

Colonial Christian School

A Ministry of South Dade Baptist Church



Athletic Manual

Training Students for Life

*“And Jesus increased in wisdom and stature,
and in favor with God and man...” Luke 2:52*

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1.0 School Information

1.1 Leadership

William Long
Senior Pastor, SDBC

Terri Morrissey
Administrator, CCS

Michael Stewart
Secondary Principal, CCS

Laura Pecina
Secondary Lead Teacher, CCS

Peggy Wells
Athletic Director, CCS

Amanda Ingram
Finance Manager, CCS

1.2 Mission Statement

Our mission is to present the Gospel of Jesus Christ as the absolute truth, promote Biblical worldview teachings in all areas of the ministry, practice Christ-like behavior in our daily living, and grow in His grace and knowledge in accordance with Luke 2:52 which states,

"And Jesus increased in wisdom and stature, and in favor with God and man"

- To grow in wisdom: *intellectually*, through a strong, integrated academic program
- To grow in stature: *physically*, through a well-developed athletic program
- In favor with God: *spiritually*, through organized study of the Scripture and discipline
- In favor with Man: *socially*, by learning through example and experience how to live God-honoring lives in the world

2.0 Philosophy of Christian Athletics

The Colonial Christian School Athletic Department seeks to carry out the mission of the school through a **competitive** interscholastic sports environment. The purpose of our program is to enhance the overall school experience and give students opportunities to develop additional skills beyond the traditional academic ones. It should be the desire of every athletic staff member to be an example of how to engage a competitive environment from a Godly perspective.

Athletic teams are composed of individual members working together for a common goal (victory). Romans 12 will guide our philosophy toward athletics. When coached in our Christian environment, led by God's word, students will have the opportunity to make application of Bible lessons and chapels in other settings, *training them for life*.

2.1 Attitude of Sacrifice

Romans 12:1 "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."

A disciple of Jesus Christ has learned how to sacrifice. Healthy, productive spouses, parents, employees and citizens have learned to sacrifice their individual desires for the benefit of others.

For a team to accomplish its ultimate goals, each member (coaches, athletes, families) will be required to sacrifice their own desires. All parties are called to sacrifice time for practices, workouts, meetings and contests. The commitment of time may require the sacrifice of other activities. Each member must also give up their own personal desires for the team. Coaches are called to sacrifice in carrying the burden of leadership, deciding what is in the best interest of the group knowing decisions will have a different impact on each member.

2.2 Distinctly Christian Athletic Environment

Romans 12:2 "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

It is our goal to develop a distinct, Christ-honoring athletic culture that presents a stark contrast to the athletic culture at-large. The remaining verses lay out how that is accomplished.

2.3 Humility, Unity and Gifting

Romans 12:3-10 "For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith. For as we have many members in one body, and all members have not the same office: So we, being many, are one body in Christ, and every one member one of another. Having then gifts differing according to the grace that is given to us, whether prophecy, let is prophesy according to the proportion of faith; or ministry, let us wait on our ministering: or he that teacheth, on teaching; or he that exhorteth, on exhortation: he that giveth, let him do it with simplicity; he that ruleth, with diligence; he that sheweth mercy, with cheerfulness. Let love be without dissimulation. Abhor that which is evil; cleave to that which is good. Be kindly affectioned one another with brotherly love; in honour preferring one another;"

Humility is integral to the success of any team. Coaches, athletes and their families should not concern themselves with recognition of their own abilities. Athletes should promote their teammates and allow any recognition to come naturally from outside the team. All team members should be mindful of the potential for pride and selfishness to creep into their heart.

Each team member has unique gifts they must utilize to serve the team. **Role Recognition** and **Role Acceptance** are essential to team unity. Some gifts are readily apparent. Certain students have been gifted athletically; others have been gifted with leadership; and others may be called upon to serve the team. Coaches should seek to recognize and reinforce the value of each team member.

2.4 Compete Intensely with Integrity

Romans 12:3-10 "Not slothful in business; fervent in spirit; serving the Lord; rejoicing in hope; patient in tribulation; continuing instant in prayer; distributing to the necessity of saints; given to hospitality. Bless them which persecute you: bless, and curse not. Rejoice with them that do rejoice, and weep with them that weep. Be of the same mind one toward another. Mind not high things, but condescend to men of low estate. Be not wise in your own conceits.

Recompense to no man evil for evil. Provide things honest in the sight of all men. If it be possible, as much as lieth in you, live peaceably with all men. Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord. Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. Be not overcome of evil, but overcome evil with good."

Colonial Christian interscholastic athletic teams will compete with intense effort and pursue victory while maintaining our Christian testimony with officials, our opponents and their communities. Inappropriate conduct from coaches, players and spectators is contrary to our mission and will not be permitted to continue.

CCS teams will be humble in victory, and generous in defeat. They will not instigate conflict nor retaliate to it. Our desire is to see every person who comes into contact with our athletic program to be encouraged to pursue a relationship with Jesus Christ.

