grcsportsperformance.com](http://www.grcsportsperformance.com)

- Metro Health – Sports Medicine Services
  - Franki White (Trainer) – [frankijprice@gmail.com](mailto:frankijprice@gmail.com)
  - Anthony Polazzo (Trainer) – [apolazzo@grcs.org](mailto:apolazzo@grcs.org)



# OK GOLD Conference

- East Grand Rapids
- Forest Hills Eastern
- Grand Rapids Christian
- South Christian
- Thornapple-Kellogg
- Wayland
- Wyoming





# Appendix

- There is additional information that supplements the presentation at the end of the handout – *including how to view the Athletic Handbook online (slide 34 - recommended)*
- Please browse through this information and ask questions as needed



## PART 2:

### Kevin Broene, Assistant AD

- Physicals
- Academics
- Using the website
- Social media
- Passes
- Transportation
- Lockers and Locks



# Physicals

- Tryouts start tomorrow, August 10, 2016
- Student-athletes must have a physical on file that is dated after **April 15, 2016**
- Per MHSAA regulations, if your son/daughter does not have one on file they are **NOT ELIGIBLE** to participate in a **TRYOUT**, a **PRACTICE**, or a **GAME**
- Questions...email [cgroendyk@grcs.org](mailto:cgroendyk@grcs.org)

# Academic Eligibility (see slides 30-32)



## GRCHS REGULATIONS:

- Students must maintain a minimum of 2.0 GPA and be passing 66% of their classes
- If a student is below 2.0 at end of the nine week period they are put on probation for the next nine week period
- If a student misses an office hours, study hall, or scheduled academic meeting while on probation, they are ineligible for a week. If it happens a second time, they are ineligible for two weeks, etc.



# Using the Website

[www.grchristianeagles.com](http://www.grchristianeagles.com)

- EAGLE HQ – Essential information
- YOUR TEAM’S PAGE – Schedules & maps
- Photo Albums – contact [cgroendyk@grcs.org](mailto:cgroendyk@grcs.org)
- Summer Camps

# Social Media



- **ADVICE: Follow your child's accounts**  
**ADVICE: Be careful, we are under the microscope**
- “...conduct unbecoming of an Eagle...” – Ath Handbook
- **WHO “follows” YOUR CHILD?** Coaches, alumni, fans, students, reporters, other schools, and people who probably don't have your child's best interest at heart
- **From Pew Research 2015:**
  - 25% of teens use social media “almost constantly” while 56% use it “several times a day”
  - Facebook, Instagram, Snapchat, Twitter, Tumblr, Google+, Vine



# Transportation

- Due to budget constraints, transportation is limited (parent/player transportation needed)
- Coaches have all transportation information, and questions should be directed to the coach
- School provides a daily one way bus to the Gainey Athletic Facility (soccer, tennis, baseball/softball)
- Maps to game locations are located at [www.grchristianeagles.com](http://www.grchristianeagles.com)



# All-Sports Pass (see slide 33)

- GRCHS students = Student ID
- \$125 for Family Pass – lost or stolen cards are replaced for a fee
- Cost goes up to \$150 per family pass after Aug 12
- Individual passes: \$60 for adult, \$50 for student
- Sports that have an entry fee: Football, Volleyball, Soccer, Basketball, Wrestling, Hockey, Lacrosse, Competitive Cheer, Swimming, and Track





# Lockers and Locks

- Large equipment (hockey bags, golf clubs, tennis bags, lacrosse gear, etc) is not to be stored in the office or in the hallways
- GRCHS is not liable for lost or stolen items.
- Lockers are available upon request – FREE
- Locks are available upon request - \$10 DEPOSIT



## PART 3:

### Jason Heerema, Athletic Director

- Athlete expectations – Eagle Way
- Supportive Parenting
- Dealing with Conflict
- Undue Influence
- Attendance Policy
- Wrap up



Student-Athlete Expectations:

**The Eagle Way** (see slides 36-38)

Intentionally Christian

Academically Tough

Service Oriented

Community Focused

Morally Disciplined



# Supportive Parenting

- Coach email communication
- Devotions participation
- Cheer for all our kids
- Be positive or neutral to opponents and officials
- Communicate appropriately with coach



# Dealing with Conflict

- Matthew 18: 15

“If your brother or sister sins, go and point out their fault, just between the two of you.”

- Luke 17: 3-4

“So watch yourselves. If your brother or sister sins against you, rebuke them; and if they repent, forgive them. Even if they sin against you seven times in a day and seven times come back to you saying, ‘I repent,’ you must forgive them.”



