

Athletic Handbook

Philippians 3:14 “...press toward the mark for the prize...”

North County Christian School

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Home of the

Crusaders

Facility Use and Access

Priority is given to in-season sports for use of our facilities. Competitions have priority over practices and Varsity level sports over lower level. Athletes should bring their own lock so their personal items can be locked in a locker during practice or games.

Weight Room Usage Policy

The weight room is located in the boys locker room. It is primarily for the use of coaches and athletic teams. All athletes must be supervised by a coach or other approved adult in the use of the facility. NCCS requires that there be no fewer than two athletes and one supervisor at all times. In-season sports have priority. Female athletes may use the weight room, but must schedule its use at a time the boys locker room is not in use. Proper safety and weight training techniques must be adhered to at all times. Any questions regarding these issues must be cleared by the AD.

Concluding Remarks

We are delighted to offer a variety of athletic opportunities in which our students may compete. We believe in the value of athletics as a tool to teach life skills and life lessons as well as provide an excellent opportunity for physical and social development. It is our aim to teach Christian character and values in athletic experiences whether we win or lose.

Helpful Contact Information

Main Office	972-6227
Athletic Coordinator Carol Hensley c.hensley@nccsmo.org	Ext 451
Secondary Office Shelia Ewing s.ewing@nccsmo.org	Ext 450

When girls and boys teams travel to the same location for competition, such as MCSSA state tournaments, special policies are put in place. Behavior expectations are given in writing to athletes and parents. One example of these policies is that no person is allowed in the room of a member of the opposite sex at any time. Disregard of this or other special policy may result in the guilty parties being sent home. In such a case, the parents would be responsible to come and pick up their student at their own expense.

The safety and care of your students are our most important responsibility. Behavior of athletes while being transported on the team bus is an important concern. Unruly behavior and failure to comply with requests of attending coaches, sponsors or driver may result in an athlete losing their transportation privileges. The safety of all passengers is our primary concern. It is a charge we take very seriously. We appreciate the trust, support and assistance we get from all our parents. Coaches should supervise their student-athletes en route to and home from road trips. Bus drivers are not responsible for supervision. They should only be responsible for safe and efficient driving.

Coaches should set reasonable curfews when traveling over night with teams. Out of respect for others a 10:00 pm curfew will be established for athletes to be in their rooms and quiet. Athletes should not be in the halls after this time.

Upon returning home from road trips on school transportation, coaches are responsible to see that athletes leave the vehicle in proper condition. The vehicle should be clean and free from debris. No students should be left alone to wait for rides. Coaches should make sure that the building is secure when they are the last to use the facility.

Note on outdoor sports: Please ask student-athletes to put their outdoor athletic shoes on outdoors. They should remove them before entering the building. This includes the outdoor gym entrance, especially. Also, outdoor athletic shoes should not be worn on buses. Following this directive will assist in keeping our facility and vehicles cleaner and easier to maintain.

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The Role of Athletics at NCCS

The primary role of athletics at NCCS is to uphold and apply the mission of the school, which is to...

Work in partnership with the family and church to provide excellent education rooted in Biblical truths and nurture students as they embrace a personal relationship with Jesus Christ, discover their God-given gifts, seek His plan for their life, and serve him with their mind, body and spirit.

Athletics are “extra-curricular”; meaning they are not a required part of the normal curricula. Participation should be viewed as a privilege, not an entitlement. Athletics will continue in its strong and proud tradition at NCCS as long as it continues to fulfill this role. In the same way, student-athletes and staff participation in athletics find justification only as they seek to fulfill the school’s mission.

Code of Conduct

Athletes are expected to exhibit good sportsmanship and spiritual character at all times. They must accept their role as models for behavior for fellow students as well as the general public. This responsibility extends beyond the playing field to all of life, in school and out. Therefore, playing should be viewed as a privilege and responsibility and not taken lightly. Athletes at NCCS need to bear in mind always that they are representing their school and, more importantly, their Lord.

