



# **West Side Christian School**

*Home of the Warriors*

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## **ATHLETIC HANDBOOK 2022-2023**

## **PHILOSOPHY**

West Side Christian School (WSCS) athletics exists to encourage growth in physical achievement, in knowledge of various sports, and in the positive development of sportsmanship. Just as Luke 2:52 tells us that Jesus grew in wisdom and stature and in favor with God and man, we desire this for all WSCS athletes as well.

The primary purpose of athletics is to teach valuable team skills and life lessons with emphasis on the importance of scholarship. Our coaches and staff serve as mentors and endeavor to instill Christian character, morals, and behavior in all players. The school encourages winning but greater importance is placed on teaching personal discipline, self-sacrifice, humility, doing one's best, personal commitment and the subordination of self-interest to the higher goal of team achievement.

Junior Varsity (typically 6<sup>th</sup>-9<sup>th</sup>)\* Philosophy – the junior varsity program exists to prepare all student athletes to develop skills appropriate for competition at the varsity level.

Varsity (typically 10<sup>th</sup>-12<sup>th</sup>)\* Philosophy - the varsity program exists to refine players' skills and teach valuable teamwork principles. The goal is to field the best possible team for the purpose of competitive play. Team performance and team goals move to a higher level during varsity play. Younger athletes (7<sup>th</sup>-9<sup>th</sup>) are allowed to participate at the discretion of the head coach.

\*HCAA State Tournament and Public (AAA) Schools have different age guidelines. We will follow their guidelines when playing.

### **ATHLETIC STAFF**

Randall Miller	Athletic Director, Head Basketball Coach
Adam Willett	Golf Coach, Head JV Basketball Coach, Asst. Varsity Basketball Coach
Megan Williams	Volleyball Coach
Jerry Burress	Track Coach, Archery Coach
Lori Johnson	Volleyball Assistant
Julian Owens	Cheer Coach
Shaun Martin	Baseball Coach
Candice Scriber	Athletic Secretary

### **SPORTS PROGRAMS**

#### **Fall:**

- Golf (possible fall tournaments, but HCAA State Tournament will be in the Spring)
- Volleyball, Girls Junior Varsity & Varsity

#### **Winter:**

- Basketball, Boys Junior Varsity & Varsity
- Basketball, Girls Junior Varsity & Varsity
- Archery
- Cheer

#### **Spring:**

- Track and Field, Junior Varsity & Varsity
- Golf
- Baseball

## GENERAL ATHLETIC GUIDELINES

**Medical Exams:** For the protection of both the athlete and school, it is mandatory that all athletes receive medical clearance to participate in athletics and have a physical examination form signed by their physician on file before the first practice of their particular season. These forms must be updated on a yearly basis.

**Team Make-up:** Teams are organized by sign-ups and/or try-outs if necessary and are selected based on attitude and skill. No preference is given to persons or relationships. There must be a sufficient number of students sign up to have a team. These sign-ups are to be done prior to the start of each season, preferably at the beginning of the school year for planning purposes. Warrior athletics are designed for students in 6<sup>th</sup> – 12<sup>th</sup> grade. However, there may be seasons and/or sports where enrollment is not sufficient to have a complete team. If such an occasion exists, students in 5<sup>th</sup> grade **may** be invited to participate (“play up”) with a junior varsity team. Participation in a particular sport will be at the Athletic Director’s discretion, by invitation only, depending on grades, parent’s approval and teacher recommendation. Final eligibility to participate will remain at the discretion of the administration and athletic staff based on circumstances.

**Participation:** In order for a student to participate in any sport, parents must attend an athletic orientation meeting for the designated sport. Rules, regulations, expectations and guidelines will be discussed for the prospective sport at each meeting and must be signed and agreed upon by parents prior to participation. Any student interested in playing on a team must be present on the first day of practice or the time frame determined by each individual coach, unless providentially hindered or suspended from doing so. New students can be added if positions are available.

A student may participate in as many sports as he or she chooses as long as it does not negatively impact the individual’s academic performance or other school responsibilities.

Students will not be allowed to participate while they are serving a suspension.

**Elementary Athletics:** Athletic opportunities will be offered by the school for 4<sup>th</sup>-6<sup>th</sup> grade students as opportunities for competition and coaching volunteers allow.