# Dealing with Conflict

## The Process (Handbook, p14):

1. Player – Coach
2. Parent & Player – Coach
3. Parent & Player – Coach & Athletic Director
4. Parent & Player – Principal, Coach & Athletic Director



# Undue Influence

- Please share your positive experiences at GRCHS with others
- Direct people to Admissions Director, not to our coaches
- GRCHS does not recruit or offer scholarships (academically or athletically)
- Jana Hoglund, Admissions Director  
[jhoglund@grcs.org](mailto:jhoglund@grcs.org) , 574-5605



# Attendance Policy

- Handbook, p. 13

“In order to participate in any extracurricular practice or event, students must be in attendance at school for the entire day of the practice or event.”



# Time of 1<sup>st</sup> Practice on Wednesday



- Cross Country (B&G) – Stadium, 8:00a
- Golf (G) – Stormy Creek GC, 9:00a
- Soccer (B) – Gainey, 5:15p
- Swimming (G) – Calvin College, 6:00p
- Tennis (B) – Gainey, V 3:00p, JV Fri 3:00p
- Volleyball – All-City Gym, 9:00a-12:00p



# Summary

1. Participation tomorrow = Physicals
2. Use the website first
3. Get involved, ask questions
4. Check appendix and handbook
5. Give us feedback – [jheerema@grcs.org](mailto:jheerema@grcs.org)



# Informational Tables

1. Eagle Athletic Boosters – Brecken Grieve
  
2. Logo Loft
  
3. Athletic Department – Athletic Staff
  - All-Sports pass sign up & pick up
  - Physical forms
  - Photography information – Jim Hill
  - Questions

# Appendix





Dear Parents,

The information to follow is important information to look through and ask questions about, as it is essential to Eagle Athletics. However, due to trying to respect your time, we were not able to spend time discussing these items tonight.

Please ask any questions about these topics and any other topics you wonder about to any of the athletic staff listed in this presentation.

Sincerely,

Jason Heerema, Athletic Director



# Academic Achievement

- **2013-14:**  
13 Academic All-State teams  
63 individuals
- **2014-15:**  
16 Academic All-State teams  
62 individuals
- **2014-15:**  
16 Academic All-State teams  
62 individuals
- **2015-16:**  
15 Academic All-State teams  
63 Individuals



# Academic Eligibility

## **MHSAA REGULATIONS:**

- To stay eligible student athletes must pass 66% of their course load each semester
  - 6 classes + 1 study hall = must pass 4 classes
  - 7 classes = must pass 5 classes

# NCAA Clearinghouse

Beginning August 1, 2016



- To be able to accept a scholarship for DI athletics, at a minimum, a student must have a 2.3 GPA in their core classes (Math, Science, English, religion) and have an ACT combined score of at least 75 (avg of 19 per section)
- If they do not have that GPA and ACT score, a school cannot give them money for an athletic scholarship to their DI college or university.
- [http://fs.ncaa.org/Docs/eligibility\\_center/Quick\\_Reference\\_Sheet.pdf](http://fs.ncaa.org/Docs/eligibility_center/Quick_Reference_Sheet.pdf)
- **Additional questions? Talk to your child's school counselor**





# Sports Pass Details

- HS students get in to all GRCHS home events without paying at the door as long as they have their student ID (excluding MHSAA events & invitational tournaments)
- Parents and children over the age of 5 must pay an admission charge at home events
- Adult pass = \$60, student (not in HS) pass = \$50
- Family pass (1 card for each person in your household) = \$125/\$150



# Athletic Handbook

- Please take time to read the athletic handbook and review the guidelines for Eagle Athletics at [www.grchristianeagles.com](http://www.grchristianeagles.com) under EAGLE HQ
- Carolyn will email you the link following the meeting tonight.



# The Eagle Way

- A way for kids to know what they should “shoot for” and “who they should be” as an athlete and student at GRCHS
- A way to positively encourage kids to behave, versus always telling them what not to do.



# The Eagle Way

## Intentionally Christian:

I intentionally live my life as God hopes I will live

## Academically Tough:

I work as hard as possible to be the best student I can be

## Service Oriented:

I serve the school community and the broader community



# The Eagle Way

## Community Focused:

I positively contribute to the life of the school by attending games, supporting other students, participating in school activities, & building others up

## Morally Disciplined:

I follow the rules, and live with integrity - online and in real life



# Sports Psychology

- Trains GRCHS coaches
- Individually works with GRCHS athletes
- Licensed Clinical Sport Psychologist
- Certified Sport Psychology Consultant, AASP
- Member, US Olympic Committee Sport Psychology Registry
  
- Eddie O'Connor, Ph.D.
  - Email: [edmund.o'connor@maryfreebed.com](mailto:edmund.o'connor@maryfreebed.com)
  - Phone: 616-840-8070