

*Trinity Christian School  
Athletic Handbook  
for  
Parents & Students*



**TRINITY WARRIORS**

Updated: July 2015

*Dear Athletes and Parents,*

*The purpose of this handbook is to provide parents and athletes with the philosophy and guidelines of the TCS Athletic Department. It's important to remember that in our desire to win, that we not forget the mission of TCS, which is "to help accomplish God's purpose in the lives of students, teachers, staff, and parents as disciples of Jesus Christ, resulting in a positive influence in our community, our nation, and the world?" Competition in athletics provides unique opportunities for us to accomplish this mission and purpose, as we are not only able to disciple those in our school but also have a positive influence outside our school campus.*

*This booklet is required reading for athletes and their parents. Once each of you has read the booklet, please sign the Athletic Contract, complete the WVSSAC Physical Exam Form, and submit them to the athletic director with your \$60 fee before participating in any practices and games.*

*The guidelines here are not exclusive of school policy and may be changed as necessary. TCS does not limit itself to the remedies outlined here and will work with each athlete and their parents to resolve all situations.*

*It takes a huge commitment by parents and players to create and maintain a highly successful, Christ-centered sports program. Reading this booklet will help you understand and support our school's expectations.*

*Once an athlete commits to playing a sport at TCS, our desire is that it will be a great experience and provide good memories, new friends and life lessons to assist in serving the Kingdom.*

*Cary Woods TCS Athletic Director*

## **We will strive to develop and demonstrate excellence in the following areas:**

***Competition*** (*Matthew 25:14-30, 2 Thessalonians 1:11 “... and that by his power he may fulfill every good purpose of yours and every act prompted by your faith.”*)

- Focus on excellence and fulfillment of God-given potential, refusing to define success solely on the contest's final score
- A genuine respect and concern for our opponents and the realization that a worthy foe elicits the best in us

***Academics*** (*Proverbs 23:12 “Apply your heart to instruction and your ears to words of knowledge”, 2 Timothy 4:14-17*)

- Coaches and programs that promote a genuine desire for learning among our student-athletes
- Coaches and teammates who provide accountability and motivation toward excellence in academics and overall progress toward graduation

***Personal Growth*** (*Proverbs 2:9-11 “Then you will understand what is right and just and fair—every good path. For wisdom will enter your heart, and knowledge will be pleasant to your soul. Discretion will protect you, and understanding will guard you.” 2 Timothy 2:20-21*)

- Commitment to use the athletic experience as a vehicle to develop the whole person
- The establishment of a true and lasting legacy within our programs based upon our student-athletes' future roles as leaders (husbands/wives, parents, employers/employees, friends, etc.)

***Community and World Impact*** (*Matthew 28:19-20 “Therefore go and make disciples of all nations...” Mark 12:29-31*)

- A whole-hearted commitment to use the athletic experience as a platform for sharing the gospel of Christ
- Student-athletes and coaches who will seek to model the life of Jesus Christ through acts of service toward their teams, the TCS campus, the Greater Morgantown Area, and the world

***To evaluate our athletic programs and all persons involved in them in the light of the Bible*** (*2 Timothy 3:16; Psalm 119:105, 130; Psalm 139:23,24; Hebrews 4:12 “For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”*)

***To use athletics to train boys and girls to walk in a manner consistent with the Scriptures*** (*Deuteronomy 6:4-9; 1 John 2:6; John 15:10; Hebrews 12:11 “No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.”*)

***To cooperate with our parents as we labor together in the process of training the people entrusted to us*** (*Ephesians 6:1-9; Romans 12:3-8; Galatians 5:13-15 “You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love ...”*)

***To teach each of our athletes to do all they can to strengthen the team, doing their part for the good of the whole*** (*Philippians 2:1-11; Ephesians 4:1-6; Romans 12:3-5 “...so in Christ we who are many form one body, and each member belongs to all the others ...”; Romans 15:1-7; 1 Corinthians 12:12-26*)

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# Trinity Christian School

## Middle School/Senior High Athletic Handbook

### Mission Statement

*In our desire to win, help us not forget the mission of TCS, which is “to help accomplish God’s purpose in the lives of students, teachers, staff, and parents as disciples of Jesus Christ, resulting in a positive influence in our community, our nation, and the world.” (Matthew 28:19-20)*

### Introduction and Philosophy

Athletics at Trinity Christian School are an integral part of the school’s total educational program. The athletic program is based on interscholastic competition. The level of participation is arranged for each student appropriate to his or her age, development, ability, and interest. Athletes should be aware that participation in sports is a privilege, **not a right**, and that athletes earn that privilege through academic achievement, athletic skill, work ethic and a respectful attitude.

While varsity competition puts a greater emphasis on winning, the purpose of the sub-varsity program is to prepare athletes for the varsity level. Winning is not the only goal of sub-varsity competition, or “end in itself”, but this experience does attempt to teach team commitment and a winning attitude and at the same time develop the skills of the individual athlete. The purpose of the athletic program, regardless of age level, is to develop endurance, strength, coordination, self-confidence, and teamwork as well as to develop recreational habits that will be of value in later life. Athletics also provide opportunities for students to learn to deal with adversity. Young people who experience the meaning of sportsmanship while caught in the grips of athletic competition receive a meaning to life that is seldom afforded in the pilgrimage of man. May we always support the true purpose of the student-athlete in keeping with a Christ-centered approach to living with Him.