The following are guidelines for behavior expected from athletes:

- Maintain pride in the manner in which you represent the Lord, ourselves and our school
- Strive to maintain the highest standards of sportsmanship
- Refrain from negative comments toward all competitors, other coaches, officials and fans
- Courtesy should be expressed toward all
- Accept decisions of those charged with responsibility including coaches, officials and administrators
- Accept victory and defeat with equal grace and dignity

Physicals

All student-athletes are required to have had an athletic physical within the previous twelve months to participation in athletics. It is preferred that student-athletes use our form when getting physicals because they include a *Right to Seek Medical Care* statement and a *Transportation Release* section which must be signed by the parents or legal guardian of the student-athlete. Forms are available in the high school office. No student-athlete will be allowed to participate in athletic contests or practice with the team until they have a completed and signed physical form on file with the athletic director.

Athletic fees must be paid before the date of the first scheduled interscholastic competition. Student-athletes will not be eligible to compete until the fee is paid.

Transportation and Road Trips

Student-athletes are expected to ride with their teams to and from all away games in school-sponsored vehicles. In nearly all cases, school-sponsored vehicles are buses. If a student’s parent or guardian is present at an away game, the student may ride home with their parent, but we ask the parent to notify the coach directly. Student-athletes may not ride home with anyone other than their parent or guardian. We do realize there may be special circumstances in which a parent may need to arrange for their child to ride home from a contest with someone other than them. When a special need may occur, the student-athlete’s parents or legal guardian should give reason for the special need, including the name of the individual they want their child to ride home with, **in writing to the coach or athletic director prior to the event.**

Male and female student-athletes will ride the school-sponsored transportation in separate sections of the vehicle. For example, the boys will ride at the front of the bus and the girls will be in the back.

From time to time over night road trips are necessary. In those instances, student-athletes are given advanced notice as to their financial responsibility for lodging and food. The school pays all entry and competition fees.

Coaches' Responsibility with Uniforms and Equipment

Coaches should inventory their equipment and uniforms prior to the beginning of practice for the season. They should let the Athletic Director know of any problems or need for replacement or replenishment.

Coaches will distribute uniforms to their student-athletes prior to the first competition keeping track of which student-athlete gets each specific article of uniform. Records should be kept on the form provided by the athletic department.

At the end of the season, coaches will collect uniforms from their student-athletes on a day so designated. They will inspect for unusual wear, insure uniforms are properly laundered and all articles returned. Any students not complying with the above should be reported to the Athletic Director so that appropriate steps can be taken and problem/s resolved

Student-athlete's Responsibility with Uniform and Equipment

Student-athletes will be issued uniforms by their coaches for their sport. These uniforms should be worn at NCCS sanctioned events only. Care and laundering are the responsibility of the student-athlete while in-season. It is important that proper care and laundering be administered. Unusual wear, deterioration, discoloring, fading, etc. caused by neglect or carelessness on the part of the student-athlete will result in the student-athlete being required to repair or replace the damaged gear at the school's discretion.

Student-athletes will be issued uniforms at the beginning of each season and are responsible to return them clean and in good condition on the day designated by their coach at the end of each season. Failure to return them in proper condition and at the proper time may result in fines and/or withholding of grades.

Academic Standards

Athletics are viewed as an extension of the classroom. They provide a laboratory experience unique in education. As such, they can add great value to the educational experience of students. Students are welcome to participate in athletics provided they maintain minimum academic standards. Those standards are as follows:

- Maintain an overall 1.67 GPA during the marking period of participation.
- Receive no failing grades in any classes.

Should a student cease meeting the above, he or she will be deemed ineligible for athletic participation until the next evaluation period and the criteria is met.

Academic eligibility is determined at the end of each marking period and at progress report time. Eligibility status will be effective the day grades are posted. Marking periods end on Fridays. Grades are posted the following Wednesdays. What this means is a student who is eligible and participating in a sport but becomes ineligible during a grading period will not be allowed to participate from the Wednesday following the end of the marking period.

Conversely, a student who is trying to reestablish academic eligibility will be allowed to participate fully in athletic contests on the Wednesday grades are posted should they meet the criteria.