3.0 Athletic Department Information

3.1 Athletic Personnel

Athletic Director

Peggy Wells
pwells.ccsaad@gmail.com

Assistant Athletic Director

Greg Wells
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Coaches

Volleyball

Varsity Head Coach
Lou Martinez
Coachlouccs@aol.com

Junior Varsity Coach
Sam Ovalle
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Middle School Coach
Kimberly Fraley
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Middle School JV Coach
TBA

Cross Country

Greg Wells
gregwells1987@gmail.com

Boys Soccer

Tony Agrait
tagrait@me.com

Basketball

Varsity & Middle School Boys
Greg Wells
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Girls Varsity Head Coach
Peggy Wells
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Girls Varsity Asst. Coach
Kimberly Fraley
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Girls Middle School Head Coach
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Girls Middle School Asst.
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Baseball

Varsity Head Coach

Varsity Asst. Coach

Caleb Downing
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Softball

Varsity Head Coach
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Junior Varsity Head Coach
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Junior Varsity Asst. Coach
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3.2 Administrative Supervision

All varsity athletic contests on campus will be supervised by the CCS Athletic Director who is responsible for maintaining a safe and organized environment. On occasions some contests might at times be overseen by coaches. Responsibilities include, but are not limited to:

- Oversee gate and concession operations
- Resolving facility issues
- Crowd control
- Public Address

3.3 Athletic Director Responsibilities

- The athletic director works jointly with the administrator to determine the vision for the athletic program
- The athletic director develops a vision for the program among parents, students, coaches, athletes, alumni and the community
- The athletic director brings the applications of potential coaches to the administrator for approval.
- The athletic director has the responsibility of training and supervising the coaches, determining student eligibility, scheduling games, making transportation arrangements, determining equipment needs, requesting funds for gym rentals and official fees and maintaining our compliance with FHSAA
- The athletic director works jointly with the administrator to determine the budget for the athletic program
- The athletic director develops community and alumni support and contributions for the athletic program

3.4 Policies for Athletic Director

- The athletic director should be mindful of the overall school calendar when developing a game schedule

- The athletic director may schedule games on Mondays, Tuesdays, Thursdays, and Fridays. Saturdays should be reserved for games that are played early in the day, and whenever possible, at home, to allow for appropriate preparations for Sunday worship
- The athletic director should bring the name of any potential coach or sponsor to the administrator prior to speaking to that person. Upon approval, the athletic director can then determine the interest level of the candidate.
- The athletic director should attend as many games as feasible in every sport.
- The athletic director should train coaches in understanding their responsibilities and observe their compliance with all rules and regulations of both CCS and FHSAA
- The athletic director should ensure that appropriate travel arrangements with adult supervision are made for every game.

3.5 Qualifications for Coach/Sponsors

- Coaches must be born again believers, with a strong knowledge of their sport and interest and ability to develop students, both in their sport and in their walk with Christ.
- Coaches must exhibit the fruit of the Spirit before, during, and after games.
- Coaches must pass multiple on-line tests for compliance with FHSAA
- In the event that a sport has a non-faculty member as their coach, a faculty sponsor will be assigned.

3.6 Policies for Coaches

- Coaches should schedule practices with a desire to see the student develop successfully, academically, physically, and socially. The priority of spiritual and academic commitments should be emphasized. Practice times should be reasonable and allow students sufficient time to shower, eat dinner, enjoy family time, and study
- The recommended practice schedule is 3:30 – 5:30pm on Mondays, Tuesdays, Thursdays, and Fridays. Practice windows may not exceed 2.5 on school days and 3 continuous hours on the courts/fields on Fridays or Saturdays. Saturday practices and practices on non-school days should be voluntary
- Team meetings may be scheduled on Wednesdays. Make-up practices due to inclement weather (that occurred since the previous Wednesday) may be held on the following Wednesday. This does not excuse a coach from a required faculty meeting. Wednesday activities must be dismissed by 5pm.
- Coaches must back up from required dismissal time and stop practice with sufficient time for equipment clean up, teaching time and reminders.
- Coaches should create a consistent practice schedule and communicate that schedule to parents
- Team meetings should be planned for and should not be called on a same day basis, as this creates major inconveniences for our parents and office staff.
- In the event of an *emergency* need to meet with our athletes, the administrator should be sought to request a lunchtime meeting.
- Days off from school should be considered necessary times of rest for parents, students, and teachers, and an important opportunity for families to spend time together. Practices on such days (including Saturday, planning days, and vacation days) should occur judiciously, for example, just prior to post season play-offs, etc.

- Coaches must be mindful of student supervision before, during, and after practices and games. A coach or sponsor may not leave from a practice or game until every player is picked up. If coaches discipline themselves to work within a specific practice schedule, issues with late parents will be minimized, as they will be able to plan more effectively for pick up. If a student is continually picked up late, the coach should work with the athletic director and administrator to resolve the issue directly with the parent.
- Coaches will ensure that CCS invites the opposing team to join in a prayer at the conclusion of a contest.

