



EAST HILL CHRISTIAN SCHOOL
ATHLETIC HANDBOOK
2026-2027

TABLE OF CONTENTS

I.	INTRODUCTION	1
A.	Philosophy	1
B.	Athletic Department Core Values.....	1
II.	OUR ATHLETIC DEPARTMENT.....	1
A.	Our Coaches.....	2
1.	Volunteer Coaches.....	2
2.	Team Managers.....	2
B.	Our Student-Athletes	2
C.	Our Parents.....	2
D.	Our Teams	3
III.	ELIGIBILITY AND COMPLIANCE	3
A.	Eligibility for Participation	3
1.	Academic Eligibility.....	3
2.	Attendance	3
3.	Behavior/Conduct	4
4.	Age.....	4
5.	Financial.....	4
B.	Homeschool Students.....	4
C.	Financial Obligations	5
1.	Athletic Fees.....	5
2.	EHCS Booster Club	5
3.	Team Fundraising Projects.....	6
4.	Penalties/Fines	6
D.	Compliance Obligations	6
1.	Elementary School.....	6
2.	Middle/High School.....	6
3.	Homeschool	7
IV.	ATHLETIC DEVELOPMENT	7
A.	Elementary and Middle School.....	7
B.	Junior Varsity	7
C.	Varsity	7
D.	Multiple-Sport Athletes	7
E.	Off-Season Practice Policies	8
V.	TRANSPORTATION	8

A.	Transportation Generally.....	8
B.	Away Travel	8
VI.	ATHLETE CODE OF CONDUCT.....	9
A.	Athletic Conduct and Discipline	9
B.	Team Commitment Policy	9
C.	Uniform, Attire, and Dress Code Policy	9
D.	Hazing Prohibited	10
E.	Bullying Prohibited	10
F.	No Quit.....	10
G.	Playing Time	10
VII.	SPORTSMANSHIP	11
VIII.	SAFETY	11
A.	Athletic Training	11
B.	Accidents and Injuries.....	11
C.	Inclement Weather	11
IX.	GENERAL INFORMATION	12
A.	Athletic Offerings.....	12
1.	Fall Offerings.....	12
2.	Winter Offerings.....	12
3.	Spring Offerings	12
B.	Schedules.....	12
C.	School Facilities and Equipment.....	13
X.	VARSITY LETTER ELIGIBILITY REQUIREMENTS	13
A.	Athletic Performance	13
B.	Attendance and Participation	13
C.	Sportsmanship and Conduct	13
D.	Academic Standing.....	13
XI.	COMMUNICATION.....	13
A.	Parent/Coach Communication.....	13
1.	Expected Communication from the Coach.....	14
2.	Expected Communication from the Parents.....	14
3.	Cooling-Off Period	14
B.	Pre-Season Parent Meetings.....	15
C.	Social Media.....	15
XII.	PARENT/STUDENT AGREEMENT	16

I. INTRODUCTION

The EHCS Athletics Handbook is a guide for coaches, student-athletes, and parents outlining the policies governing interscholastic athletics at our school. Participation in interscholastic athletics is a privilege, one that is contingent upon adhering to program standards. It is voluntary and not required for graduation. Failure to comply with the policies in this Handbook, or any other policies of EHCS, may result in revocation of this privilege. We cannot anticipate every instance that may need or require proactive or reactive efforts, nor can any handbook fully articulate each procedure and policy that may apply to unanticipated developments, events, or circumstances. Accordingly, we prioritize sound reasoning, good judgment, adherence to our core values, and Godly wisdom when addressing situations beyond these rules.

All policies detailed in this Handbook are approved by our Board of Directors and Administration and will be strictly followed and enforced. In the event a conflict should arise between this Handbook and the Parent-Student Handbook, the Parent-Student Handbook will govern. Please note that our policies may differ from those of Florida High School Athletic Association ("FHSAA") or Panhandle Christian Conference ("PCC"). In the event a conflict should arise between one of our policies and an FHSAA or PCC policy, the stricter policy will govern.

Thank you for participating in our athletic program. May God bless your use of athletic talents to serve Him in this vital aspect of school life.

A. Philosophy

At EHCS, athletics is integral to education, fostering character and values. Our program complements academics, service, and Christian values and promotes campus culture and community. We aim to instill Christ-like attitudes and lifestyle, and we emphasize teamwork over self-glorification. While we compete to win, success is measured by the quality of our graduates and their life perspectives. To that end, we participate in athletics for God's glory.

B. Athletic Department Core Values

E – Energy, Effort, Encouragement: In classroom, contests, at all times.

A – Accountability, Attitude: Ownership to all actions, positive.

G – Grit, Gratefulness, and a Great Teammate: Tough, Grateful, WE before me.

L – Loyal, Learn, Lead: Committed, growing, example.

E – Execute with Excellence: Give your best in everything.

