

ATHLETIC HANDBOOK

2021-2022 | Home of the Eagles!



EHCS Athletic Handbook

It is the desire of East Hill Christian School (EHCS) to show the love of Christ as we participate in all activities. "The greatest commandments are to love the Lord with all our hearts and to love one another as ourselves" (Matthew 22:36-40).

Welcome to the EHCS 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. EHCS offers the following sports at the following grade levels:

Fall Sports:

Volleyball- JV & Varsity Girls: Grades 6-12
Cross Country- JV# & Varsity Boys/Girls: Grades 6-12
Golf- Grades 6-12
Cheerleading- JV, Varsity, & Competition: Grades 6-12

Winter Sports:

Basketball- Elementary**, MS*, JV, Girl's & Varsity Boys: Grades 3-12
Soccer- Elementary**, JV & Varsity Boys/Girls: Grades 3-12
Cheerleading- Pep Squad**, JV, Varsity, & Competition: Grades K5-12

Spring Sports:

Baseball- Varsity Boys: Grades 6-12
Softball- Varsity Girls: Grades 6-12
Tennis- Boys/Girls: Grades 6-12

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

** Not required to pay sports fee or join the booster club. # 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. EHCS participates in athletic competition in the sports of soccer, volleyball, basketball, cheerleading, baseball, softball, cross country and tennis. It is our goal to use sports for the glory of God and in so doing, we can train student athletes the proper perspective on these great activities.

Listed below are several key principles that will guide our Athletic Department at EHCS:

- In keeping with the overall vision of EHCS, athletics is another opportunity to develop the student physically, socially, mentally, and spiritually. (Luke 2:52)
- We will seek to draw attention to God by directing the fruit of the Spirit in a competitive atmosphere, thus showing the character of Christ. (Colossians 3:10-17)
- We will teach students to win and lose with dignity, maturity, and grace. (Colossians 1:28)
- We will teach the students to set and achieve goals, to respond properly to authority, to keep composure under pressure, to learn self-discipline - lessons that are effectively learned on the field of competition. (Galatians 5:22-26)
- We will seek excellence in everything to which we commit. (2 Corinthians 4:7)

The support and encouragement of each parent is essential for a successful athletic program. EHCS 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 fruit of the Spirit is 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 fundraisers as well as meet the individual financial obligations of their student athletes.

The information which follows should be read carefully and agreed 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 Parent-Student Handbook will also apply to any school-sponsored activity.
2. Student athletes are expected to be on time to every practice and game.
 - a. There will be no Wednesday practices, unless prior approval is given by the Headmaster.
 - b. Practices may be held on Saturdays or on holidays (not mandatory), with the understanding that if a parent contacts the coach prior to the practice for a family event, the athlete is excused from practice and it will not affect playing time.
 - c. The priorities of EHCS are God, family, academics, and athletics.
3. Students who try-out for and make an athletic 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 held accountable 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, however, student athletes should follow the directions of their coach. Dress shirts and ties for the gentlemen are encouraged, as are skirts/dresses for ladies. A sloppy appearance reflects poorly on the school and student athletes. Modest, neat apparel is always appropriate. Practice clothing for girls and boys involved in EHCS sports teams should not reveal cleavage, midriff, or undergarments. All shirts and shorts should not be form fitting. Practice shorts, uniform shorts, or uniform skirts (or the spandex underneath the shorts) should not be shorter than fingertip length with relaxed shoulders. Team uniforms should reflect the same guidelines as above. Due to the nature of cheerleaders wearing skirts, stunting, flipping, flying, and stretching, girls will wear solid color spandex (bloomers) with a 2” inseam under their uniforms. Coaches, or an EHCS designee, will handle lack of compliance promptly.
5. Officials are 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-Student Handbook.
 - a. Students who are absent from school may not participate in any extracurricular activities scheduled that day or evening. Extenuating circumstances may be considered by the Headmaster.
 - b. Participation in an athletic contest requires attendance in at least half of that school day (3.5 hours).
 - c. 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-Student Handbook and the Athletic Handbook, the Parent-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’s participation in a sport at EHCS.

Facilities

1. EHCS facilities are designed for safe use by home 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. Athletes’ behavior should reflect this attitude both at home and away, including overnight accommodations.

Uniforms and Equipment

1. Coaches or the Athletic Director will issue uniforms at the beginning of the season once all fees are paid. This uniform is the athlete's responsibility. It is to be clean upon arrival for a game. The proper uniforms include shoes, socks and the appropriate uniform for that team. A student who does not have the appropriate uniform, 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. Students are expected to treat all school equipment with care and put all equipment in storage after practice. It is here for student use, but lost or destroyed equipment benefits no one.
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 "student games."
5. Parents/students should 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. Injuries should be reported to the coach as soon as they occur. Serious injury can be avoided if appropriate actions and/or treatments are taken. An athlete should not attempt to "play through" an injury. The sooner help for the injury is sought, the sooner the student will be back at 100% and contributing to the success of his or her team. Coaches will complete an Accident Report form and turn it in to the office to be filed. Parents should read the information on the *Concussion and Heat-Related Illness* form (EL3CH) that is signed annually.