4.0 General Athletic Policies

4.1 Programs Offered

Fall Sports

Varsity

Cross Country - Boys

Cross Country - Girls

Volleyball - Girls

Junior Varsity

Volleyball - Girls

Middle School

Cross Country - Boys

Cross Country - Girls

Middle School JV

Volleyball - Girls

Winter Sports

Varsity

Basketball - Boys

Basketball - Girls

Soccer - Boys

Spring Sports

Varsity

Baseball - Boys

Softball - Girls

Junior Varsity

Softball - Girls

Middle School

Basketball - Boys

Basketball - Girls

4.2 Attendance

School Attendance

- Student-athletes must be in school no later than the end of 1st period
- Student-athletes may not be dismissed early on game days
- Exception - Medical / dental appointments
 - a. Student-athlete must obtain approval from administrator prior to the game day
 - b. Student-athlete must provide a physician's note
- Off-Campus School activities
 - a. Student-athletes that choose not to participate in Off-campus activities on game days must attend the activity to ensure game day eligibility

Athletic Attendance

Student-athletes are expected to attend all practices and games. Those who sustain an injury are still a member of the team and should attend all team activities unless they are undergoing treatment. Every effort should be made to eliminate potential causes for missing team activities, including:

- Medical or Dental appointments
- Family vacations
- School disciplinary action

Practice Attendance

- If an athlete is absent from school and is excused, they will also be excused from practice
- If a player attends school and misses practice due to illness, the player or parent must contact the coach (phone call/text) prior to practice - otherwise the absence is unexcused
 - a. 1st unexcused absence - verbal warning to player
 - b. 2nd unexcused absence - email to parent
 - c. 3rd unexcused absence - phone call to parent
 - d. 4th unexcused absence - removal from team***Academics are very important. Plan ahead. Do not leave projects and homework to be done at the last minute. Missing practice to complete homework is considered unexcused.
- Other CCS activities
 - a. if a player needs to be at another CCS activity, please communicate this prior to practice time***The player is expected to get to practice ASAP after the activity
- Players are required to be on the court/field at the time designated by the coach. Being late to practices hurts the success of the team.
***If a player is late and is not making a genuine effort to get onto the court/field - the Coach can send the player home & it will be considered an unexcused absence.
- Three tardies will result in an unexcused absence from practice
- Serving a detention instead of attending a practice is considered unexcused
 - a. It is the athlete's responsibility to tell the coach that he/she will be serving a detention.
 - b. The athlete is expected to get to the court/field as soon as the detention is served
- A player that does not attend the practice prior to a game may jeopardize his/her playing time and not start the game

Game Attendance

- Athletes are expected to attend ALL games
- The athlete is expected to communicate any pre-planned activities that conflict with the team's game schedule PRIOR to the start of the season.
- Students that must serve a detention on game day will not receive special treatment.

4.3 Clearance to Participate

Before athletic activity of any kind, all student-athletes must be cleared for participation by athletic office personnel. All documents are available on the school website. Documents and processes required for traditional student athletes are as follows:

- FHSAA EL2 - Pre-participation Physical Evaluation
- FHSAA EL3 - Waiver of liability
- CLI - Athletic Commitment Form
- NFHS Certificates of Completion of Sports Video Tutorials
 - a. Concussion in Sports - What You Need to Know
 - b. Heat Illness Prevention
 - c. Sudden Cardiac Arrest
- GA4 - Affidavit of Compliance with FHSAA Policy on Athletic Recruiting
 - a. Required by all students who begin attending CCS after the start of 9th Grade.
- Parent Commitment to CCS Athletic Participation Covenant
- Student Commitment to CCS Athletic Participation Covenant

4.4 Coach, Parent, Teacher and Player Relationships

Parent/Coach Relationship

Parents and Colonial staff collaborate to teach, train and disciple students. Both parenting and coaching are difficult vocations. Understanding the roles of your co-laborers is imperative to successful discipleship. As parents, when your child becomes involved in athletic programs, you have an obligation to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program. Where expectations are unclear, direct communication with the coach is required. Face-to-face or phone conversations are highly preferable to written communication in these scenarios.

It is best to enter any conversation with the assumption of positive intentions from the other person. Ascertaining intent should always be done humbly and carefully. The benefit of the doubt should always be given until the opposite has been clearly expressed.

Communication Parents Should Expect From Their Child's Coach

- Philosophy of the coach and statement of commitment to Jesus Christ, the child, and his/her family
- Expectations the coach has for the child, as well as other players on the squad
- Locations and times of all practices and contests
- Team requirements will be announced during the pre-season parent/player meeting (i.e. special equipment, off-season conditioning, tournaments, volunteer needs, expenses, etc.)
- Procedures if an athlete is injured during practice/contest
- Discipline that may result in the denial of an athlete's participation

Communication Coaches Should Expect From Parents

- Parents' commitment to be an agent of unity and community, not one of division or gossip in the community
- Notification, well in advance, of any schedule conflicts
- Medical or physical limitations of the child

As children become involved in the athletics programs, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way athletes or their parents wish. At this time, discussion with the coach is encouraged.