Many athletes consistently state that their parents do not understand their role on the team and almost always feel that their athlete’s role is larger than what the athlete knows it to be. This situation often turns into frustration and second-guessing, and frequently puts the athlete in the middle between the coach and parent where the athlete can only lose. One of the greatest gifts parents can give their athlete is to “release” their son or daughter to the coach. The Trinity Christian School works hard to hire coaches that have a love for the Lord, young people and their sport. During an athlete’s season, parents must share their player with the coach and the team. The earlier a parent is able to release the athlete to the caretaker of the team, the sooner the athlete can really develop and grow. By releasing their young athlete to the game and coach, parents are telling their children that all successes are theirs, all failures are theirs, and all problems are theirs. There are not many places in a young person’s life where the parents can say, “This is your thing.” We ask that both parents and athletes understand that athletic participation is a privilege and that it is an honor to be a part of any team.

## Our Responsibilities to God

Christians are ambassadors for Christ and the light of the world. II Corinthians 5:20 states, *“We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God.”* The TCS Athletic Department's top priority is to exemplify the character of Christ. Therefore, it is essential that every coach, every player, every parent, every student, and every fan maintain a good Christian witness at all of our athletic events. Other teams and their fans, both Christian and non-Christian, are watching us, and we have a great opportunity to display God's honor so that they might be drawn closer to Jesus and His saving grace. How does the world know that we are authentic followers of Christ? By the love we demonstrate and by our unity. Jesus said, *“By this all men will know that you are My disciples, if you love one another.”* (John 13:35) He also prayed for us: *“May they be brought to complete unity to let the world know that You sent Me and have loved them.”* (John 17:23)

### Our Three Basic Rules for All of Our Teams

We want to produce the highest quality athletic program possible. This will require a lot of self-discipline on the part of our athletes. Our three basic rules listed below are a cornerstone to achieving athletic success:

- **Eliminate Excuses**
- **Deliver Your Own Messages**
- **“We, Not Me”**

When these guidelines are adhered to, our athletes become much more responsible, which then produces stronger teams.

### Approach to Competition

Tryouts are required for all team sports offered. At all levels we will strive to put the team on the court or field with the athletes that are best qualified. We are looking for qualities that include sport fundamental talents, attitude, work ethic and academic progress. Each team has a maximum number allowed on that roster; however, a coach may carry less if he/she chooses. An athlete's playing time will be determined by athletic ability, coach-ability, attitude, attendance and academic eligibility. The coach will determine how much each player will play according to the strengths and weaknesses each player exhibits. Each player is competing for playing time and a starting position. Those making varsity teams will compete with teammates for playing time and starting positions. The coach will determine an athlete's playing time according to the athlete's overall performance in practice, games, in the classroom and dictates of the contest at hand.

**Parents SHOULD NOT expect a coach to discuss playing time.**

**The head coach will oversee all team selections. If a sport has cuts, the procedures are as follows:**

1. The varsity head coach must participate in the evaluation of all athletes on all levels of the program. (Other coaches will help in the evaluation.)
2. The varsity head coach will make the final decision about all cuts.
3. Each student cut shall have at least 3 practices.
4. Each athlete who is cut will be personally informed of the cut by the coach and the reason.
5. Cut lists cannot be posted. Individual conferences with athletes who do not make the team are required.

## **Athlete Playing Time Policies and Guidelines**

### **The Player Should:**

Practice so intensely that the coach feels pressure to reward him with playing time. Coaches notice intensity in practice, not occasional periods of intensity, but every day, every minute, intensity. To have any legitimate reason to talk to a coach about playing time concerns, a player must bring to that meeting a history of practicing with excellence.

Understand everything the team does, both offensively and defensively. A player can't expect to play if his coach has doubts about his understanding of what to do in the game.

Develop knowledge of as many positions as possible. You never know when the opportunity may come, due to another player's injury or illness or another reason. Be ready to go whenever and wherever needed.

Want to play, whether for long or short periods of time; be ready by staying in the game mentally, while on the bench. When the coach starts to think about whom to sub into a game, your chances of being chosen will be increased if he sees you focused, aware of the game situation, and encouraging your teammates from the bench.

If a non-starter, genuinely cheer for those who start. There are two things that might increase the chances of a sub going into the game: the starter's mistakes, or the starter's playing with such great intensity and success. A true team player will cheer for the latter to occur.

If a starter, be genuinely glad when the subs get to play, and cheer for them. A starter can easily become spoiled and selfish. That is however, an inappropriate team mentality. Respect the subs for the role they play in practice, pushing you to become a better player.

### **The Parent Should:**

Consider the "big picture" before becoming critical. Remember that you are not at practice, and often game to game decisions are based on what happens in daily practice. Give the coach time to evaluate his players, to see who gets the job done. Realize that even the best players have an "off night" and that a less talented player can have a great game and deserve to be in the game more than usual.