II. OUR ATHLETIC DEPARTMENT

Our athletic department is committed to:

1. Developing our athletes morally, intellectually, and physically;
2. Disciplining of our coaches and student-athletes;
3. Showing discipline and respect to all;
4. Stewarding of our resources; and
5. Pursuing excellence in all endeavors.

To ensure the success of EHC's athletic program, coaches, student-athletes, and parents must all commit to glorifying God at all times. Our Athletic Department organizational chart is included in the Appendix to this Handbook.

A. Our Coaches

Coaches serve as the primary influencers in a student-athlete's journey, embodying the ethos of the athletic program. At EHCS, coaches act as both educators and active participants, modeling Christ-like behavior while possessing comprehensive knowledge of their sports. They excel in preparation, motivation, adaptability, and operate under the authority of the athletic director and school administration. Our coaches embrace their role in shaping young lives for Christ.

Coaches report to the Athletic Director and are responsible for ensuring team members comply with school policies. The Athletic Director administers rules related to team and coach interactions.

1. Volunteer Coaches

All volunteer coaches must complete a volunteer application, undergo an interview process conducted by the Athletic Director, and complete Level 2 background screening, including, without limitation, fingerprinting.

2. Team Managers

Team Managers are integral to a team's success, as they adeptly handle logistical tasks and offer essential support. Team Managers are expected to uphold academic, conduct, and attendance standards identical to those of athletes. Their duties encompass operating the scoreboard, managing statistician books, tracking equipment, and providing water for their teams. Failure to fulfill these responsibilities may lead to removal from a team.

B. Our Student-Athletes

Student-athletes at EHCS are expected to approach their sports with diligence, giving their best effort consistently. They should demonstrate personal discipline, respectfulness, and self-control in all circumstances. Humility is valued, and student-athletes are encouraged to pursue excellence vigorously, regardless of external factors such as the score, opponent, time, referee decisions, or situation. Ultimately, the student-athlete bears the responsibility and is accountable to his or her teammates, parents, coach, and the Lord.

C. Our Parents

Parents of student-athletes play a crucial role in their student-athlete's development and the success of the team. Strong parental support is essential for students to reach their full potential and for our teams to thrive. It's vital that parents offer positive reinforcement, understand their role within the team dynamic, and consistently support and encourage coaches and teammates. Parents are expected to contribute financially and volunteer with the Booster Club by assisting with concessions, gate sales, transportation, clean-up, special events, and other needs.

Parent participation is vital to team success, and we appreciate your commitment. Many parents have coaching experience; however, trusting the coaching staff is integral to learning valuable life lessons through athletics. Additionally, it is essential for parents to conduct themselves in a manner that honors the Lord during athletic events.

D. Our Teams

Our teams are dedicated to three core principles: (1) glorifying God; (2) playing hard; and (3) having fun.

III. ELIGIBILITY AND COMPLIANCE

A. Eligibility for Participation

All student-athletes at EHCS are expected to uphold exemplary standards of conduct and academic achievement to establish and maintain eligibility.

1. Academic Eligibility

At EHCS, academic excellence is paramount, surpassing athletic participation. Our academic standards exceed those set by the FHSAA and PCC. Here are our eligibility guidelines:

a. To be eligible to try out and participate in an EHCS-sponsored athletic activity, a student-athlete's cumulative GPA must remain no lower than 2.0 on a 4.0 scale. At semester's end, if a student-athlete's cumulative GPA falls below 2.0, then he or she will be academically ineligible for the following semester.

b. Grade checks will occur weekly throughout each academic quarter. If a student-athlete has a failing grade in any class, he or she will be placed on academic probation for a period of one week to remediate the failing grade. Such weekly academic probation will continue from week to week until the student-athlete has earned a passing grade in the class. Any student-athlete who earns one or more failing grades when progress reports are distributed or at the end of the quarter will be placed immediately on academic probation for a period of three weeks and will be prohibited from practicing and playing until he or she has passing grades in all classes in which he or she is registered.

c. Any student-athlete who is found to have violated the Academic Integrity Policy will be subject to discipline as provided in the Parent-Student Handbook and may be subject to academic probation and removal from his or her team.

d. Student-athletes are expected to complete all homework and obtain missing assignments for any class period missed, especially when teams depart prior to 3:00 PM. Participation in athletics is not an excuse for unfinished academic work. Student-athletes should bring homework to away games if they are concerned they will not have enough time to complete it when they get home.

2. Attendance

As explained in the Parent-Student Handbook, regular school attendance is required by Florida law and is necessary for good scholarship.

a. Student-athletes may be counted in attendance only if they are actually present at school or engaged in an educational activity that constitutes a part of the school-approved instructional program for the student-athlete. Participation in any extracurricular activities, including athletic contests, requires attendance for at least half of that school day. Student-athletes are considered absent from school if they leave prior to 11:30 a.m. or if they arrive after 11:30 a.m. An unexcused absence from school constitutes an unexcused absence from practice or competition.

b. A student-athlete may be excused for mandatory court dates, first-time driver's tests, and doctor visits, but he or she is excused only for the time spent visiting the doctor's office, driver's license office, or court. Documentation will be required. We reserve the right to grant exceptions to this policy.

c. Returning late from away games is not an excuse for an absence from school the next day. Student-athletes are expected to be in regular attendance the day after athletic contests.