Appropriate Matters to Discuss with Coaches

- The treatment of the child: spiritually, relationally and emotionally
- Ways to help the child improve
- Concerns about the child's behavior

It is very difficult for parents to accept their child's not playing as much as they may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all athletes involved.

Issues Not Appropriate to Discuss with Coaches Outside of a Private Setting

- Playing time
- Team strategy
- Other student athletes

There are some situations that may require a conference between the coach and parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

Procedures to Follow for Parent/Coach Meetings

- Parent should call the coach to request a meeting.
- Do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

Coach/Teacher Relationship

Colonial Christian School views athletics as an extension of the classroom. The priority of each coach and teacher is to see our student athletes excel in all aspects of their life. Sometimes coaches can be catalyst for a spiritual change in an athlete's life.

- Coaches are required to tour the school campus prior to each school year
- Coaches are encouraged to attend Chapel Services
- Coaches should make a habit of being on the high school campus after school and before practice

***This is a great opportunity to see teachers about the athletes' academic status

4.5 Communication

CCS athletics will be using the TeamSnap app as a means of regular communication within each team community. TeamSnap is available for free on your Android or IOS device. Once the team roster is determined, the coach will send “invitation” via email to join the team’s group on TeamSnap. You will be added to the team group for general communication with the team. This is especially helpful for gameday changes and last minute updates.

4.6 Conduct

Student-Athlete Conduct

Athletic participation is considered a privilege, not a right. Colonial Christian student athletes are public representatives of CCS and Jesus Christ. Student athletes are expected to act appropriately. Behaviors that will not be tolerated include:

- Fighting
- Profane, derogatory and degrading comments or obscene gestures
- Alcohol, tobacco or drug use or possession (including e-cigarettes/vaping)
- Unsportsmanlike conduct
- Defiance or disrespectful behavior
- Taunting opponents or officials
- Vandalism or destruction of property
- Hazing, bullying, or intimidation of teammates

Student athletes who exhibit any behaviors listed above may be suspended from athletic participation pending an investigation.

Hazing, Bullying or Peer Harassment

Hazing or peer harassment that recklessly or intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation or membership in, or affiliation with any team will not be tolerated. All athletes must be given the opportunity to compete without threat of any type of abuse. Coaches have a responsibility to maintain a safe and positive environment for all athletes. Students are encouraged to notify coaches or other school personnel of instances of hazing or harassment. Anyone engaging in these behaviors is subject to being dismissed from the team.

Unsportsmanlike Conduct or Contest Ejection

Unsportsmanlike conduct of any kind will be dealt with swiftly by CCS coaching staff to prevent any further acts. Profanity, disrespect, and threat of or actual physical violence directed toward teammates, opposing athletes, coaches or officials may result in ejection from a contest by game officials. Ejection from an FHSAA contest will result in suspension from participation for one to six weeks and financial penalty. Egregious acts could result in permanent ban from high school athletic participation. Ejected parties will be responsible for paying any fines.

Team Dismissal Offenses

The removal of a student athlete from a team should be a last resort, and is a result of a coach who feels that keeping the athlete would destroy the team or his/her ability to advance with the team.

Behaviors that could result in dismissal could include, but are not limited to:

- Fighting
- Profane, derogatory and degrading comments or obscene gestures
- Unsportsmanlike conduct
- Defiance or disrespectful behavior
- Taunting opponents or officials
- Vandalism or destruction of property
- Stealing
- Lying
- Cheating
- Hazing, bullying or intimidation of teammates
- Use or possession of alcohol, tobacco (includes vaping) or illegal drugs
- Behavior that undermines the coach or team (absence, attitude, etc.)
- Inappropriate behavior in the classroom or during the school day

To remove an athlete from a team, a meeting should occur with the Athletic Director, coach, player and family to discuss the issue.

Spectator Conduct

Team meetings, practices and competitions are a part of the educational process at Colonial Christian School. Athletic competitions are unique in that they allow spectators to witness the educational process in action. The conduct of CCS spectators and fans is a reflection of Colonial Christian, South Dade Baptist Church and Christ to our community. Please observe the following guidelines when attending Colonial Christian sporting events:

- All cheering should be positive and supportive of the athletes involved.
- Contest officials, opposing players and coaches should be treated with respect.
- Never express disagreement with coaching decisions or player mistakes publicly.
- Diplomatically censor negative behavior.
- Treat all property (home or away) with respect
- No Alcohol, tobacco or drug use or possession (including e-cigarettes/vaping)
- Park in marked, designated parking areas only
***Parking on any part of Patriot Field is prohibited

4.7 Conflict Resolution

Colonial Christian School Athletics will seek to resolve conflicts through Matthew 18:15-17.

"If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. But if they will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.' If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector."