Avoid sowing seeds of dissension. Resist the urge to talk to other parents or fans about your dissatisfaction. Everyone loves to have company in their misery, but no good ever comes from it.

Encourage your athlete to talk to the coach when playing time questions exist. Avoid robbing your child of a wonderful opportunity to mature and develop communication skills of his own. You may need to help him think through what to say to the coach. Support the coach even though you may not agree with his decisions. It will make your athlete's experience a much better one overall.

Understand that if athletes or parents step out of any expectations, that the TCS administration and athletic director may remove the athlete from the team.

## **Chain of Command**

Many of us want to go straight to the top with a complaint; however, every successful organization follows an established chain of command. By doing so, Trinity Christian School Athletic Department will maintain high level of accountability.

### **Level 1 – Meet with the coach**

It is important that coaches listen to parents and their concerns. The coach has a responsibility to all parties to explain individual decisions that directly affect the student athlete. However, the coach does not have to arbitrarily or automatically change their decision. The coach must communicate with the parents; this is a component of coaching.

### **Level 2 – Meet with coach and athletic director**

This meeting will allow for the parent to now be heard by the athletic director if no resolution occurred at the first level.

### **Level 3 – Meet with the athletic director and superintendent**

This meeting will allow for the parent to be heard by the superintendent if no resolution occurred at the second level.

***The chain of command is not complicated; it is essential in avoiding problems. More importantly, we are commanded in Matthew 18:15-20 to confront in an orderly fashion.***



## What to Expect from TCS Coaches:

Men and women that are committed to Christ and demonstrate a life under the control of the Holy Spirit, love young people and are knowledgeable in their sport. Each head coach will be familiar with first aid, go through coach's training and demonstrate an understanding of the rules, and strategy of his/her given sport. Each coach is expected to be a Christian role model; regularly engaging the team in prayer, devotions, life lessons and is actively involved in a Christ-centered church which believes in the authority of the Bible. Coaches should strive not only to disciple TCS athletes but also lovingly desire to present truth to opposing teams as well.

Coaches are trained to hold meaningful, organized practices emphasizing the fundamentals of their sport. Each coach will hold a pre-season meeting for prospective athletes before tryouts to provide information about the sport. Coaches will follow the TCS tryout policy for their sport (handed out at the preseason meeting) and then hold a parent information meeting.

### Parent Support and Cooperation Guidelines

1. Our home game helpers are our athlete's parents. If your student is on a team, we are relying on you to help carry the workload. We attempt to schedule parent workers before or after their athlete's team is playing. Parents will be presented a sign-up work chart to help in the concession stand, post game clean up or collecting admission at the gate. ***If you cannot work your slot, it is your responsibility to find a substitute worker. Please help with clean up after home games whenever you can so that the job is easier for all.***
2. Parents carpool players to away games. Directions are provided in the school office to all away games. Drivers will be arranged by Team Parents. We encourage parents to drive and require that current copies of valid driver's license and insurance be on file in the school office before transporting players. Parent drivers are under the head coach's direction and must travel together so that the team can be monitored. The head coach must be consulted about any decisions while the team is on the road.
3. Be a model, not a critic: model appropriate behavior, poise and confidence.
4. Attend the early season parent meeting.
5. View the game with team goals in mind.
6. Attempt to relieve pressure not increase it.
7. Encourage multi-sport participation.
8. Release your athlete to the coach and the team.
9. Look upon opponents as friends involved in the same experience.
10. Accept the judgment of the officials and coaches; remain in control.
11. Demonstrate winning and losing with integrity. Be an encourager: encourage athletes to keep their perspective in both victory and defeat.
12. Be a good listener.
13. Accept the goals, roles and achievements of your athlete.
14. Attend every contest that is feasible. Being at the game is important to your athlete. However, do not try to live through your child. Be positive and supportive without adding undue pressure and unrealistic expectations.
15. Belief in and support of the coach's judgment, character, actions, strategy, and overall philosophy will help your child do the same. In contrast, criticism and constantly questioning a coach's actions and overall program will likewise lead the student-athlete in that way. The attitudes and ideas communicated in the home will often be carried out in the heart and mind of the athlete.

16. Help your student athlete stay eligible academically by monitoring and encouraging progress.
17. Support our Booster Club anyway you can. It is the sole financial support for TCS Athletics.
18. Help your child's team by being a scorekeeper, team mom or dad, driver, scoreboard operator, stat keeper, etc.
19. Be flexible whenever possible. As carefully as planning is done, changes in times and schedules sometimes need to be made.
20. Pick up players on time after practices/games. Our coaches work to finish on time.
21. Build up, rather than put down other team members. It is important that each one sees the other team member as a vital part of the team, regardless of the role or skill level.
22. Each team might have a Team Mom or Team Dad, if the coach would like. (There can be more than one.) These parent helpers will assist in setting up car pools and arranging concession workers, while working closely with the team's head coach.

