

2009-  
2010

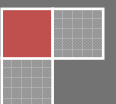
# Athletic Handbook

East Hill Christian School

“Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.”

I Corinthians 9:25

Tim Jordan, Athletic Director  
2009-2010



“Love the Lord your God with all your heart and love one another.”

This is the greatest of the commandments; it is the desire of East Hill Christian School to show the love of Christ as we participate in all sports activities.

East Hill Christian School  
2009-2010 Athletic Handbook

Welcome to the East Hill Christian School Eagles Athletic Program. We are excited about the season ahead and the prospect for success at every level of our program. Your son or daughter is at the center of our focus. It is our desire that he or she be given every opportunity to shine for Christ, family and East Hill. We have an excellent group of coaches that will direct our teams this year. EHCS offers the following sports at the following grade levels:

**Fall Sports:**

Volleyball- Varsity Girls.....	Grades 7-12*
Volleyball- Middle School Girls.....	Grades 6-8
Soccer- Varsity Boys.....	Grades 7-12*
Co-ed Jogging Club.....	Grades 3-5
Cross Country.....	Grades 7-12*#

**Winter Sports:**

Basketball- Varsity Boys.....	Grades 7-12*
Basketball-Junior Varsity Boys.....	Grades 8-10*
Basketball- Varsity Girls.....	Grades 9-12*
Basketball- Boys.....	Grades 6-8
Soccer- Varsity Girls.....	Grades 7-12*#

**Cheerleading:**

Cheerleading- Varsity.....	Grades 9-12
Cheerleading- Middle School.....	Grades 7-8
Cheerleading.....	Grade 6

**Spring Sports:**

Baseball- Varsity Boys.....	Grades 7-12*
Softball- Varsity Girls.....	Grades 7-12*
Tennis- Girls & Boys.....	Grades 7-12*#

\*Grade exceptions are made with the consent of the Athletic Director.

#Based on the number of students.

## **Philosophy of Athletics**

Athletics is an important part of a student's school experience. Many lessons are learned which assist in the development of character and values. Through his/her participation, he/she will be challenged to grow and develop in numerous ways. The athletic program at EHCS is designed to complement our commitment to academics and Christian values.

The purpose of our athletic program is to teach students to develop a Christ-like attitude and lifestyle. We will emphasize Christian character and expect our athletes to be a witness on and off the campus. We desire our students to see athletic participation as a means to develop and grow as part of a team effort and not for self-glorification. The success of our program must be measured by the quality of the young people that we produce and not just our win-loss record. Every team that plays, plays to win; however, winning is not our primary goal.

The support and encouragement of each parent is essential for a successful athletic program. East Hill Christian School has a definitive role in supporting the family and the local church in developing responsible Christians for the Lord's service and helping them fulfill their responsibilities as salt and light in today's society. Parents are therefore expected to set a proper example for their children and others in supporting our teams and the purpose of athletics at EHCS. Every spectator has a responsibility to demonstrate respect for coaches, participants, officials, and other spectators. Due to the competitiveness of our athletic program and the uniqueness of each player, there will be times when open and honest communication is needed to understand and support your student or his/her coach. Please communicate with the coach about anything you do not understand. Through a pre-season meeting with parents and a printed schedule, we hope to keep you informed as much as possible. Because of the intensity of athletics, a great responsibility is given to ALL athletes to demonstrate and portray the Spirit of Christ within them. The fruits of the Spirit are to be demonstrated regardless of the situation or outcome.

Since the financial goal of our athletic program is to stand alone, it is incumbent upon the parents and coaches to work with the Booster Club to meet this goal. Parents will be required to become a member of the Booster Club and expected to support fund raisers as well as meet the individual financial obligations of their student athletes.

The information which follows should be read carefully and agree to by both the parents and student before the season begins.

## Team Commitment Policy

The following rules apply to ALL sports:

