

COLLEGE HEIGHTS CHRISTIAN
SCHOOL
ATHLETIC HANDBOOK
2018-19



I Timothy 4:8 "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

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INTRODUCTION

The College Heights Christian School Athletic Handbook is a reference guide for coaches, student athletes and parents, concerning the policies that govern interscholastic athletics at College Heights Christian School.

The coach of an athletic team reports to the Athletic Director and is primarily responsible for the compliance by his/her team members to the rules, regulations, and policies governing athletics at College Heights Christian School.

The High School Athletic Director will administer these rules and regulations as they relate to inter team and inter coach relationships. Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Interscholastic athletics is a voluntary program. Students are not obligated to participate, thus, participation in school athletic programs is a privilege and not a right. Accompanying this privilege is the responsibility to adhere to standards established for the CHCS MS/HS athletic programs. This privilege may be revoked if the student-athlete or parent fails or refuses to comply with these rules. It should be carefully noted that the policies and procedures detailed in this handbook are reflective of official action by the College Heights Christian School Board.

Thank you for your participation in our athletic program. May God bless you as you use your God-given athletic abilities to serve Him in this integral part of the christian education of our athletes.

OUR HISTORY

College Heights Christian School has been an active member of the Missouri State High School Activities Association since 1997. CHCS joined the Spring River Valley Conference in the 2008-09 school year. 2018-19 will be our first year to compete in the Ozark 7 Athletic Conference.

OUR COACHES

The coach is the "living curriculum" for the student athlete. Coaches at CHCS are the most significant components of the athletic program. They are both teachers and active participants at the same time. They have the responsibility to model Christ-like behaviors and attitudes at all times. In order to be an effective coach and role model, CHCS coaches must also be thoroughly knowledgeable in their sport, capable of detailed preparation, able to motivate athletes, able to make adjustments during competition, and work effectively under the authority of the Athletic

Director and CHCS Administration. Our coaches take seriously the opportunity they have to mold young lives for Christ.

OUR PARENTS

Parents of student athletes have a responsibility to both their child and to the team. Without strong parental support, the student athlete will not be able to achieve his/her greatest potential and/or the team may suffer. It is important that parents provide positive reinforcement and understand their role as being part of the team. Parents, as well as players, should be supportive and encourage coaches and teammates at all times. Parents are not coaches and learning to trust coaches is a key step to learning the value of the life lesson experiences athletics provides. It is also important that parents honor the Lord with their conduct when attending athletic events. In order for CHCS's athletic program to be successful, coaches, student athletes, and parents must make a firm commitment to glorify God at all times.

OUR ATHLETES

CHCS athletes should be diligent in preparation, give 100% at all times, demonstrate personal discipline, be respectful in all situations, maintain self control, show humility, and aggressively pursue excellence regardless of the score, opponent, time, referee, or situation. The ultimate and final responsibility rests upon the shoulders of the student athlete, for it is the student athlete who is accountable to his/her parents, coach, and the Lord.

OUR ATHLETIC DEPARTMENT

Our Athletic Department is committed to:

- Discipleship of our coaches and student athletes
- Outreach to opposing teams and fans and to the larger community outside of CHCS
- Preparation of student athletes for both competition and life with Christ as our model
- Stewardship of our resources
- Pursuit of athletic excellence

OUR PHILOSOPHY

CHCS athletics is founded on the teaching and principles of God's Word. Biblical principles and the corresponding philosophies may differ substantially from schools with other philosophies. Such differences, however, do not necessitate unworkable relationships. Instead, our philosophy of athletics should provide an opportunity for others outside the CHCS community to visualize actions and principles that are quite unique in today's society. The CHCS athletic program is a wonderful opportunity to minister to the non-Christian community through exemplary actions, Christ-like attitudes, and a high level of individual and team athletic skill. **The challenge for our athletes, parents, and coaches is to adhere to the Colossians 3:17 mandate, "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."**

ATHLETIC DEPARTMENT EXPECTATIONS, PRACTICES & POLICIES

ELIGIBILITY

CHCS is a member of the Ozark 7 Conference. This conference is made up private and public schools. All student athletes at CHCS must be exemplary members of the student body. Therefore, minimum standards of academic achievement have been adopted in order for student athletes to establish and maintain eligibility. In order to be eligible, students must meet the following criteria:

- Students must be covered with personal accident insurance
- Students must have an Annual Sports Physical prior to participation
- Students must maintain academic eligibility. CHCS athletic eligibility is determined based on semester grades. To be eligible to participate in athletics, a student/athlete must pass 7 classes the previous semester (starting second semester of the 2018-19 school year). A student who is ineligible is ineligible for the entire semester. A student who is ineligible for competition may continue practicing with the team if approved by the CHCS administration. If a student-athlete is ineligible, he/she may not travel with the team to out of town competitions.
- Students must maintain a good attitude and proper conduct.
- Students who are absent from school on the day of an event are not eligible to participate in that day's practice or game (unless approved by the administration).