## **Communications**

### **Missing Practice**

1. If your athlete must miss a practice or contest for family reasons that are unavoidable, **the athlete** must let the coach know directly as soon as possible.
2. If you have a valid question or comment, verbalize it to the appropriate person (most often the coach). Choose an appropriate time and do so in a positive way. Some issues are best handled during the off-season.
3. Remember that the coach is the designated person in charge. You may not understand or agree with some of his/her philosophies or decisions but be willing to give the benefit of the doubt and show your support.

### **Guidelines for handling parent/coach concerns:**

**First see Matthew 18:15-19 (It is expected that this procedure is followed closely.)** Generally, the first responsibility is for the athlete to talk to the coach (it is a part of growing up). A coach appreciates communication from the athletes regarding team or individual situations. A coach will not "hold it against" an athlete for wanting to talk about a situation. If a parent wants to speak with a coach about a concern, it should be done at a suitable time via a face-to-face appointment.

**Discussing problems with a coach before or after a contest is not an appropriate time and a coach must never be confronted before or after a practice or game.** Coaches are teachers. A parent would not walk into a classroom during class time and yell at the teacher about a poor grade, so please do not confront the coach in a public setting. Problems get solved in meetings, not the public arena. If the concern still exists after meeting with a coach, the concern should be taken to the Athletic Director.

Observe the following chain of command when you have a question or concern: Head Coach, Athletic Director, Principal, and School Board. The organization of the Department of Athletics calls for these procedures to be followed for efficiency and to insure a smooth running operation. This chain of command should be viewed as a professional manner in which a coach/person can make his feelings known and as an effective way to have input into his program. The Booster Club does not set policy or address concerns and is not a part of the Athletic Department chain of command except as it relates to assistance in fundraising and support services.

## **Sportsmanship for Parents and Spectators**

It is important to make guests to our school activities feel welcome. All visitors should feel as though they have been treated fairly and dealt with in a sportsmanlike way. The skills of the visiting team should be recognized and appreciated. Everyone needs to work to create a positive atmosphere at Trinity Christian School. The following behavior is not acceptable at any contest: booing or jeering, mocking or taunting, yelling negative comments to officials, coaches, or athletes, or using improper language (swearing, boasting, or disrespectful talk). Never confront officials or other participants during or following a contest. If a problem occurs, inform the school administration and allow them to deal with the situation. A game official or school administrator (or their designee) or a TCS Board Member has the authority to remove anyone from the confines of an athletic contest for unsportsmanlike behavior. The school may also deny the privilege of attending future contests.

### **Expectations for the Athlete**

As a member of an interscholastic squad at Trinity Christian School, you have the responsibility of adding to the wonderful tradition that has been established and is currently being fostered in our athletic program. The tradition we are establishing is to glorify God by winning with honor and losing with grace. We desire to win, but only if in so doing we honor God. Such a tradition is worthy of the best efforts of all concerned. You must maintain a good attitude and athletic image in gaining respect of coaches and teammates. Cooperation and obedience toward coaches is expected. Disrespectful behavior and dissension will not be tolerated. Some offenses require, because of their very nature, a zero tolerance position. That is, discipline with consequences (e.g., detention, in-school or out-of-school suspension, academic penalties, athletic or extracurricular ineligibility, probation, or expulsion) will occur regardless of the circumstances. Zero tolerance items include but are not limited to the following: the possession, sale, or use of drugs (including illegal performance enhancing drugs), alcohol, tobacco and their related products or paraphernalia, sexual harassment, overt or obscene sexual behavior and language, any improper language (swearing, boasting, or disrespectful talk), the illegal use of or possession of weapons, the use of or possession of explosives of any kind, hazing, acts of violence against another person, and setting fires or false alarms.

### **Requirements for Participation**

#### **Physical Examinations**

Prior to the tryouts and first practice, a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical exam. The exam must be completed after July 1st of the new school year. Use the exam forms from the TCS school office.

#### **Athletic Fee**

Student must pay a \$60 fee for each sport in which he or she participates.

## Age

### WVSSAC § 127-2-4 Age Rule

- 4.1. A student in high school who becomes 19 and a student in junior high school who becomes 16 before Aug. 1 shall be ineligible for interscholastic competition.
- 4.2. A student in high school who becomes 19 and a student in junior high school who becomes 16 on or after Aug. 1 shall remain eligible for the entire year.
- 4.3. A student in a middle school (eighth grade being the highest grade) who becomes 15 before Aug.1 shall be ineligible for interscholastic competition at that level.
- 4.4. A student in a middle school (eighth grade being the highest grade) who becomes 15 on or after Aug. 1 shall remain eligible for the entire school year at that level.

## Academic Eligibility

**First Consideration (Note: The WVSSAC eligibility rules take precedence and may not be set aside at anytime.)**

### WVSSAC § 127-2-5 Semester and Season Rule

- 3.3. A student academically ineligible by rule may begin practicing 15 school days immediately prior to the dates of regaining full eligibility provided all other eligibility requirements are met.
- 5.6. A student whose eligibility expires with the end of a semester shall not become ineligible until report cards are issued or five school days into the next semester, whichever is less. The student will be considered eligible any days between the two semesters.