1. All Rules and Regulations stated in the Family Handbook will also apply to any school sponsored activity.
2. Student athletes are expected to be **on time** to every practice and game. They are to be dressed properly for games and practice. We want our athletes to “dress for success”. For games, this means the proper uniform worn appropriately. At practice, coaches shall ensure that appearance is to be above reproach- no midriff, cleavage or underwear showing. All practice attire must meet the modesty standard established by EHCS.
3. Student who try-out for and make a sport’s team should realize they have entered into an agreement in which others depend on them. Once a student is part of a team, he/she will be responsible for all practices, competitions and other responsibilities unique to their sport or season.
4. Proper attire as specified by the school will be worn to and from games. As a general rule students are expected to “dress up” for games and on game day. Jeans, shorts, sneakers, and T-shirts are NOT to be worn on game days by team members. Dress shirts and ties for our gentlemen are encouraged, as are skirts/dresses by our ladies. A sloppy appearance reflects poorly on our school and student athletes. Modest, neat apparel is always appropriate. Coaches will handle lack of compliance promptly.
5. Officials at any game an EHCS athlete participates in are there as representatives of authority. The same respect expected toward other authority figures is also expected from students during the game. Any show of disrespect can result in removal from the game or suspension. This includes technical or flagrant fouls or obscene language.
6. Public displays of affection are not appropriate for any school activity.
7. In order for a student to participate in practices or a game, he/she must attend school in accordance with the following policies as stated in the Parent and Student Handbook.
  - a. Students who are absent from school or cut classes may not participate in extracurricular activities during that day.
  - b. Students arriving after 10:00 am will be ineligible to participate in athletics for the day.
  - c. Students who are absent from school due to illness in excess of 10 days per semester will be required to have a letter from their physician explaining their absences.
  - d. Returning late from away games will not result in an excused absence the next school day. Student athletes are expected to be in regular attendance the day following the athletic competition. The athletic department will deal with lack of compliance or any exception.
8. Uniforms (except cheerleading) are the property of the school and are not to be worn unless authorized by the coach.

9. If a student is not able to participate in P.E. classes due to illness or injury, he/she will not be eligible to participate in extracurricular athletics the remainder of the day. This includes practices and games.

10. If there is a discrepancy between the Parent and Student Handbook and the Athletic Handbook, the Parent and Student Handbook will take precedent.

11. Each athlete and his/her parent or legal guardian must read the Athletic Handbook and sign an agreement that they will abide by the Handbook's contents. Also, each parent and athlete must sign and abide by the Parent Player Contract, the medical release form and the physical form. These signed documents must be on file prior to an athlete being able to participate in a sport at EHCS.

### **Facilities**

1. Our facilities are designed for safe use by our students and visiting teams. An athlete should make every effort to keep the facilities neat and clean. Locker room areas, buses and practice areas should be kept free of clutter and litter.

2. Inappropriate activity which could result in injury to individuals or damage to equipment or property will not be tolerated. Your behavior should reflect this attitude; this includes guest school's facilities and overnight accommodations.

### **Uniforms and Equipment**

1. Your coach or Athletic Director will issue you a uniform at the beginning of the season once all fees are paid. This uniform is your responsibility. It is to be clean when you arrive for a game. The proper uniforms include shoes, socks and the appropriate uniform. If you do not have the appropriate uniform, you will not be allowed to participate. The uniform is to be returned clean within one (1) week of the conclusion of the season.

2. Lost or damaged uniforms must be paid for at the full cost of replacement by the end of the season. An average uniform replacement may cost in excess of \$200.

3. Treat all school equipment with care. Put all equipment in storage after practice. It is here for your use. When it is lost or destroyed, it will then not be there for others to use.

4. Students are not allowed to get equipment without the permission of their coach or the Athletic Director. School equipment is for use only in practices and games. School equipment may not be taken home or used for unauthorized "students games".

5. Please follow special-care labels in laundering of all uniforms.

### **Medical Information and Injury Procedures**

1. A current physical examination will be required for any student before he/she can participate in sports at EHCS. A record of that physical must be on file in the Administration Office along with a Health History Questionnaire and a Medical Authorization Form. It is the responsibility of the parent and student to see that these completed forms are returned to the office. (Participation includes tryouts, practices and games). Physicals are valid for one year.
2. Report any injuries to your coach as soon as you are aware of them. Serious injury can be avoided if appropriate actions and/or treatment is taken. Please do not attempt to "play through" an injury. The sooner you seek help for the injury, the sooner you will be back at 100% and contributing to the success of your team. Coaches will complete an Accident Report form and turn it in to the office to be filed.
3. Medical Authorization forms will be kept in the office at all times. Coaches traveling out of town are to take a copy of these with them and must have them in their possession at all times.

### **Try-Out and Playing Eligibility**

The following eligibility requirements are in compliance with the Florida State High School Athletic Association. These requirements are our minimum requirements and the Administration of EHCS reserves the right to review individual student's scholastic performance. The high school grading scale is used for eligibility purposes, per FHSAA.

1. To be eligible to try-out or play any sport at EHCS:
  - 1.1 In 6<sup>th</sup>-12<sup>th</sup> grades must have a "C" average (2.00 GPA) from their previous semester.
  - 1.2 Starting with the 2<sup>nd</sup> semester of the 9<sup>th</sup> grade, a student must also have a cumulative high school GPA of 2.0 to be eligible during the following semester.
  - 1.3 If a student's semester grades and/or high school student's cumulative GPA fall below 2.0, they will be suspended for the following semester.
  - 1.4 Additionally, any student whose nine-week (quarterly) grades fall below 2.0 ("C" average) will be suspended for the remainder of that semester, or the first quarter of the next semester.
  - 1.5 A failing grade in any grading period will result in a three-week suspension from the team for each failing grade. The Athletic Director will review the individual student at the end of each suspension and reinstate the athlete if the grades are satisfactory.
  - 1.6 A grade of "incomplete" originally reported by a teacher, at the end of a semester, is considered a failing grade. If a student completes the work successfully causing them to become eligible, they will be reinstated immediately.

