

Community Christian School

Athletic Handbook



Sports With A Testimony

S.W.A.T.

Table of Contents

About CCS Athletic Program	3
 Requirements for Athletes	4
Development of an Athlete	6
Resolution Protocol	6
Sportsmanship	7
Strength and Conditioning	7
Use of Facilities	7
Student-Athlete Awards	8
Verification of Receipt	9

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About Community Christian's Athletic Program

CCS takes pride in our athletes and athletics plays an important role in our school. Valuable lessons such as teamwork, leadership, responsibility, self-discipline, self-control, attitude, good sportsmanship, respect, humility and friendship are learned with each athletic experience. We encourage student participation, support and physical effort on the playing fields. At CCS, we desire to win but it is not the basis of our athletic program. More importantly, we desire to pursue excellence as God would see it.

CCS Athletic Mission

The overall CCS Mission is to train up young visionary leaders who are thoroughly equipped to answer the call of God, whenever it comes, wherever it leads and whatever it costs by developing renewed and skillful minds, strong hands to serve and burning hearts for Jesus.

In keeping with that mission, the CCS athletic department encourages athletes to view their abilities as gifts from God and to seek out ways in which they can minister to others through sport participation. Our athletes are expected to pursue excellence with character and integrity, competing well and in a way that is honoring to God, our school, our teammates and our community.

Athletic Participation

CCS desires to provide the opportunity for our students 6th through 12th grade to participate in as many interscholastic sports as possible. There are some sports that require a limited number of athletes so they may require tryouts. Other sports have no participation limit and are open to all.

Community Christian encourages our students to be aware of the opportunities to participate in sports offered at CCS and to take advantage of them.

The cost per sport, per athlete is \$155 for CCS and CEO students. The cost for homeschool students is \$250 per sport, per athlete. CCS will bill full-time and CEO students. Homeschool athletes must pay for the season after try-outs have concluded unless other arrangements have been made with the Athletic Director. Homeschool students are billed directly.

Athlete Goals

Each sport has its own specific goals due to the nature of the sport. However, all of our sports programs share the following goals:

1. Be a reflection of the Light to your team, your opponents, the officials and your fans.
2. Instill the value of dedication and to follow through on a commitment.
3. Work to improve through practices and games.
4. Work towards winning championships.
5. Have fun.

Requirements for Athletes

The Athletic Department of Community Christian School is governed by the Florida High School Athletic Association (FHSAA). Please contact the Athletic Director for information regarding FHSAA.

FHSAA Required Paperwork and Policies

CCS and FHSAA require specific documents every calendar year.

1. Physical (EL2) – These must be current physicals performed within the calendar year.
2. Parental Consent (EL3)
3. **Homeschoolers** must also complete an EL7 to verify homeschool status.

All of these forms are available on the CCS website – www.ccs-chargers.org. All of these forms must be turned in prior to the FHSAA start date of the sports season. Specific dates and blank forms may be downloaded from the FHSAA website, www.fhsaa.org. Student-athletes will not participate in the sport if his/her paperwork is not turned in by the FHSAA deadline.

Appeals to FHSAA Policy

FHSAA permits parents to appeal its policies through the school. Community Christian School reserves the right to make a recommendation based on the merit of the appeal. Any costs incurred by Community Christian School for making an appeal to FHSAA shall be borne solely by the family of the student requesting the appeal.

GPA Eligibility

Per FHSAA, all athletes must maintain a minimum 2.0 each semester in all of their subjects to be eligible to play sports. Athletes in grades 9th -12th must have a cumulative GPA of 2.0. Athletes in grades 6th – 8th must have a 2.0 GPA each semester.

Team Try-Outs

Try-outs may be necessary on occasion due to:

- 1) Too many players to afford playing time.
- 2) Uniform limitations.
- 3) Reached FHSAA allowable team size.

Students finishing one athletic season while tryouts and practices are in progress in another season will be given special consideration and an opportunity for a delayed tryout. However, it is the duty of the athlete to discuss this with their coaches well in advance. Injury, illness, and other special situations will be taken into consideration as well, but must be authorized by the coach.