We are all brothers and sisters in Jesus Christ. When a conflict arises between two parties in the athletics community, the following steps should be followed until resolution is reached:

Player-Coach Conflict

- Player should spend one night in thought and prayer about the conflict.
- Player should notify/approach coach with desire to speak privately about a concern. Coach should encourage athlete to speak freely and help them express their concerns. At the conclusion of the meeting, the coach should ask if the issue is resolved or if more conversation is needed.
- Meet with parent, coach and athlete
- Meet with parent, coach, athlete and athletic director

Parent-Coach Conflict

- Parent should spend one night in thought and prayer about the conflict
- Parent should contact coach and request a time to meet privately and provide a brief description of the subject
- Parent and Coach meet and seek resolution
- Athletic office will arrange a meeting between all parties to seek resolution.
- Athletic director will arrange a meeting with the head of school

Player-Player Conflict

- Player should spend one night in thought and prayer about the conflict
- Player should approach the peer away from team activities and express concerns
- If resolution is not found, the two players should meet together with the coach.
- If resolution is not found, the players coach and parents should meet

4.8 CPR & First Aid Training

All CCS head coaches should be trained in CPR and First Aid.

4.9 Cut Policy/Team Selection

Interscholastic competitive athletic participation is an invaluable discipleship tool. As such our desire is to retain as many student athletes as is reasonable considering the limits of facility space, finances for uniforms and equipment, and feasibility within the sport.

CCS desires to be as competitive as possible at the varsity level, so only the athletes with the highest skill level and the strongest work ethic are selected for varsity teams. Coaches will give every student trying out for a team an opportunity to demonstrate his/her ability and skill level. At the conclusion of this process, the coach might have to make final cuts that may be hard for a student to accept.

Because of the size of our school, our rosters will be fluid. After the rosters are determined, coaches may see a need to more players to different levels (Varsity, JV, MS or MSJV).

As a student moves through middle school and the high school, the requirements for “making the team” become more stringent with each new level. Each year, a student must try out and meet a standard of competitive skill level in order to be selected for the team. The only criteria considered when evaluating student athletes for team selection are:

- Competitive Skill

- Attitude and character
- Effort and work-ethic
- Commitment

Cutting an athlete is the least enjoyable task for any coach. These decisions are not taken lightly and often weigh heavily on coaches.

4.10 Dress Code

Game Day Dress

- Jerseys may be worn during the school day.
- All approved dress must be done as a team with 100% participation.

Athletic Activity

- Athletes are not permitted to wear jewelry, including body piercing, during practices or games.
- The CCS policy on facial hair and hairstyles will be followed; however, the coach may impose additional requirements.
- Undergarments may not be visible and are not acceptable as outer garments in any athletics facility.
- Bottoms
 - Must be loose fitting
 - No shorter than Mid-thigh length
 - CCS PE shorts should be used as an example
- Shirts must be worn at all times.
 - Athletes will be issued two practice shirts per season
 - Practice shirts are mandatory
- Face painting must be approved by Athletic Administration

4.11 Early Dismissal

The Colonial Christian School athletics administration works hard to minimize the amount of class missed due to athletic activities. Several factors impact how and when contests are scheduled (daylight, travel time, safe warm-up time, weather, etc.). Be aware of the following:

- Student athletes are responsible for all work missed due to early dismissals and absences as a result of athletic contests.
- All missed classes due to CCS athletic participation will be excused.
- Early dismissal times are published on
 - The School Calendar
 - Printed schedules distributed to players
 - TeamSnap
- Students should communicate in advance with teachers regarding upcoming conflicts.
- Game day changes to the dismissal time will be communicated as needed

4.12 Home School Athletic Participation

CCS is committed to ministering to home school families who desire to have their student athletes participate in a Christ-centered athletic program. These students must meet the FHSAA criteria as stated on our school website. To be accepted, home school student athletes and their families must schedule an interview with the administrator prior to tryouts. Home school student athletes will be viewed no differently than fully enrolled students once they have earned a spot on a team and are required to abide by the same guidelines as fully enrolled students.

4.13 Inclement Weather/Lightning

Lightning's behavior is random and unpredictable. Preparedness and a quick response are the best defenses to minimize the lightning hazard. It is imperative that all student-athletes, athletic staff members, game officials, and spectators are aware of the potential that lightning can strike even if the storm is miles away.

CCS Athletic Department will utilize the Weatherbug® app to determine the proximity of lightning strikes

The CCS Athletic Department will rely on Weatherbug® to detect lightening in our area.

Alert Status:

Lightning Strikes Within 11-20 Miles

The head coach and game officials will be notified of the approaching lightning.

Lightning Strikes Within 8-10 Miles

The following actions will take place.

1. The dugouts/field will be cleared immediately.
2. An announcement will be made alerting the spectators to the severe weather situation.
3. The entire facility, including the metal bleacher areas will be cleared.
4. Participants, game officials, athletics staff, and any other person desiring shelter will be relocated to the appropriate location.
5. Activities will be delayed.

All Clear Status:

The event or practice will resume when lightning strikes are greater than 8 miles away (per Weatherbug®) for no less than 30 minutes after the last lightning strike in the 8-10 mile radius.

Monitoring Weather Conditions

Athletic administration, officials and head coaches will meet to determine the status of each game. It is understood that parents and spectators desire to know what decisions will be made. Please afford contest administration the time and space to make decisions. All decisions will be communicated via TeamSnap®.