Student-athletes, who have become academically ineligible, will not be allowed to participate in scheduled interscholastic competitions. They will not be allowed to accompany the team to away contests, but will sit on the bench with the team at home competitions in street clothes. They will be allowed to attend 50% of practices.

Student-athletes who lose eligibility status at the end of one school year will remain ineligible the next fall. They may become eligible for fall athletics if they correct their academic deficiency in summer school.

School Attendance and Participation

Students must be present in school for a minimum of four (4) class periods the day of a contest in order to be eligible to compete. Student-athletes going home sick from school the day of a contest will be deemed too ill to compete in that day's contest(s).

Exceptions to this policy may include special excused absences such as college campus visits, death in the family, etc. The decision regarding a special case absence will be that of the administration (Athletic Director and/or Principal).

It is the responsibility of the coach to be certain that the players competing have met the attendance criteria.

Official Beginning Practice Dates

Fall sports are in season beginning on the 1st Monday of August. Athletes not in a fall sport may begin practice for winter sports the second Monday in October. However, full team practices begin the second Monday after our state tournament for high school athletes and the third Monday after our state tournament for junior high athletes.

Practice for spring sports for athletes not involved with winter sports may begin the second Monday of February. Official full-team practice begins the second Monday after our winter state tournament.

Athletic Team Selection

The first week of full team practice is used for a try-out period. Should numbers of athletes desiring to participate exceed the maximum team size, cuts will be made at the coaching staff's discretion.

Students in grades 7 & 8 will generally be considered eligible for Jr. High competition. Students in grades 9 – 12 will be considered eligible for Varsity competition. There may be some exceptions:

Appropriate Concerns to Discuss with Coaches

Treatment of your child mentally or physically
Ways to help your child improve
Concerns about your child's behavior

As your child becomes involved with the athletic program at NCCS, they will experience some of the most rewarding moments in their junior high and high school careers. Some of those experiences will be very positive and enjoyable. Some, however, will be difficult. These should not be viewed negatively. They may be the greatest opportunities for growth and development and produce greater life enhancing rewards than the pleasant experiences. This will take the determined effort of all involved. We in the athletic department commit to do our part in this process.

Issues Not Appropriate to Discuss with Coaches

Playing time
Team strategy
Play calling
Other student-athletes/participants

Procedures for Discussions with Coaches

Call to set up an appointment with the coach.
Please do not attempt to discuss difficult issues with a coach at a game, practice or other time unannounced.

Procedure for Unsatisfactory Meetings with Coaches

Contact the AD to set a meeting time to discuss the issues.
Appropriate steps for resolution will be determined in this meeting.

General Conflict Resolution

Inevitably conflict will arise. When it does, we want to deal with it in a manner which is honoring to Jesus Christ and Biblical. Conflict between individuals should first attempt to be resolved between those individuals. Should a personal, one-on-one attempt fail, assistance from responsible agents should be sought. Responsible agents include captains, coaches, and athletic director.

Parent/Coach Communications

Coaches are committed to accomplish the objectives of the mission statement of the school by assisting parents and the church in the education of the students with which they are entrusted. As a result, it is extremely important that parents know and understand the expectations placed on them and their student-athletes by the school and the coach. To facilitate this, we will be holding pre-season meetings with student-athletes, parents and coaches to allow for the transmission of this important information.

Coaches will let parents and student-athletes know specific information pertaining to participation. These include:

- The coach's philosophy of coaching
- Expectations for players regarding practices and attendance
- Location and times of practices and competitions
- Team requirements such as fees, special equipment, off-season conditioning, etc.
- Injury and emergency procedures
- Discipline policies

Nevertheless, it may become necessary for further or specific communications between parents and coaches take place during the season. The following are guidelines for this process:

Communication from Parents to Coaches

Parents will direct specific concerns directly to the coach. Parents will notify coaches of any conflicts or concerns. Communication should be from the perspective of a colleague rather than a combatant.