Practice and Game Attendance

Once a student becomes a member of an athletic team, that commitment is for the entire season unless they are removed for health, academic, or behavioral concerns.

Athletes must be present and on time for all scheduled practice sessions and games. Students must be in school the day of the game or practice in order to participate. Any athlete who is present in school, but absent or late to the athletic activity must have prior permission from the coach or a note from a teacher or doctor to be excused.

Exemptions include:

Sickness

Funerals

Emergency Appointments

Church Obligations

College Visitations

Exams

Academic extra help

Others – at Head Coach’s discretion

It is the responsibility of the student-athlete to inform the coach in advance prior to missing a practice or a game. It should be noted that the Athletic Department realizes that unusual situations may arise, but communication is the key to understanding the circumstances.

An unexcused absence may mean the student-athlete will not start the next game. Limitations to the student’s participation in the game/match are at the discretion of the team’s coach and/or Athletic Director.

Dress Code

When leaving campus for sports activities, all athletes must abide by the school dress code. It is important that each team member dresses appropriately when representing CCS.

Missed Academic Work Due to Athletic Activity

Athletes who miss academic classes because of participation in a competition are responsible for any missed work.

Athletes will also not be excused from morning classes the day after an away game unless it has been approved in advance by the Athletic Director or Principal. Parents are encouraged not to allow their children to miss valuable school time.

Development of an Athlete

Athletes improve when guided by a competent and engaged coaching staff adept in the areas of strength training, conditioning, agility, skill, strategy and mental preparation. This preparation begins at the middle school level and continues into the high school years. In order to be a consistently competitive athletic program, sub-varsity athletes should receive training that is well structured, disciplined, and fun. It is the intent of the school to provide, through the structure of the sports programs and the coaching staff, a process which best prepares all of our athletes for varsity level competition. The disciplined athlete should improve in a sport if the following beliefs are observed:

Middle School and Junior Varsity Level

1. The Middle School and sub-varsity programs emphasize an improvement of fundamentals and knowledge of the game for the purpose of one day assisting the varsity program in their goals of success.
2. While it is preferred that they remain on teams with their own age group, highly skilled athletes in the sixth through eighth grades are eligible to participate on the junior varsity or varsity level. This must be approved by the Athletic Director at the coach's request.
3. Athletes will only move up a level in order to fill an unavoidable hole in the roster due to an illness, injury or family emergency. Athletes may only play on one level per day. For example, an athlete may not play during the JV game and then play during the Varsity game that same day.

Varsity Level

1. Talent, commitment, work ethic, attitude, and sportsmanship are criteria for playing time.
2. Playing time is earned.
3. Playing time is determined by the coaching staff. Parents are strongly discouraged from discussing playing time issues with coaches. A better approach would be for the athlete to ask the coach at the appropriate time what he/she can do to better improve his/her skills and therefore improve his/her chances of playing.

Resolution Protocol

1. Parents are not to call the Headmaster, the Divisional Principal, the Athletic Director, or any CCS Board Member about any sports issues without first talking to the head coach in a scheduled meeting. We believe Matthew 18 supports this method of conflict resolution. If a resolution cannot be reached between the parent(s) and the coach, then the Athletic Director should be contacted.
2. It is expected that coaches follow these standards. Under no circumstances should any parent, teacher, administrators, other coaches or board member(s) dictate to the coach who should play and how much they should play. Additionally, they should never suggest to the coach how he or she is to coach the team.
3. Please do not approach, call or text a coach during a game or practice to discuss your athlete. Please wait and set up a time to meet afterwards.

Sportsmanship

It is important that CCS athletes, coaches, students, parents, families and fans be a Godly example during the games and practices. While it is sometimes tempting to get frustrated with the officials, coaches or the opposing team's fans - please be gracious. Remember that CCS has been given a great opportunity to come in to other schools and witness to them. One of the best ways to witness is to be a Godly example. Remember, not only is the other team and parents watching you but so is your child.