2. Academic suspension or reinstatement will be enacted on the day grades are posted.
3. Proper conduct and behavior is expected of all students at EHCS. Any students whose Honor Card points fall below 90 will be suspended until the points are made up or a new quarter begins.
4. Each student is expected to complete all homework as assigned by his/her teacher regardless of the game being at home or away. If the team leaves before 3:00 pm, it is the student's responsibility to obtain all assignments for each class missed prior to leaving school. They are to complete the assignments as required by their teachers. Athletic contests are not an excuse for late work.
5. Being part of a team or squad involves commitment to practice. The absence of any team member places a greater burden on those at practice and dilutes the effectiveness of the team during a game. Participants are required to attend all regularly scheduled practices and remain for the duration of the practice as required by the coach. An unexcused absence from a practice may result in disciplinary action by the coach. The display of Christian sportsmanship is extremely important. The poor behavior of one member can detract from the testimony of the entire group. Displays of poor sportsmanship or behavior will be disciplined immediately. Repeated poor attitude or behavior will result in the removal of the member from the team/squad.
6. A student may participate in interscholastic competition until reaching the age of 19 years 9 months. Upon reaching the age of 19 years 9 months, the student shall be ineligible for further participation in interscholastic competition.
7. Upon entering the ninth grade, a student shall have four years to complete his/her eligibility in interscholastic competition, regardless of when the student began to participate in varsity level sports.
8. Each athlete must be a bona fide, full-time student in regular attendance at EHCS in order to participate in the athletic program. Home-schooled students who desire to participate in athletics at EHCS may do so if they meet the following requirements:
  - a. Meet EHCS eligibility requirements.
  - b. for each sport the athletic fee is \$150.00
9. A player who quits or is removed from an athletic team may not join another team without being reviewed by a panel consisting of the headmaster, both coaches and the Athletic Director.

### **Student Participation Fees**

There is a tremendous cost to operate an athletic program that is committed to excellence. That cost is not covered by tuition. The Booster Club helps raise money for the athletic program. Booster Club membership fees start at \$45.00 per year per family. The family of each student-athlete is expected to join and be active in the Booster Club.

Each student who participate is assessed an athletic fee for each sport to help cover the costs of utilities, rented facilities, bus drivers, uniforms, equipment, officials and transportation. This fell will be automatically billed through RenWeb once tryouts are complete and practice begins. The fees are as follows:

Participation in sports grades 6-12.....\$75.00 per sport

No fee will be refunded if an athlete quits or is dismissed from a team.

### **Transportation**

1. To Contests: The school will either provide or arrange transportation to and from the event. Students will be required to abide by these arrangements. Deviations from the arranged transportation after an athletic contest will be made by the coach and only when requested in writing by the parents before leaving from the EHCS campus. If a parent is present at the end of an away game and wishes to take his/her student directly home, he/she must communicate directly with the coach or Athletic Director prior to leaving with his/her child. Should an athlete desire to ride home from an away game with another parent, the request must be made in writing and approved by the Athletic Director and the coach prior to leaving for the game.
2. Team members may not travel to or from any out of town contest with other students. Students are not allowed to drive their own vehicles to out of town games. Parents are responsible for arranging transportation for student athletes to and from in-town games if the school is unable to provide a bus.
3. When boys and girls are traveling together to and from an athletic contest on the same bus, they will sit with their teams.
4. When stopping to teat, proper behavior will be expected.
5. Buses must be left clean after each use by the class or sports group using them. All trash will be removed from under seats and in the aisle and disposed of properly. The bus should be swept if needed and windows should be closed.

### **Playing Time**

Success is not synonymous with playing time. Success is contributing to the team's benefit by using the abilities God has given each one of us. The lessons learned as members of athletic teams are valuable and can be carried over into everyday life situations. Every eligible student has the opportunity to try out for a team, but not everyone will always make the team.

Those athletes who make a team will be given every opportunity to demonstrate their skill and prove their ability to their coaches and thus increase their chances of playing a significant amount of time. Athletes have the opportunity to improve their skill level and thus increase their chance to play through their own efforts in addition to team practice.

It is assumed that parents will instruct and prepare their children for participation in a competitive athletic program at EHCS. Please remember that we are preparing students for life and the competition that will be encountered in the world after graduation from high school.