Suspension from School – A disciplinary action severe enough to warrant student suspension is certainly serious enough to eliminate the student athlete from all participation in interscholastic sports for at least the duration of the suspension. Therefore, any suspension, whether in-school or out-of-school, as deemed by CHCS School Administration, will render a student athlete ineligible to attend practice or any interscholastic contest during the time of suspension.

TRANSFER STUDENT

If you are a student that has transferred to CHCS, you must meet the guidelines set for by MSHAA in order to be eligible for participation. Contact the CHCS Athletic Director to determine eligibility.

SCHOOL SPORTS AND OUT OF SEASON SPORTS

MSHAA states in their guidelines that a student may participate in a non-school sport as long as no school time is missed and there can be no practices or games played on the same day as a school practice or game without administrative approval.

- CHCS has determined that a student may play and practice for an out of season sport on the same day as a school team.

- CHCS has determined that it will not give permission for a student to miss either a practice or game for an out of season sport played for a non school team.
- The only exception to this policy is for a student who is participating in an Olympic Development Program.
- All students who wish to play for CHCS and compete in an out of season sport must declare their intention and meet with the Athletic Director to discuss this policy.

PLAYING MULTIPLE SPORTS WITHIN THE SAME SEASON

- CHCS allows it's students to participate in multi-sports.
- The student will be allowed to choose their primary sport.
- All students who wish to play multiple sports must declare their intention and meet with the Athletic Director to discuss their responsibilities.

PHYSICALS

For a student to be allowed to try out for a team or practice with a team, he/she must have a current Sports Physical form on file in the Athletic office prior to tryout for the first practice of each year. All athletic forms are available on the school web page or in the HS Office.

DISCIPLINE POLICY AND PROCEDURES

STUDENT ATHLETE DISCIPLINE PHILOSOPHY

The mission of the CHCS Athletic Department is to glorify God through the discipleship of student athletes and the pursuit of excellence in athletics with the Bible as the foundation and Jesus Christ as our focus. It is a privilege to represent our school and our Lord participating in interscholastic athletics. We are different at CHCS, in that, our number one priority is to glorify God in everything we do. This is a tremendous responsibility, one that our student athletes should recognize at all times.

All student athletes shall adhere to the Athletic Code of Conduct as fully detailed in the Athletic Handbook. Any violation or misconduct shall be subject to the disciplinary measures contained herein, above and beyond those rendered by the appropriate CHCS authority. It should be noted that the Athletic Code of Conduct is in addition to the CHCS Code of Conduct.

STUDENT ATHLETE CODE OF CONDUCT

All CHCS student athletes will adhere to the following code of conduct. A violation can result in suspension or expulsion from an athletic team. As an expression of CHCS's mission, the discipline policy is intended to support the discipleship process for students, and to serve as a reflection of Jesus Christ and as an extension of the home. As such, the primary purpose of the discipline process is to produce growth in students while maintaining an environment of learning and order, providing a support to parents, and reflecting Scriptural principles of conduct and influence. In keeping with this purpose, the Scriptural principles that provide the foundation for the discipline policy are as follows:

- The responsibility of parents for the education of their children (Deuteronomy 6:6- 9)
- Submission to authority (I Peter 2:13-17) The principle of reaping and sowing (Galatians 6:7-8)
- Confrontation, restoration, and separation (Matthew 18:15-17)

Under the guidelines of these Scriptural principles, the goal of CHCS through the disciplinary process is to:

- Provide an environment of order and respect that promotes an atmosphere conducive to learning
- Apply necessary and appropriate consequences for choices
- Keep lines of communication open with parents by communicating disciplinary outcomes
- Guide in the restoration of relationships with Jesus Christ and with CHCS, its employees, and its students
- Use relational influence to produce spiritual growth, correction, and right choices
- Do so in a context that seeks the best interest of both the involved parties and the student body as a whole
- When possible, involve the spiritual authority and influence of a family's church affiliation

The conduct of participants in athletics at College Heights Christian School, in or out of school, year round, shall be as follows:

- Not to discredit our school, teammates, coaches or Jesus Christ, and, not to create a disruptive influence on the disciplinary, moral or educational environment in our school. Any such misconduct violating these principles shall be subject to disciplinary measures above and beyond the School code of conduct.