### WVSSAC §127-2-6 Scholarship

- 6.1. A student is required to be enrolled in the equivalent of at least 20 periods (four subjects with full credit toward graduation) per week.
- 6.1. d. If a student has been declared ineligible according to the standards outlined above, the student may attend summer school and have eligibility reinstated if the student meets the standards at the conclusion of summer school.
- 6.1. e. If a student has been declared ineligible according to the standards outlined above, the student may have eligibility reinstated at mid-semester (**end of 1<sup>st</sup> or 3<sup>rd</sup> marking period-this emphasis added by TCS for clarification**) if the student is meeting the standards at that time.
- 6.2. Note: Full credit is defined as one-half credit for a semester
- 6.5. A student not attempting four (4) full credit subjects during a semester must

complete one 9 weeks of school work to regain consideration for eligibility.

6.7. Credit deficiencies cannot be made up after the last day of the semester, except in a case where a student whose final examinations and course credit are delayed due to illness which can be verified by a physician or as established by local Board of Education Policy.

6.8. The official school transcript will be used to determine a student's eligibility and will be regarded as final.

6.9. In accordance with §126CSR26 West Virginia Board of Education Policy 2436.10, Participation in Extracurricular Activities (C-Rule), students must maintain a 2.0 average to participate in interscholastic athletics.

**Second Consideration (Note: Secondary consideration after meeting the WVSSAC policies)**

1. Athletes must maintain a 2.0 GPA following each grading quarter.
2. If an athlete has an "F" in any class at the end of any nine-week grading period, the athlete will lose eligibility for three weeks.
  - 2.1. The athlete will remain ineligible until the end of the three-week period where his/her grade will be reviewed.
  - 2.2. If there is still a failing grade, the athlete will lose eligibility until the end of that grading period.
  - 2.3. That athlete may practice but not play in any contest (scrimmage and games).
3. If an athlete falls to an "F" in any class at anytime during a grading period he/she may be put on academic probation for a period of time to be determined jointly by their teachers, coaches, athletic director, and approved by the administration.
  - 3.1. This academic status will be indicated by the teacher and reported to the athletic director and coaching staff.
  - 3.2. During the outlined period, the athlete will be placed in mandatory lunchtime study hall and is expected to use this time to complete any missing work and perform any tasks needed to return to the required academic level.
    - 3.2.1. At the end of the designated period of time a grade check will be performed to determine if the athlete is to be relieved of academic probation. If not, another designated period will ensue.
    - 3.2.2. If at the end of the 2<sup>nd</sup> designated period the student is not performing satisfactorily, he/she may be placed on the ineligibility list. This will cause the student to both be placed in mandatory lunchtime study hall and/or a regular school day study hall.
    - 3.2.3. The athlete would still attend practice during this period.
    - 3.2.4. The athlete will attend home games and support his/her teammates on the sidelines for the game. The athlete will not be in game uniform.
      - 3.2.4.1. The athlete will not be allowed to travel to away games.
    - 3.2.5. At the end of this designated period a grade check will be performed to determine if the athlete is to have probation removed.

## **Home School Student-Athlete Participation**

Home school students will be allowed to participate in interscholastic athletics at Trinity Christian School if the guidelines and expectations have been met:

1. The student has officially enrolled at Trinity Christian School.
2. The student has enrolled in at least four one credit courses or the equivalent, each of which counts toward graduation.
3. The student has provided TCS with all of the completed forms required by this policy.
4. The student agrees to be subject to and abide by all WVSSAC rules, as well as the regulations of the school, pertaining to interscholastic athletic participation.
5. The student has received passing grades in at least four one credit courses or the equivalent, each of which count toward graduation.
6. The student has not changed schools without a corresponding move by their parent or legal guardian or by qualifying for one of the exceptions to the WVSSAC transfer regulation.
7. The student has not been enrolled in high school for more than eight semesters.
8. The student did not turn 19 before August 1, of the year in which he/she enrolls at Trinity.
9. The student is competing under his/her true name and has provided Trinity with their correct home address.

## **Classroom Assignments and Homework**

Athletes must complete assignments in a timely fashion to the best of their ability. If an athlete falls behind in their work, he/she may be put on academic probation. The teacher will then report the student's probationary status to the athletic director. Action will be taken after discussion with the teacher and athlete. During a period of time to be outlined by the teacher, coaches and staff, the athlete will be placed in mandatory lunchtime study hall and is expected to use this time to complete any missing work and perform any tasks needed to return to the required academic level. This period will normally be a minimum of three days and a maximum of two weeks. At the end of the designated period of time a check will be performed to determine if the athlete is to be relieved of academic probation. If not, another designated period will ensue. If at the end of the 2<sup>nd</sup> designated period the student is not performing satisfactorily, he/she may be placed on the ineligibility list. This will cause the student to be placed in both mandatory lunchtime study hall and practice study hall. The athlete will still wear game day dress, support his/her teammates on the sidelines of the game and attend practices where he/she will do homework. The athlete will not be allowed to travel to away games however. At the end of this designated period a check will be performed. If at the end of this designated period the student is not performing satisfactorily, he/she may be removed from the team roster as determined by their teachers, coaches and the school administration.