Shelter

CCS will provide shelter to all game participants (officials, opposing teams, CCS teams). Spectators should seek shelter in vehicles. All athletic facilities will be closed when under lightning alert.

4.14 Injury

Injury is a risk in any activity. The following policies must be adhered to concerning student injury:

- Should an administrator or coach determine a student athlete requires medical attention, a doctor's note must be provided to the athletic administration to return to participation of any kind.
- Any injury requiring an athlete to miss more than three practices should be accompanied by a physician's note.
- An injured student should never leave practice without communicating to a coach.
- If a student receives medical treatment off campus for an injury, please communicate this to the CCS office the next day.

4.15 Music

Music must be selected from the CCS approved list. Additions to this list must be submitted to Administration well in advance.

4.16 Playing Time Philosophy

Varsity Level

Colonial Christian School Athletics is committed to putting forth competitive teams. The value of any student athlete is not tied to their playing time. Each member of a team (coach, player, and parent) is asked to sacrifice their own personal wants and desires for the benefit of the team. The following guidelines have been put in place to delineate each person's responsibilities regarding playing time.

The Coach Should:

- Coach with a goal of winning!
- Never lose a competition due to being overly concerned about substituting.
- Value playing every player and work toward that goal.
- Push players to play with the type of intensity that requires substitution.
- Go with impact players when the game is on the line

The Players Should:

- Practice so intensely that the coach feels pressure to reward them with playing time.
- Understand everything the team does, both offensively and defensively.
- Develop knowledge of as many positions as possible
- Want to play, whether for long or short periods of time.
- Be ready by staying mentally engaged in the game while on the bench
- If a starter, genuinely cheer for subs. If a sub, genuinely cheer for starters.

The Parent Should:

- Be a "Big Picture" thinker, especially in the early part of the season.

- Never be a “Sower of dissention” (Proverbs 6).
- Encourage the athlete to talk with the coach FIRST on matters related to playing time.
- Determine if the child understands why he/she is not playing and what they think about it.
- Make any initial conversations with a coach a fact-finding event, based on positive assumptions about the coach’s intentions.

Sub-Varsity Levels (JV, MS, MSJV)

Although the goal is still to win, these teams are created to develop players. Sub-varsity athletics are an integral part of the success of the varsity program. These teams are designed to allow student athletes to grow and mature in their sport. Teams that have a sub-varsity level will create situations that allow for as many students to have game experience throughout the season.

4.17 Team Captains

- Athletes that are interested in being considered as a captain must complete the Captains Self Study Course - "Three Types of Leaders".
- Selections will be based on their performance on and off the court
- Captains are expected to support coaches and team members, provide guidance to team members, and mentor team members.
- Captains will assist with practices and lead the team in group warm-ups
- Captains must be committed to the team throughout the season, showing team spirit and being active at all team activity
- Captains must exhibit the philosophy of the Athletic Program is outlined in Romans 12.

4.18 Service Opportunities

Families of athletes are required to serve volunteer hours for the seasons of participation.

- The first sport - 10 required hours
- The second sport - 3 required hours
- The third sport - 2 required hours

Volunteers elevate the excellence of our events. Opportunities to serve include:

- Team Parent
- Work Concession Stand
- Donate pre-approved Items for Concession Stand (each \$10 is equal to 1 hour)
 - must provide copy of receipt
- Score keeper
- Scoreboard operator
- Provide pre-approved snacks for team before & after games (each \$10 is equal to 1 hour)
 - must provide copy of receipt
- Help transport players to & from games
- Financial Donations for projects (each \$10 is equal to 1 hour)
- Car Washes
- Harvest Festival
- Set up of Athletic Events
- Clean up after Athletic Event

- Attend Athletic Meetings

Volunteers will be responsible for logging hours in the Athletic Volunteer Binder that is maintained in the school office. The Athletic Administration will approve the logged hours. If any of these opportunities interest you, please contact your student's head coach or the athletic director. If you are willing to serve outside of your child's team, please contact the athletic office. An excusal fee of \$10 per hour is an option for families that cannot serve the hours.

4.19 Supervision

- Student athletes should be supervised at all times when engaged in athletic activities.
- Students should wait until a coach arrives to begin activities.
- The dismissal times will be posted on the schedule and TeamSnap. Upon dismissal, athletes should
 - Immediately change into their uniform
 - Report directly to the school van for departure
 - near the Family Life Center
 - There will be no need for the athlete to re-enter the building