Student athletes are expected to demonstrate the following behaviors and characteristics:

- Integrity in the keeping of one's word, speaking the truth, carrying out responsibility and respecting authority. Communication with your coaches, teachers, and Athletic Director
- Respect for self, coaches, officials, fans and the property of others and CHCS
- Courtesy extended in all relationships – athlete to athlete or athlete to coach, stewardship of the property, supplies, and equipment of CHCS, as well as wise stewardship of personal items
- Reconciliation through Biblical and appropriate repentance and forgiveness when offenses have been committed or received
- Student athletes are expected to refrain from the following behaviors and characteristics:
 - Tardiness to practices or competitions
 - Careless and/or reckless behavior
 - The inappropriate use of cellular phones, cameras and other electronic devices
 - Inappropriate public displays of romantic affection (i.e. holding hands, kissing, excessive hugging)
 - Profanity and vulgar or offensive speech and/or gestures
 - Dishonesty in any form, including lying, theft, or cheating
 - Gambling
 - Rebellious or disrespectful attitude
 - Flagrant disrespect and disobedience
 - Harassment or bullying or Hazing in any form.

INDIVIDUAL TEAM RULES

Each Head Coach will furnish his/her athletes with specific rules and/or regulations that apply to that team. Individual team rules and discipline may go beyond those listed in this handbook, but cannot be of a lesser standard. The Athletic Director must approve these individual team rules.

ENFORCEMENT

Enforcement of the Student-Athlete Code of Conduct – All athletes and parents/guardians are required to sign the acknowledgement, consent and disclosure documents stating that they understand the policies and disciplinary measures set forth in the Student-Athlete Code of Conduct. A new Student-Athlete Code of Conduct form must be signed each year and is in force at all times.

PROCEDURE

Violations of the Student-Athlete Code of Conduct should be brought to the attention of the appropriate authority. The review of the violation will be made by the appropriate authority (Coach, Athletic Director or School Administrator's). The appropriate authority will then meet with the player (and coach when appropriate) to determine and communicate appropriate disciplinary action per the Student-Athlete Code of Conduct.

Multiple Violations – Please see CHCS Student/Parent Handbook

ATTENDANCE AT PRACTICES AND GAMES

Each member of a CHCS athletic team must assume the responsibilities associated with such a position. The athlete has an ethical obligation to the team and the school. This obligation includes regular attendance at practices and athletic contests. It is possible, of course, that emergency situations may arise (e.g., illness, death in a family, etc.) that render it impossible for an athlete to attend a practice session or an athletic contest. Absences should be few and far between and arranged with the coach as early as possible. Absences from practice or athletic contest may result in loss of playing time.

ATTENDANCE AT SCHOOL

A student athlete must attend school on the days of an athletic practice and contest in order to participate in that practice or contest. Students who are absent from part of the school day and are granted a non-illness related excused absence (e.g., a dental appointment) will be allowed to participate in the practice or contest that day. Any unexcused absence from school, regardless if it is only for a partial day, will render an athlete unable to participate in the day's events. This would include in school suspension or skipping class.

HANDLING PROBLEMS/SOLVING DISPUTES

All disputes at CHCS, including those related to athletic matters, should be handled in a Biblical manner. In particular, CHCS encourages application of the "Matthew 18 Principle" when handling a problem/settling a dispute. This principle, in summary form, encourages the offended party to go directly to the one with whom he/she has a problem (e.g., student athlete should talk

to the coach at an appropriate time prior to parental involvement and prior to going directly to the Athletic Director.) If the situation is not resolved, the offended party is encouraged to seek a solution by speaking to the next person in authority. In simple terms, an athlete should approach the coach first, and if unresolved, the athlete, parent and coach should meet next, then with Athletic Director or School Administrator. It is absolutely necessary that this chain-of-command be followed precisely. If not, the upper level authorities will direct the offended party to solve the problem at the appropriate level.

GENERAL INFORMATION

NO QUIT POLICY

If a student is fortunate enough to be selected for a position on one of the CHCS athletic teams, it is important that he/she makes a firm commitment to that team. Therefore, quitting a team after being selected for the team is strongly discouraged.

PLAYING TIME POLICY

While it is true that our coaches and administrative personnel believe it to be important to broaden the experience of CHCS athletes, and that broadening is enhanced by playing time, it is also an important goal of the CHCSI athletic program to strive toward excellence. Therefore, no minimum per game playing time provisions or minimum numbers of athletic meets in which athletes must compete are established at the MS/HS level. Playing time decisions are left up to the individual coaches, but providing meaningful playing time is encouraged.

STARTING A SEASON LATE

A student may start a season late if the reasons are acceptable to the coach and the Athletic Director. If a student transfers to CHCS once a season has already begun, they will be considered as a new student with new opportunities and will be permitted to try out for a team.

SAFETY/ACCIDENTS/INJURIES

Coaches are certified in CPR, First Aid, and AED (Automatic External Defibrillator.) If an accident or injury occurs and is witnessed by a coach, the athlete will be evaluated by their coach. The coach will submit a written accident report to the HS office within 24 hours. If the injury is serious, the coach will call emergency services and the parent(s). All injuries should be treated with caution and handled with care. The parents will be contacted in the event of all injuries. Coaches treat any acknowledged condition in the confidential manner with which the information is related by the parent or guardian. If an athlete misses practice on the request of a physician, the athlete should have a note of clearance before returning to practice.