## **Athletic Contract and Acknowledgement of Risk Forms**

Each athlete and parent must sign the Athletic Contract (pgs. 21-22 in this handbook), which outlines TCS discipline policies, athletic department policies and parent/athlete assumption of risk to participate. The forms also are an acknowledgement of the athlete and parent that they agree to uphold the school policies in the TCS Athletic Handbook for Parents and Students. These forms are to be handed in to the coach at the beginning of the season.

### **Injuries/Insurance**

All injuries that occur while participating in athletics should be reported to the coach. If the injury requires medical attention by a doctor, it will be necessary to have an injury report form completed. A participating student must present the coach with a physician's release to resume participation following an illness or injury that was serious enough to require medical care. Parents are to maintain health insurance to cover athletes.

### **Financial Obligations and Equipment**

- A \$60 sports fee is assessed each time an athlete makes a team and is not refundable.
- School-issued uniforms are to be worn only for games/competition.
- Equipment/Practice gear – Athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn or used only for contests and practice. All equipment not returned in good condition at the time requested at the end of the season will be subject to replacement value. Seniors will not be awarded their diploma until uniforms are returned or paid for. All other athletes will have a hold on their grades.

### **Athlete Dress Code**

Game day dress code is in effect for the entire school day. Athletes will come to school in dress code, travel to away games and return from their homes for home games in game day dress code. Teams that have a game following theirs will return to game day dress code before reentering the gym from the locker room. After games all high school athletes must return to game day dress code. No uniforms are to be worn home unless playing an outdoor sport. Male athletes must wear a collared shirt and tie and kaki or dress pants. The tie must be tied and worn properly and shirts tucked in. Girls are to wear appropriate dresses/skirts/pants as well as appropriate shirts and blouses. If the coach chooses and the Athletic Director approves, teams may have the option of purchasing a game day shirt or outfit to wear in lieu of the dress code described above. All athletes on a team must go with one dress code or the other. Shirts must be tucked in at all times and pants must be khaki or dress. No jeans are allowed. Individual coaches will address practice dress code at the beginning of the season. However, all athletes are required to dress in a manner consistent with a Christian testimony. Extremes in fashions are discouraged for girls and guys alike because they tend to draw attention to the individual rather than the Lord they are called to serve. It is expected that coaches will have dress code policies consistent with or similar to the PE dress code policy in the student handbook. Athletes failing to comply will be subject to consequences from their coach and/or Administration.

## **Athletic Practice Dress Code**

Athletes should maintain the ideal of being neat, clean, and modest; whether practice is during or after school hours, inside or outside. These guidelines should be followed year round by students every time they use the school facilities.

- 1) Shirts are to be worn at all times (gentlemen). Tank tops are permitted, but girl's undergarments should not be visible. Altered t-shirts are not allowed, including modifications to the sides, sleeves, or neckline.
- 2) All practice shorts should be equal in length to regular uniform shorts for the sport in which the student participates. Longer compression shorts are encouraged under sport shorts.

## **Dress Code for Postseason Awards Ceremonies**

All students will be expected to comply with TCS dress code.

## **Post-Game Day Policy**

Athletes need to be at the school the day after games. We have experienced problems with players coming to school late or not at all the day after games because they are sleeping in. Athletes that do this may not be allowed to play the next game or some portion as is deemed appropriate.

## **Transportation Policy**

TCS depends on parent carpools to transport players to away games. All drivers must meet the requirements outlined on the TCS Driver's Form in the school office and be cleared before they can transport any TCS athlete besides their own. Athletes are required to have a note from a parent to present to the coach before a game if he/she plans to ride back from away games with a different driver. Otherwise, all athletes are to ride to and from games with the driver assigned by the coach.

## **General Athletic Team Policies**

1. If an athlete misses an entire day from school for illness, he/she cannot participate in practice or a game.
2. When a student is medically excused from school, he/she will also be excused from practice. The athlete must call the coach and inform him of the situation.
3. If the athlete is in attendance at school by 11:00 a.m., he/she may participate in games and practices.
4. If the student-athlete attends school, he/she should also attend practice even if he/she does not suit up.



5. Athletes need to be at practice. Please schedule appointments and vacations around practice.
6. Players may be required to practice during weekends and school vacations. These practices are very important, and players/parents are asked to plan around them and attend.
7. Some TCS teams wear practice uniforms. Be in uniform for practice if applicable.
8. Athletes suspended for any reason are required to miss at least the next game and possibly more depending on the circumstances.
9. Athletes quitting a team are not allowed to receive any team awards or to try out for another athletic team that season unless the reason for quitting was approved by the Athletic Director beforehand.
10. If an athlete has an unexcused absence from school anytime during the school day, he/she will not be allowed to practice or play in the game that day.
11. If an athlete has one unexcused absence from practice, he/she may not be allowed to play in a portion of the next athletic contest. A second offense may result in a one game suspension and a third offense may result in dismissal from the team.
12. If an athlete's tuition bill falls in arrears by 45 days; the athlete will become ineligible to participate in all athletic contests until the account has become current or an acceptable financial arrangement has been made with the Business Manager and/or Superintendent.