4.20 Practice Times

- Times of athletics practices will be set by the coach and explained in the parent meeting at the beginning of the season. Any variation or cancellation will be communicated through the Coach through TeamSnap®.
- The recommended practice schedule is 3:30 – 5:30pm on Mondays, Tuesdays, Thursdays, and Fridays. Practice windows may not exceed 2.5 on school days and 3 continuous hours on the courts/fields on Fridays or Saturdays. Saturday practices and practices on non-school days should be voluntary
 - Due to our agreement with Redland Christian Academy, JV & VR Volleyball Practice will start at 5-7pm. Administration is sensitive to fact that this pushes athletes' schedule an hour later every night. Athletes are encouraged to utilize the time prior to team practice to focus on academics. At dismissal, these athletes must either:
 - Leave campus and report to practice at Redland Chr. by personal transportation
 - Report to Athletic Study Hall and transportation to Redland Chr. will be provided by the school
- Team meetings may be scheduled on Wednesdays. Make-up practices due to inclement weather (that occurred since the previous Wednesday) may be held on the following Wednesday. Wednesday activities must be dismissed by 5pm.
- Coaches must back up from required dismissal time and stop practice with sufficient time for equipment clean up, teaching time and reminders.
- When school is out because of hurricanes, or other natural disasters, all practices will be cancelled or postponed. Practices may resume prior to school when the campus and facilities are determined safe.
- Being late to practice hurts the success of the team. Consequences for players that are tardy to practice should be followed per this handbook.
- Consistent disregard for practice time may result in a player/coach/parent conference

- Athletes are encouraged to attend after-school help sessions as necessary. These tardies must be communicated by the athlete to the coach.
 - Sending a message by another player is not appropriate
 - Player is expected to attend practice immediately after the help-session

4.2 1 Athletic Meetings

Prior to each season, the Athletic Administration will hold an Athletic Meeting. Information covered in the meeting may include, but is not limited to:

- Coaching Philosophy and vision
- Spiritual discipleship plan
- Practice & Game Schedules
- Team rules and expectations
- Costs/fees
 - First sport - \$150 (\$175*)
 - Second sport - \$50 (\$75*)
 - Third sport - \$50 (\$75*)
 - These fees pay for
 - Awards
 - Athlete's Banquet
 - Transportation
 - Association Fees
 - General equipment
 - Two practice shirts
- Conflict resolution plan
- Volunteer/service needs
- Playing time

* Homeschoolers/Other Schools

4.2 2 Transportation

- Transportation to all away games will be coordinated by the Athletics Department.
- The address to athletics contests will be provided on the school website and TeamSnap®
- During transport, seat belts must be worn (if available) and all students must remain seated. Luggage and equipment must be free of the doors and not blocking the aisles.
- Only team personnel and players are allowed to use CCS transportation (unless otherwise approved).
- While food and drink are permitted on buses, coaches and players are responsible for keeping buses clean and free from trash and debris.
- Parents should arrange for pick-up of their children in a timely fashion after games and practices.
- Coaches may not leave athletes unsupervised, whether on CCS campus or an away site, until all students have been picked up.
- Occasionally, there will be a need for Coaches/Parents to transport athletes to games/practices in their own vehicle. Drivers will required to:
 - Provide a copy of Driver's License

- Provide proof of Insurance

4.23 Uniforms, Equipment and Practice Gear

Uniforms

- Team Uniforms will be purchased every 3-5 years for team sports.
- Athletics uniforms are the property of CCS and must be returned to the head coach at the end of the season.
- Any portion of the uniform that will not be collected will be paid for by the student athlete.
- Uniforms should only be worn at school or for athletic activities related to that sport.
- The parent is responsible for lost or damaged uniforms. Individual replacement of uniforms from \$50 to \$75 per uniform.

Equipment

- Equipment necessary for practice and competition shall be paid for by the athletics budget.
- Personally preferred equipment, specialty equipment, or equipment that cannot be collected and reissued shall be the responsibility of the parent.

Spirit Gear

Prior to each season, t-shirts representing the various sports will be available for purchase. CCS's goal is flood each gym, field and diamond with as much Patriot red, white and blue as possible! See the Athletic Director for the t-shirts. Payments will be made on FACTS®.

5.0 Athletic Awards & Recognitions

5.1 Athlete of the Week

On Friday of each week, head coaches may nominate one student to be considered for Athlete of the Week. Honorees will be recognized in the Wednesday Chapel, and posted on social media.

5.2 Athletic Banquet

The Athletic Department will host the Banquet on Friday, May 9, 2020. More details will be disseminated closer to the event. The Athletic Fee paid at the beginning of each season covers a portion of the athletes' ticket for the banquet. Here, the coaches take the opportunity to honor and recognize the athletes for the accomplishments.

Varsity Letters & Pins

Student athletes who make varsity sports and complete a season in good standing qualify for a varsity letter and pin. The athlete will receive one chenille letter for their high school career. They will receive a sport-specific pin their first year and a service bar for each year after. To earn the letter and pin, the following criteria must be met.

- The student athlete must be a freshman or older
- Student athlete and parent must honor their respective commitments in the covenant.
- A student athlete must have participated as a varsity athlete for at least 80% of the season.