**Attendance:** In order to participate in an athletic event, the student must present an acceptable excuse for any classes missed on the day of the event and the student must be present for at least 4 hours including 3 classes on the school day of the event and have an acceptable excuse for any time absent. If the athlete is absent on a Friday and events are held on Saturday, the athlete will not be able to participate. Final eligibility to participate will remain at the discretion of the administration and athletic staff based on circumstances.

Athletes should consult with the coach before missing a practice. Missed practices with or without an acceptable excuse will result in disciplinary action for disciplinary reasons and/or for the purpose of making up lost practice and conditioning time.

A written attendance and excuse policy will be determined by the head coach or cheer sponsor prior to the first practice. Disciplinary action for missed mandatory practices shall be at the discretion of the coaches and shall be written, approved by the athletic director(s) and provided to the students during the first practice.

Attendance of practice when school is not in session will be determined by the head coach.

Outside of normal scheduled practice times, the athletics facilities may be open and available to student athletes for independent practice and conditioning. This may occur after hours or during periods when the school is not in session. The athletes are encouraged to take advantage of these opportunities. The dates and times of these opportunities will be communicated and the coaching staff will provide onsite supervision.

**Dropping or Transferring Sports:** Joining a team is a commitment and quitting is discouraged. One who has a history of quitting may lose the privilege of participating in athletics; therefore athletes who begin a sport are strongly encouraged to complete it. On occasion a student may need to drop a sport for a reason. Should an athlete decide to quit a sport after 5 scheduled practices, they may not participate in organized practices for another sport until the season ends in their original sport. If an athlete decides to quit a sport, the student should first consult with the head coach and then check in all equipment for that sport that belongs to the school.

**Academic Requirements:** At WSCS the emphasis on academic achievement supersedes that of athletic achievement. To be eligible to participate in athletics, a student must meet certain academic requirements.

Students' grades will be checked every 4½ weeks for their cumulative average for each class, each semester (typically on the Tuesday evening of the 4½ week.)

Academic status will be checked on the following schedule:

- At each 4 ½ week progress report
- At the time of each nine-week report card (cumulative for the semester)

If a student has less than a 2.0 average, or an "F" in any class, he or she will be placed on academic probation and become an ineligible player from Wednesday to Wednesday, until weekly grade checks restore eligibility. This will allow athletes to practice but not participate in games.

A returning student that is ineligible from the last grading period of the previous school year will continue to be ineligible at the start of the new school year until weekly grades restore eligibility.

Eligibility of transferring students will be determined by transcripts obtained from the individual's previous school.

**Inactive Status:** An ineligible student who fails to have qualifying grades on two consecutive 9-week report cards will become an inactive player, which means the student may not participate in any practices or games until weekly grade checks during the new 9-week period meet eligibility status for two consecutive weeks.

**Athletic Code of Conduct:** An athlete is expected to maintain a great Christian testimony on the field or court and off. Any activity that falls outside these guidelines will be subject to discipline at the discretion of the coach, athletic director, and administration.

When WSCS teams are playing in a league they will abide by both the school rules and the league rules. If one is stricter than the other, the school will defer to the stricter of the two.

#### **Discipline Issues and Eligibility**

Any student having serious disciplinary problems can become ineligible for extracurricular activities including athletics and will be given a term of ineligibility based on the seriousness of the problem. Final eligibility will remain at the discretion of the administrator and athletic staff based on circumstances.

**Uniforms & Equipment:** Any uniform or equipment issued to an athlete is his/her responsibility to keep clean and return in good condition. All uniforms and equipment must be returned within one week after the last game of the season. All issued uniforms are expected to be cleaned prior to their being checked in. Coaching staff may choose to collect uniforms and/or equipment and reissue at any time, for any reason.

Lost or damaged equipment will be the financial responsibility of the athlete. An athlete will not be allowed to participate in another sport until any outstanding balance is paid. Post season awards may be withheld if any items are not returned.

**Attire of Participants:** Athletes are expected to meet all school dress codes. Athletes represent our school and are to project a positive image of West Side Christian School, in both dress and behavior, on game days, and during participation in all athletic events and practices. Game day attire will be determined by the Athletic Director and Administration and will be announced at the beginning of each sports' season. Student athletes will wear travel suits or school assigned travel wear to and from all sporting events.

All athletic and cheer uniforms for practice, travel, and games must be approved by the athletic director prior to purchase. If practice uniforms are provided by the school, students must wear assigned apparel. If practice uniforms are not given, athletes must abide by the modesty policy discussed by coaches and the athletic director. Inappropriate attire will be addressed and consequences may result.