Parents should be on the lookout for the following symptoms from a possible concussion:

- Vacant stare or seeing stars
- Lack of awareness of surroundings
- Emotions out of proportion to circumstances (inappropriate crying or anger)
- Headache or persistent headache, nausea, vomiting
- Altered vision
- Sensitivity to light or noise
- Delayed verbal and motor responses
- Disorientation, slurred or incoherent speech
- Dizziness, including light-headedness, vertigo(spinning) or loss of equilibrium (being off balance or swimming sensation)
- Decreased coordination, reaction time
- Confusion and inability to focus attention
- Memory loss
- Sudden change in academic performance or drop in grades
- Irritability, depression, anxiety, sleep disturbances, easy fatigability
- In rare cases, loss of consciousness

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.

Academic Eligibility

Glorifying God through academic excellence is a focus of EHCS. 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 an individual student's scholastic performance. The high school grading scale is used for eligibility purposes, per FHSAA. Each student is eligible to participate in athletic and extracurricular activities at EHCS by continuing to meet these standards:

1. Eligibility for Try-Outs and Participation:
 - a. At the end of each semester, if a student's cumulative GPA falls below a 2.0, the student athlete will be suspended from team sports for the following semester.
 - b. If a student's quarterly grades fall below a cumulative GPA of 2.0, there will be a review by the Administration, which may result in the student being suspended for the remainder of that semester.
 - c. A failing grade (59 or below) in any grading period will result in a three-week suspension from the team. More than one failing grade in any grading period will be reviewed by the Administration to determine the length of suspension. The Administration will review the student's grades at the end of each suspension period and reinstate the athlete if the grades are satisfactory.
 - d. In order to try out or participate on a sports team, the following two conditions must be met and maintained: tuition and fees must not be 31 days past due, and the athletic and booster cub fees must be paid prior to the first game of the season.
2. Academic suspension or reinstatement will be enacted on the day grades are posted.
3. Athletes must:
 - a. play hard and play for the love of the game,
 - b. respect officials and accept their decisions without question, and
 - c. win without boasting and lose without excuses.
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 and 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 and their families meet the following requirements:
 - a. Meet eligibility requirements for full-time EHCS students.
 - b. Pay athletic fee of \$150.00 for each sport.
 - c. Join the Booster Club.
 - d. Provide health insurance information.
9. A player who quits or is removed for any reason 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. In order to try out or participate on a sports team, the following two conditions must be met and maintained: tuition and fees must not be 31 days past due, and the athletic and booster club fees must be paid prior to the first game of the season.

The Booster Club helps to raise money for the athletic program. Booster Club membership fees start at \$75.00 per year per family. Each family will be required to join the Booster Club. The check should be made out to EHCS Booster Club.

Each student who participates 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 will be billed through FACTS and is due before the first game of the season. The fees are as follows:

Participation in sports grades 6-12.....	\$100.00 per sport
Participation in jogging club.....	\$15.00
Participation in cheerleading grades 6-12.....	\$100.00 per sem

Athletic fees and Booster Club fees will not 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 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 on the same bus to and from an athletic contest, they will sit with their team.

4. When stopping to eat, 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 the 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 child for participation in a competitive athletic program at EHCS and remember that students are being prepared 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 9-10 will be allowed to compete on JV teams. In special situations, middle school 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 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.

Great value is placed on good sportsmanship. Good sportsmanship displayed by athletes can help EHCS have a good testimony to opposing teams. 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 EHCS. 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, middle school students 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. Their support and assistance will be needed during the year, in the form of being asked to drive to or from games, work in the concession area and support in fund raising. A parent's cooperative and enthusiastic support is a blessing to the school and a source of encouragement to students and the Athletic Department.

Parent/Coach Communication Guide

Both parents and coaches have extremely difficult jobs. By establishing an understanding of these roles, each is 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, parents have a right to understand what expectations are placed on student involved in the athletic program. Varsity athletes will be expected (all others will be encouraged) to attend at least one summer camp of the sport in which they compete.

Expected Communication from the Coach

1. General philosophy of the coach.
2. Expectations the coach has for an individual student, as well as for 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. Procedures that will be followed should a student be injured during participation.
6. Discipline infractions that may result in the suspension of a student's participation.
7. Disposition of lost/outstanding equipment at the end of a season.

Expected Communication from the Parents

1. Concerns expressed directly to the coach, following the Matthew 18 principle.

2. Notification of any schedule conflicts well in advance.
3. Specific concerns in regard to a coach's philosophy and/or expectations.

A student's involvement in the athletic program at EHCS 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 the parent or the student wishes. At these times, a discussion with the coach is highly encouraged.

Concerns for a Parent to Discuss with the Coach about His/Her own Child

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

Issues Under 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. Parents should not attempt to confront a coach before or after a contest or practice. The Coach should be called and an appointment made.

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. Parental support is welcomed in an effort to improve the EHCS 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