EXPECTATIONS WHEN TRAVELING

1. Be punctual! (loading vehicles, team meetings, etc.)
2. Keep vehicles clean!
 - All trash goes in trash receptacles.

- Food and drinks (other than water) are only allowed on school buses with the coach's permission. Food and drink are not allowed on the school shuttle.
- 3 . Have a servant's attitude to others! (Help when asked, and take initiative when you see something that needs to be done.)
 4. No touch rule for boys and girls (NO P.D.A.) Girls will sit at the front of the bus and boys will sit in the back.
 5. Motel rooms and hallways:
 - Rooms are off-limits to the opposite sex without a sponsor present.
 - No one may stay in a room except those assigned by the coach.
 - Follow the assigned curfew given to you by the coach.
 - Hallways and parking lots should be kept clean. You should respect others in the facility in which you are staying by being quiet in these areas.
 - When checking out, please make sure the room is completely picked up of trash, towels, etc. and all bedding is pulled up on each bed. Room keys should be left with the coaches and your room left open for final inspection by your coaches.
 6. Restaurants
 - Please order in a timely fashion.
 - Keep noise level low. Don't draw attention to yourself.
 - Tip when it is appropriate.
 - Leave your table cleaner than you found it.
 7. Locker Rooms
 - Locker rooms should be left clean. All trash should be picked up and disposed of properly.

AWARDS

There will be a night of celebration to honor our student-athletes. High School athletes are recognized for their contribution to the team. Varsity letters will be given to athletes selected by their coaches who have significantly contributed to their team's achievements.

BAD WEATHER

The Athletic Director, in consultation with the Coach and officials, will make decisions based on MSHAA guidelines for student athlete safety. The goal is to have a decision made by 2pm for both practices and games.

SCHEDULES

The scheduling of all athletic events and practices is determined by the Athletic Director in cooperation with each coach. The coach may issue a schedule to the students and parents as soon as possible in each season. Athletic practices may be scheduled on Saturdays, but there will never be any practice after 5:00 pm on Wednesday or any time on Sunday.

TRANSPORTATION

Travel to out of town competitions will be arranged by CHCS. Athletes must return from competition on the bus, with their parents, or with another designated adult with written parental permission.

TEAM PICTURES

A professional photographer will take team and individual pictures early in each season. These pictures are purchased by the students and must be prepaid.

SCHOOL UNIFORMS/EQUIPMENT

- Students are responsible for all uniforms/equipment issued to them. Athletic uniforms are supplied for the sole purpose of athletic participation. CHCS uniforms/equipment are not to be used for any other purpose.
- It is the responsibility of the person to whom the uniform/equipment was issued not to loan it to others, keep it clean and presentable, and kept in a safe place where it cannot be lost or stolen. Please follow all washing and drying instructions given by your coach.
- When the season is over, all equipment and uniforms are to be returned to the coach who will keep inventory of all items issued to the team. The coach will then submit the end-of-season inventory list to the Athletic Director in a timely manner following the season.
- The student's parent is responsible for the dollar replacement cost of any lost or damaged school issued equipment or uniforms.

COMMUNICATION

General Information The best resource for information is the school website (www.collegeheights.org). Each coach will also create an email group that allows him to send out messages to the athletes.

CANCELLATIONS

It is necessary at times to cancel games and practices at the last minute due to inclement weather. Cancellations and/or changes to any scheduled athletic event will be communicated as soon as the information becomes available via email and text blasts.

PARENT PRE-SEASON MEETINGS

All parents of student athletes are required to attend a pre-season meeting with the coaching staff of that sport. The meeting shall be held before the first contest. Parents will be informed of all rules for their sport as well as the rules of the CHCS athletic department.

PARENT RESPONSIBILITIES

Along with the necessary financial costs, parents should be aware of the necessary service/costs associated with athletic participation in their athlete's sport. This participation which is required of all parents includes, but is not limited to, the following: team devotions/prayer, concession sales, transportation, basic clean-up assistance at home contests,

special events/tournaments, and others as directed or requested by that team's coach. At your parent meeting the coach will have sign-up lists available. For the success of each team, it is imperative that parents sign up for at least one area.

1. Discipleship
2. Outreach
3. Administrative
 - Concessions
 - Scorekeeper
 - Field/Gym tear down after games
4. Fundraising, etc.

STUDENT-ATHLETE/PARENT HANDBOOK AND CODE OF CONDUCT

I have read and understand the expectations of being an athlete and/or athlete's parent at College Heights Christian School, and I agree to be held by these expectations.

Parent Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Athlete's Signature: _____ Date: _____