**Letter Jackets:** Any athlete, who has competed at the varsity level and completed the season, will be able to purchase a letter jacket. Also, the inserts included on the letter should include only the sports in which the athlete has competed at the varsity level for a full season. Those students who receive 3.5 or above for that year will receive a Scholar Athlete patch for their jacket.

**Transportation:** The school/coaches will strive to ensure transportation to and from away games. In the event transportation is not available, it will be the parents' responsibility to provide transportation or other arrangements for their athlete. Students may not ride with another student driver under any circumstances. Athletes must ride with coaches and/or faculty or approved volunteer parent drivers (forms available from the office). Students may leave with their parents after a game with the head coach's permission and having signed out.

Athletes will remain with their team and under the supervision of a coach when attending away games.

**Weight Room Regulations:** Students must be under the supervision of a coach or the instructor assigned. To lift weights, the student must at least be in the 7<sup>th</sup> grade. Shirts and closed toe shoes are required at all times. Students are required to warm-up and lift properly at all times. Weights should not be dropped, dumbbells should not be banged together, and noise should be minimized when loading or racking the weights. Weights must be returned to the rack or put away immediately following completion of an exercise. "Roughhousing" in the weight room area will not be tolerated and may result in one's losing weight room privileges or other disciplinary action.

**Locker Room Regulations:** Only coaches and assigned students are allowed in the locker rooms. Glass containers are not permitted in the locker rooms. It is the responsibility of the athletes to keep the locker room clean and in order. The same goes for other athletic facilities and equipment. The athletes are required to take care of all facilities, grounds, playing fields, restrooms, and equipment. They should not be abused, they should be kept clean, and they should be kept orderly. **Phones are not permitted in the locker rooms.**

#### **Post season awards**

Post season awards will be given at the conclusion of each school year during the annual Sports Banquet. Athletes are evaluated based on attendance, attitude, conduct, academics, performance, peer review and faculty review. The athletic staff collectively reviews and considers all factors with the final decision determined by vote.

**League Membership:** West Side Christian School is a member of the Heartland Christian Academy Association (HCAA). Any changes in league membership must be directed and approved by the West Side Christian School Board.

**Scheduling Games:** Conference and non-conference league games will be scheduled by the athletic director and approved by HCAA. Additional games (including tournaments) may be

added to the schedule but only with the approval of both the coaches of the particular sport, and the athletic director. The schedules are tentative and dependent upon availability by both schools.

**Coaches Conduct:** All coaches and athletic volunteers are expected to be Christian leaders. Player encouragement and instruction is to be provided in a Christ-like manner at all times. Objectivity in coaching decisions should be maintained with no partiality or favoritism shown toward players based on personal feelings about that player either positive or negative. Interactions with officials should be courteous and respectful. All coaches and volunteers must pass a background check prior to commencement of coaching duties. Visible tattoos must be covered for all coaches and volunteers for all athletic events.

Other responsibilities of coaches include: riding on the bus with the athletes, unless prior arrangements have been made for a particular event; maintaining a good working relationship with parents, students and administration; and having a parent meeting which includes written rules, attendance policy and review of the athletic handbook.

## **ATHLETIC FEES & PARTICIPATION**

**Athletic Fee:** To help cover the expense of a quality athletic program and to make things easier for parents, an athletic fee of **\$175** for the first sport is requested and payable by the first mandatory practice of that sport. If the student chooses to participate in a second sport, an additional **\$75** is requested and payable by the first mandatory practice of the second sport. There is no additional fee for a third or fourth sport.

This fee will cover all expenses except shoes, meals, travel shirts, and hotel. Mileage forms will be available for those who use a personal vehicle to help transport a team and desire reimbursement or an in-kind donation tax credit. There will be no extra charge for Booster Club.

**Athletic Scholarships:** WSCS does not want to keep any student from participating in a sport because of a financial constraint. Therefore, to help alleviate a financial burden, small scholarships are available by application through the school office.

**Booster Club:** By paying the above athletic fees, all parents/legal guardians of students participating in WSCS athletics are considered members of the Booster Club. The Booster Club will act as an organized voice/advocate for administrative decisions within the athletic program, **and act as a fundraising arm for the overall athletic program; providing volunteer help and working within the overall school fundraising plan.** Each member family will be asked to volunteer (at least) one time in concessions/gate during each sports season.