### **End of the Season Awards**

An awards night with athletes and families will be scheduled after the completion of the season. Athletes who are suspended from the team during the season may not have the opportunity to letter or earn special awards. Awards will include letters and a leadership award with seniors given preference for this award. Other awards may be given by each coaching staff and are to be listed and announced before the beginning of each season.

### **Lettering Guidelines**

Letters shall be presented to an athlete who satisfied the participation requirements established for that particular sport, completes all team obligations, and receives the recommendation of the coach. The athlete must maintain a good attitude and athletic image in gaining respect of coaches and teammates. It may be possible for a coach to letter an athlete in a special situation such as an injury or illness where had this not happened, he/she probably would have lettered. All equipment must be handed in before a letter will be awarded. Coaches, along with the athletic director may determine to award a letter to any student who has consistently attended practice sessions and who has shown true dedication to the sport during the student's school career.

- Cross Country - Must have run in 80% of all meets.
- Volleyball - Must have played in 50% of all games in a season.
- Golf - Must have played in 50% of all matches in a season.
- Soccer - Must have played in 50% of all halves in a season.
- Football - Must have played in 50% of all quarters in a season.
- Basketball - Must have played in 50% of all quarters in a season.
- Baseball - Must have played in 50% of innings in a season.
- Softball - Must have played in 50% of innings in a season.
- Track - Must have participated in 80% of all meets.

NOTE: Coaches may use their discretion to award letters where special circumstances exist such as an injury to a player who without the injury likely would have earned a letter.

### **Summary**

Trinity Christian School is seeking to represent Jesus Christ in each and every aspect of our campus activities. Our athletic teams are a very major aspect of that activity and integral to the education we provide our students. On the fields or courts of competition is where who you really are comes out and shows. We want our student-athletes, as well as our coaches, parents, boosters, and administration all striving and pulling together for the same goals. . Our number one priority is always to glorify our Lord and Savior Jesus Christ. If this is constantly taking place in all of the lives of the people involved at Trinity Christian School, we will be seeking to serve our Lord Jesus Christ to the best of our abilities in each and everything we do.

We look at each student-athlete as a unique and valuable individual with God-given gifts and characteristics that are to be nurtured in order to become the best servant of Christ.

Our prayer at Trinity Christian School will continue to be to allow God to show through all of our activities in order that He may be glorified. And that by showing His love to others through our Athletic Program, that many more can come to the saving knowledge of our Lord and Savior Jesus Christ. Our actions do speak louder than our words to the world around us. Let us constantly be aware of our responsibility to serve Jesus Christ in everything we say and do.

# Suggestions for Parents from the Trinity Christian School

## Athletic Department

**Parent support can be a strong and sustaining part of the success of an athletic program. Therefore, it is important to recognize certain attributes of “Do’s and Don’ts” that are important to the ongoing success of the program. The following list of suggested “Do’s and Don’ts” might be helpful as a guideline to the aforementioned support. Many of these have already been discussed in the content of the policy manual. Hopefully, this will serve as a quick reference for parents to better support the Athletic Department.**

**DO** join the TCS Booster Club and help support the overall athletic program.

**DO** always encourage your athlete to do their best and to accept responsibility for their actions and omissions.

**DO** compliment your athlete’s efforts and not just the results of their efforts.

**DO** support your athlete when things are not going well for them, but **DO** it in such a way as not to undermine the coach or the program. If handled properly, a negative experience can become a valuable growth opportunity from which your athlete may learn a valuable lesson.

Though we want our coaches to maintain an open door policy to facilitate the best communication possible, **DO NOT** expect the coach to discuss an athlete’s playing time with his or her parents, game strategy or player’s position on the team.

**DO NOT** try to compare your athlete with someone else’s athlete when you do have a conversation with a coach.

**DO** expect coaches to be honest with you in their assessment of your athlete’s ability and potential.

**DO** encourage your athlete to talk to the coach if they seem upset about the team or their role on the team. This is an opportunity for their personal growth through dealing with their own personal problems.

If you are having a problem with a coach, please **DO** talk to the coach first and, if you are not satisfied, **DO** use the proper chain of command. The chain of command in the Athletic Department is the Assistant Coach, the Head Coach of that particular team, the Varsity Head Coach for that sport, the Athletic Director, and last the Superintendent of the school. Normally problems are solved on the lower levels.

If you are upset with a Coach **DO NOT** confront them before, during or after a contest. **DO** call to make an appointment to have a conference with the coach in private.

**DO** expect the coach to try to aid you in dealing with your athlete’s overall development. Quite often coaches, because of their relationship with the athlete, may be of great assistance to the parents.