Our athletes are expected to be hard workers, committed, dedicated, self-disciplined and determined to grow in their athletic skills, academic knowledge and especially their Christian walk with the Lord.

### **Junior Varsity Guidelines**

The Junior Varsity team will continue to develop fundamental skills to prepare athletes for varsity level competition. More emphasis will be placed on developing a winning attitude. Eligible athletes in grades 9-11 will be allowed to compete on JV teams. In special situations, 7<sup>th</sup> and 8<sup>th</sup> grade athletes may be included on a JV squad after approval by the Athletic Director, parent(s) and the coach.

When an athlete gets to the Junior Varsity level, the competition to make the team becomes more intense. The qualities that coaches are looking for include ability, potential, teamwork and keeping a positive Christian attitude. Being a “team player” and using your skills to help the team is very important.

Each athlete must be self-disciplined when it comes to fulfilling academic requirements as well as being better physically prepared now that he/she is in high school. Because of the number of athletes trying out for each team, he/she must work hard to earn a spot on the team. Each athlete will be given the opportunity to make the team.

As with the other teams, it is expected that Junior Varsity athletes will attend all practices and games. Guidelines from the Playing Eligibility are to be followed. The amount of playing time each athlete earns is based more on how he/she is able to contribute to the success of the team, which would include his/her ability and skill. At this level, athletes are not guaranteed to play in each game; however, coaches are encouraged to play as many athletes as the game allows.

We put great value on good sportsmanship. Good sportsmanship displayed by our athletes can help us have a good testimony to other teams we compete against. Junior Varsity athletes at EHCS are expected to show good sportsmanship no matter the outcome of the score.

### **Varsity Guidelines**

The Varsity Team represents the most skilled high school athletes in each sport at East Hill. There will be a try-out period for each varsity sport. Try-outs are open to all students in grades 9-12 who meet all academic requirements. After approval of the previously mentioned panel, 7<sup>th</sup> and 8<sup>th</sup> graders may be allowed to participate in varsity sports.

The primary criteria in selecting a varsity team are based on the athlete's skill and attitude. An athlete's grade level is secondary to skill in selecting the varsity team; therefore, there may be times when a younger athlete will be selected over an upperclassman. Varsity athletes are expected to be good examples to younger players in their classroom behavior, their attitudes on the playing field and in their spiritual leadership.

Being a Varsity athlete requires an extra time commitment that many extend into the off season. A varsity athlete must realize that his/her individual skill is developed during the off season. Playing time will be determined almost exclusively on the athlete's skill level. An athlete's attitude and actions may also affect playing time as the coach seeks to achieve the main objectives.

### **Parental Involvement**

Parents are an important part of the success of any athletic program. Your support and assistance will be needed during the year. Parents may be asked to drive to or from games, work in the concession area and support in fund raising. Your cooperative and enthusiastic support will be a blessing to our school and a source of encouragement to your student and the Athletic Department.

### **Parent/Coach Communication**

Both parents and coaches have extremely difficult jobs. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to students. Evaluation of skills and the athletic contribution to the team are the responsibility of the coach. With respect to the evaluation process, input from parents is neither solicited nor accepted; however, as the parent you have a right to understand what expectations are placed on your student when they are involved in our athletic program. Varsity athletes will be expected to (all others will be encouraged) attend at least one summer camp of the sport in which they compete.

### **Communication From the Coach**

1. General philosophy of the coach.
2. Expectations the coach has for your child, as well as all the players on the team.
3. Locations and times of all practices and contests.
4. Team requirements, such as fees, special equipment and off-season conditioning.
5. Procedure should your child be injured during participation.
6. Discipline that result in the denial of your child's participation.

### **Communication From the Parents**

1. Concerns expressed directly to the coach. Please follow the Matthew 18 principle.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

Your child's involvement in the athletic programs at East Hill Christian School can be one of the most rewarding experiences of his/her life. It is also important to understand that there may be times when things do not go the way you or your child wishes. At these times, discussions with the coach is encouraged.

### **Appropriate Concerns to Discuss with the Coach**

1. The treatment of your child, mentally, physically, and spiritually.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

### **Direct Authority of the Coach**

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student athletes.

There are situations that may require a conference between the coach and parents. It is important that both parties involved have a clear understanding of the other's positions. Please do not attempt to confront a coach before or after a contest or practice. Call the Coach and make an appointment.

It is important to remember that participation in interscholastic athletics is a privilege. The student athletes must exhibit certain scholastic behavior, and attitude as well as athletic skill in order to represent EHCS. Dealing with issues of playing time, teamwork, winning and losing are opportunities to reinforce the precepts of Christian sportsmanship. We welcome parent's support in striving to improve the East Hill athletic experience.

“For physical training is of some value, but godliness has value for all things,  
holding promise for both the present life and the life to come.”

I Timothy 4:8