Please remember, CCS can get fined for parents yelling at the officials. If that does occur, CCS will pass the fine on to the parent. Please try to leave concern for officiating to the coaching staff. If you are continually concerned about the officiating, please contact the Athletic Director.

Strength and Conditioning

Every athlete, parent, and coach should understand that strength and conditioning is a primary tool for achieving success in all athletic programs. All athletes are encouraged to participate in a workout program both in and out of the season of their sport.

WEIGHT ROOM RULES:

1. Students may not be in the weight room without authorized supervision.
2. Do not enter the weight room unless you are going to work out.
3. PROPER attire must be worn at all times. This includes shirts, athletic shorts or warm-ups, indoor athletic shoes, and socks. Those not dressed properly will be asked to leave immediately.
4. Students must emphasize safety at all times in the weight room.
5. You must have a spotter(s) when doing flat bench, incline bench, and squats.
6. Return all weights to their proper racks.
7. The weight room should be neat and clean at all times.
8. ALWAYS USE CORRECT TECHNIQUES.
9. Report all injuries to the coach on duty.
10. NO horseplay in the weight room.

Use of Facilities

The CCS Athletic Facilities include the covered pavilion, the weight room, athletic field and outdoor basketball court. Use of these facilities by teams or individuals other than CCS practices or games is prohibited without prior authorization from the Facilities Manager.

Student-Athlete Awards

Middle School Awards

Athlete of the Year - Presented at the end of the year Middle School Banquet to the athlete demonstrating Godly sportsmanship, commitment to his/her team and Christian competitiveness in stewarding athletic gifts. The athlete must be a full-time CCS student.

High School Awards

Athlete of the Year – Presented to a full-time CCS student, male or female, in the 9-12 grade. Award is for best overall athlete at CCS. The award assumes good character, leadership in his/her sport, strong work ethic and strong talent. An athlete may only earn this award once. He/she may not be awarded Outstanding Athlete the same year.

Outstanding Athlete – This award is presented to a full-time CCS student, male and female, in the 9-12 grade. The award is presented to the athlete who has excelled above their peers in the athletic arena. The award assumes good character, leadership in his/her sport, strong work ethic and strong talent.

Scholar-Athlete – Presented to a 12th grader who balances athletic & academic endeavors well. The student must be a full-time CCS student. A minimum unweighted 3.50 GPA and participation in at least 2 JV or V sports is required.

Varsity Letters

Athletes are eligible to receive a varsity letter if they meet the criteria. The athlete must have completed play at the varsity level when the season concludes. The athlete must also have played and participated on the varsity team for a minimum of 1/2 of the number of games played.

An athlete will receive one letter during his/her athletic career. This will come from the first varsity sport in which he/she letters. The athlete will receive a sports pin for the first year of lettering in a sport. After that, the athlete will receive a service bar for each year of lettering.

Homeschool students participating in CCS sports may also be awarded varsity letters. Homeschool students must meet the same criteria as a CCS student in order to be eligible for a letter.

Eligibility for Awards

To letter, participate in the team picture, or to receive an award at the annual banquet, an athlete must finish out the entire season in good standing. If a player quits a team, is asked to leave the team by the coach, or is academically ineligible to finish out the season, that player is not considered to be “in good standing”.

If the player sustains a season ending injury or becomes eligible before the season ends and has participated in practices and supported the team with attendance at most games and activities while injured or ineligible, then the athlete is considered to be “in good standing” as is eligible for recognition and awards.

VERIFICATION OF RECEIPT

I have received and read the Community Christian School (CCS) Athletic Handbook. I understand and affirm all the policies and procedures stated in the handbook, and will fully comply with them while my child is an athlete at CCS. I understand that these guidelines may change periodically. I also understand that failure to comply with these policies and procedures may result in my dismissal of my child from his/her team at CCS.

Printed Name of Parent

Signature of Parent

Date