Individual Awards

At the banquet, the coaches will present four awards for players of the sport. Two of the awards could include any of the following awards:

- Most Improved Player
- Coaches Award
- Rookie of the Year
- Best All Around

There are two required awards:

- Christian Character Award
 - Plays in the Fruit of the Spirit (Galatians 6:22)
 - Demonstrates respect for team, opponent, coach, officials and fans
 - Models traits of integrity and honesty
 - Demonstrates high level of sportsmanship
- Most Valuable Player
 - Team leadership
 - Leader in team stats – may not be the leader in each category – but high
 - Good character

All recipients of ANY Award should:

- Encourage others during training and playing
- Show respect to coaches, team and opponent
- Be willing to play out of position

- Take and work in feedback and responds with positive approach
- Assist with training, field set up, clean up
- Be good role model on and off field
- Have respect of team mates

6.0 CCS Athletic Participation Covenant

Definition: A solemn agreement between the members of a church to act together in harmony with the precepts of the Gospel (www.dictionary.com)

Creating a healthy culture within a competitive environment is a complex undertaking. Athletic participation requires a three party commitment (Coach, Athlete and Parent). It is important for all parties to understand what each other is committing. Competitive athletic involvement is the tool by which CCS student athletes will be disciplined. Please carefully read the commitments below. Each party will submit a signed commitment prior to participation.

6.1

Student Commitment to CCS Athletic Participation Covenant

Accountability

- I will hold my teammates and other student athletes accountable to this commitment.

Attendance

- I will attend all team activities and arrive on time
- I will personally notify my coach if I have a conflict

Attitude

- I understand that athletic participation is a privilege, not a right.
- I will give maximum effort at all team activities
- I will be humble and coachable
- I will treat my teammates and coaches with respect
- I will protect the property of my teammates and the school.

Behavior

- I will honor Jesus by being respectful and disciplined toward all teammates, opponents and officials regardless of their behavior toward me.
- I will lead by example in my behavior during the school day

Conflict

- I will follow the Matthew 18 principle and take any concerns directly to the person.

Playing Time

- I understand that all players may not play in each contest
- I understand that not all players will have equal playing time throughout a season
- I will speak with my coach directly about concerns related to playing time, role or responsibility.

I understand and agree to abide by the commitments laid out. I will hold my teammates accountable, commit fully to my teammates and coach, honor and glorify God with my conduct, take concerns directly to the person with whom I disagree, and will do all of this regardless of how much I do or do not play.

Parent Name

Parent Signature

Student Name

Date

6.2

Parent Commitment to CCS Athletic Participation Covenant

Competition

- I understand that Colonial Christian School Athletics is a competition-based program.
- I understand that athletic participation is a privilege, not a right.

Conflict Resolution

- I will follow the Matthew 18 principle and will not publicly complain, gossip or criticize.
- I will encourage any others who express concerns to take them directly to the person.

Commitment

- I understand that my child is committed to a team and should attend all team activities.
- I understand that appointments, parties or other similar events are not an excuse for missing team activities.

Injury

- I understand that injury is a part of athletic participation and that my child is still a member of the team and should maintain their commitment.

Fees

- I will pay all athletic fees by the dates communicated. If finances are a concern, I will communicate with the business office to arrange payment.

Playing Time

- I understand that all players may not play in each contest
- I understand that not all players will have equal playing time throughout a season
- I understand that playing time discussions will not occur between coaches and parents
- I understand that the coach will lay out a role for each athlete and it is my responsibility to encourage my child to fill that role
- I will encourage my student athlete to speak to their coach if they do not understand their role.

Spectators

- I will be a positive influence in the bleachers
- I will treat opposing teams, coaches and contest officials with respect regardless of their actions toward me or my child on the field of play

Serving

- I understand that I am obligated to serve 10 hours during my child's/children's season.

As a parent, I understand and commit to adhere to the items listed above to the best of my ability. If I have questions or concerns about team processes, I will take those directly to the coach first.

Parent Name

Parent Signature

Student Name

Date

6.3

Coach Commitment to CCS Athletic Participation Covenant

Communication

- I will communicate efficiently with parents and athletes, keeping them up to speed on schedule updates, allowing them sufficient time to plan their day.
- I will be responsive and open to parents who have questions or concerns.

Discipleship

- I commit to regularly disciple student athletes under my supervision
- I commit to be a witness to each opponent and will take steps necessary to represent Jesus well in each interaction.
- I will create a healthy competitive culture within my team.

Leadership

- I will take responsibility for my team's behavior
- I will act quickly to address any unsportsmanlike conduct
- I will treat contest officials with respect and expect the same from my athletes.
- I will keep my focus on the child, and use the sport to develop their character.

Player Instruction and Development

- I will work tirelessly to develop each athlete on my team
- I will stay up to date on best coaching trends and practices
- I will structure practices to efficiently engage each athlete

Player Safety

- I will put player safety over all other motivations.
- I will support and follow the instructions of athletic trainers
- I will supervise my athletes at all times.

Playing Time

- I will coach with the goal of winning
- I will never lose due to being overly concerned about substituting.
- I will value playing every player and work toward that goal.
- I will push players to play with the intensity that requires substitution.

As a coach, I will honor the commitments laid out above. I will seek to honor Jesus Christ and Him alone. I will treat each person I come into contact with as "image bearers" of God. I commit to "act justly, love mercy, and walk humbly" as I lead in Patriot Athletics.

Coach's Name

Coach's Signature

Role

Team

Stipend Amount

Date