- Upper classmen (grades 10 & 11) whose skills do not qualify them for Varsity competition. These students may be given the option of playing Junior Varsity level competition in order to raise their skills levels. It is important that the coach discuss with the student-athlete specifics in making that decision so the player and their parents understand the rationale for such recommendations. Student-athletes who choose not to participate at the Junior Varsity level may stay on the Varsity squad, however, their playing time may be very limited and is at the coach's discretion.
- Eighth grade student-athletes with unusual skills may be eligible to participate on the Varsity squad at the discretion of the coach, their parents, and the administration after careful academic review and consideration of the best interests of the student-athlete. Decisions will be made on a case-by-case basis. However, these athletes will not be eligible to compete in contests involving MHSAA schools.

Maximum Team Sizes

Volleyball	12 players
Soccer	20 players
Basketball	12 players
Cheerleading	12 participants
Baseball	20 players
Golf	8 players

Athletic Fees

Athletes are required to pay an athletic fee for each season they participate in. Athletic fees must be paid on or before tryouts/practices and are as follows:

- Soccer \$100
- Volleyball Varsity \$100, JV \$85
- Basketball Varsity \$125, JV \$100, JH \$85
- Cheerleading Varsity \$65, JV \$55, JH \$55
- Baseball \$100
- Golf \$95
- Track Varsity \$95, JH \$65

Volunteer Policy

In all sports where we can provide concessions and/or take gate, we require the families of the participating athletes to volunteer to assist in these or other essential duties. The specific number of times required varies with the sport, number of contests, etc.

A sign up for duties and dates will begin at the Pre-Season meeting for each season. Volunteers will have a three week period to sign up for their required times. After that, families who have not signed up will be billed \$75.00. This fee will be used to pay someone else to fill those required times. Volunteers will be sought to coordinate the sign up process and notification of the volunteers with the Athletic Director. Each family will be responsible to volunteer that season's specific number of times. Families not wishing or able to volunteer may buy out of their responsibilities by paying \$75.00. Hardship cases will be considered but **contact must** be made with the Athletic Director to discuss the hardship.

MCSAA State Tournament

We are members of the Missouri Christian State Athletic Association (MCSAA). This organization hosts a state-wide tournament at the end of each athletic season. These tournaments are currently held in Joplin, Missouri. The tournaments are for varsity teams only.

The tournaments require that we travel to Joplin and stay in a local hotel for several nights. Each athlete is responsible for the expenses associated with these tournaments such as meals, lodging, etc. Each season, the most economical and accommodating arrangements are sought. Fees vary depending on expenses. We try to establish these fees early in the season as possible to give parents the most advanced notice. Payment of the fee is due on the Tuesday before the trip is made.

Missouri High School Athletic Association

As of 2008-2009 NCCS has an Affiliate Registered Status with Missouri High School Athletic Association (MHSAA).

Summer Sports Camps

Several of our coaches run summer camps. As the specifics of these opportunities change and vary widely, athletes need to remain in contact with their coach regarding their particular sport.

Parental and Other Volunteer Coaching Help

Anyone who assists a coach on a regular basis with regular coaching duties must meet the same life-style and moral criteria as the coach who is an employee. **The State requires a fingerprint check** for anyone who works/coaches athletes. NCCS will pay for the cost of the fingerprint check. This **must be completed before** assisting in camps or practices. The following applies not only to coaches, but to anyone who works with our athletes:

Expectations for Coaches

Success of our program is measured not by won/loss records, but by how faithfully we endeavored to fulfill the mission of the school! The following are the expectations we have for coaches:

- Teach their student-athletes how to play the sport in which they are participating
- Treat your student-athletes with respect and consideration and demand that they treat others in the same manner
- To be a good moral and ethical example to your student-athletes and others in general
- To agree and apply the Christian living principles and code of conduct of the school
- To instruct your student-athletes in sportsmanship responsibilities and demand that you make sportsmanship a primary objective of your student-athletes
- To respect the judgment of officials, abide by the rules, school policies and display no behavior that could be considered un-sportsmanlike-like or unchristian
- To respect opponents and coaches and shake hands with officials and opposing coaches in public
- To establish clear standards of behavior for your student-athletes and demand that they abide by them
- To apply discipline fairly and uniformly
- To inform and involve the athletic director in matters of serious misconduct