**DO NOT** publicly criticize the athletes. This means your own athlete or anyone else’s athlete.

**DO NOT** call the West Virginia Secondary School Activities Commission. The WVSSAC has enough to do in responding to the Superintendents, Principals, and Athletic Directors of its member schools. Individuals at these schools including TCS should contact the WVSSAC through their principal. Every time a parent contacts the WVSSAC you potentially damage our relationship with that most important organization.

**DO NOT** damage our relationships with the media by berating them for lack of coverage of our athletic events. More often than not, the problem is our failure to communicate with the local newspapers that are not staffed to be able to cover all events in person. Please direct your concerns in this area to the varsity head coach of the sport or the Athletic Department.

**DO NOT** misrepresent yourself to opposing schools or other organizations as an official representative of TCS. **DO NOT** accost opposing school administrators, coaches, athletes, or fans. **DO** notify the TCS Athletic Director if you feel that a situation requires an official response from TCS. While TCS and the vast majority of schools do not have official sanctioned teams below the middle school level, we still require that all athletic and related activities and contact go through our athletic department at any level. All negotiations with other schools and organizations must be referred to the athletic department.

**DO NOT** send unsigned letters to the coaches or the Athletic Office.

We recommend that you **DO** seek medical advice for your athlete if you plan to allow them to take any type of legal supplements to enhance their growth and development. We are concerned that the long-range effect of over-the-counter products such as Creatine Monohydrate and how they interact with prescription medicines or training practices may not yet be fully known. TCS and its coaches do not endorse any supplement of this nature.

If you have a personal trainer for your athlete, **DO NOT** tell them that they can use TCS facilities or fields. **DO** have trainers contact the athletic director to request facility use.

**DO** expect and insist your athlete be seen by an Athletic Trainer for sports-related injuries that occur while they are participating on a TCS team, but **DO NOT** expect the Athletic Trainer to be responsible for the treatment of non-school-related injuries to TCS students who are not currently participating on a TCS team at the time the injury needs attention.

**DO** make sure that your child adheres to the transportation policies of the school to away contests. The coaches will inform them on those rare occasions when personal transportation vehicles may be used. When students are allowed to drive, they can never transport other students.

Please **DO** remember that all athletes are not equal in skill level, determination, assertiveness, or their ability to function as a team member. Just as no two students are equal in math where they do not receive the same grades, athletes are not equal and do not receive the same playing time. Interscholastic athletics are competitive. School sports should not be identified with or measured against recreational, club, church, or intramural athletic activities.

**DO NOT** bring basketballs (or any other ball) into the gym for home games and **DO** stay off of the court during timeouts and at half time as well as after games.

## **ATHLETIC CONTRACT**

- 1. The athlete needs to understand that he/she is a representative of our Lord Jesus Christ as well as TCS, and as such is expected to behave in a manner becoming of a Christian and a TCS student.**
- 2. The athlete shall respect their coaches at all times.**
- 3. The athlete shall insure that he or she meets the academic requirements of TCS.**
- 4. The athlete shall care for all equipment and uniforms issued to him or her. They shall report any lost or stolen equipment or uniforms to the coach immediately. The athlete may be held financially responsible for items that are misused or lost.**
- 5. The athlete shall show proper respect towards officials, opposing teams and coaches. The athlete shall attend all practices or make arrangements if it is necessary to miss a practice. During holidays a practice may be excused for travel or other obligations if requested in writing prior to the missed practice. One practice may be excused during holiday breaks for any reasonable request.**
- 6. The athlete will not receive his/her uniform or play until they have turned in the signed Athletic Contract, physical/medical forms, and \$60 fee.**

## **PARENT RESPONSIBILITY**

- 1. Parents should encourage their children to give 100% of themselves to represent Christ.**
- 2. Parents should support their children by attending as many games or matches as possible.**
- 3. Parents should always conduct themselves in a Christ like manner during athletic events. Parents should realize that they are as responsible for representing TCS as are the coaches and players. Parents attending athletic contests are asked not to criticize officials, coaches, and players.**
- 4. Parents need to realize that due to the varied talents of athletes on each team, playing time is not guaranteed. Encourage your child to improve his or her skills so that they can help the team.**
- 5. Parents are asked to schedule vacations, doctor, dental and other appointments so as not to conflict with practices and games. Illness and death in the immediate family are excused absences. All other absences need the coaches' approval and must be requested in writing prior to the missed practice.**

**6. Parents are responsible for the transportation arrangements of their student to and from practices and games. It is imperative that your son or daughter be picked up and dropped off for practices and games on time. Please be aware that athletes may be disciplined for being late to practice.**

**7. Parents should direct any questions regarding their student athlete or manner of coaching to the coach directly in a mature and responsible manner in private and if needed by prior arrangements or appointments. Coaches should respond in a like manner.**

**8. Each student must have a physical on file with TCS prior to the start of their sport season.**

**9. My signature below indicates that I have read and have had an opportunity to ask questions regarding any of the policies or statements contained in the TCS Athletic Handbook.**

**Please sign and return this form to TCS to either the coach or athletic director. Physicals should go to the office.**

\_\_\_\_\_  
PARENT SIGNATURE

\_\_\_\_\_  
STUDENT SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
DATE