3. Behavior/Conduct

All student-athletes are expected not only to align his or her conduct with the standards and principles outlined in God's Word but also to adhere to all applicable EHCS standards of student behavior. Violations will impact participation in athletic activities.

a. Poor behavior, poor sportsmanship, or acts that do not reflect Christian sportsmanship will not be tolerated. Student-athletes who repeatedly display incompatibility with student-athlete expectations will be removed from the EHCS athletic program.

b. Any student-athlete assigned to in-school or out-of-school suspension may not participate in practice or events, including evening and weekend events, from the beginning of the suspension until the student returns to his or her classes.

*For purposes of transparency, reinstatements will not be enacted on game days. The process is not in place to return student-athletes to playing sports, but to ensure student-athletes also focus on success in life and in the classroom.

4. Age

a. Upon entering the 9th grade for the first time, a student-athlete shall have eight consecutive semesters of interscholastic eligibility.

b. No student shall be eligible for varsity competition who reaches 19 years of age on or before August 1 of the then-current academic year.

c. Junior varsity shall be limited to students in grades 10 and below who do not reach 17 years of age on or before August 1 of the then-current academic year.

d. A student who reaches the age of 15 prior to July 1 of the then-current academic year shall become ineligible to participate at the middle school level.

5. Financial

A student-athlete's participation in our athletics program requires that (a) all tuition and fees, including, without limitation, athletic fees and booster fees, be and remain current – that is, no more than 31 days past due.

B. Homeschool Students

We believe in fostering a supportive environment for all students, including homeschool students who wish to participate in our athletic program. To ensure consistency and alignment with our educational and moral values, the following apply to homeschool students participating in athletics at EHCS:

1. Homeschool students must meet the same eligibility requirements as full-time EHCS students and must undergo an admissions interview with the School's administration.
2. Homeschool students must abide by all EHCS rules, including the dress code and standards of behavior both on and off the field.
3. The number of homeschool students who may participate in our athletic programs will be limited as follows:

Sport	Max. No.
Soccer	5
Volleyball	3
Basketball	3
Baseball	4
Softball	4

C. Financial Obligations

1. Athletic Fees¹

Athletic fees are vital for funding interscholastic athletics. They fund expenses such as field rentals, game officials, tournament fees, equipment, and one standard membership in the EHCS Booster Club. Athletic fees (a) will not exceed \$150.00 (though they may vary from sport to sport), and (b) will be disclosed during sport-specific interest meetings prior to the start of the applicable athletic season. These fees are exclusive of individual equipment purchases, which remain the responsibility of the student-athlete. Athletic fees will be billed and collected through FACTS and must be paid prior the start of the first contest of the applicable athletic season.

2. EHCS Booster Club

The families of all EHCS student-athletes must serve as active members of the EHCS Booster Club, including volunteering for on- and off-campus events throughout the year. One (1) standard Booster Club membership is provided in our athletic fees. Additional EHCS Booster Club packages are available as follows:

Level	Dues	Description
Standard	\$100.00	Standard middle/high school membership. Entitles member to one all-season pass for entry to EHCS home games for the school year.
Bronze	\$175.00	Entitles member to two all-season passes for entry to EHCS home games for the school year.
Silver	\$325.00	Entitles member to four all-season passes for entry to EHCS home games for the school year.

¹ EHCS students in Kindergarten through 5th grade may participate in athletics programs administered by the Catholic Youth Sports League ("CYSL"). Fees for CYSL participation may vary from \$100.00 to \$150.00 per sport.

Level	Dues	Description
Gold	\$500.00	Premium membership. Entitles member to four all-season passes for entry to EHCS home games for the school year, one 3' X 4' sign in the EHCS gym for one year from date of membership, and business recognition on the EHCS Athletics webpage.

All athletic fees and EHCS Booster Club dues are non-refundable in the event that a student-athlete quits or otherwise leaves a team.

3. Team Fundraising Projects

All team fundraising projects must be presented to and approved by the Athletic Director in compliance with EHCS's policies regarding fundraising.

4. Penalties/Fines

Any penalties or fines incurred by a student-athlete as a result of violations of rules set forth by FHSAA or PCC will be the responsibility of the student(s) or team committing such violations.

D. Compliance Obligations

Our athletic department follows best practices to protect the health and safety of our student-athletes. The following provisions are designed for our student-athletes and their families to ensure they remain eligible for participation.

1. Elementary School

Student-athletes participating in CYSL programs must fulfill CYSL requirements. We will provide registration information for CYSL programs as and when the same becomes available to us.

2. Middle/High School

Enrolled middle school and high school student-athletes who desire to participate in EHCS athletics must complete their athletic clearance online through athleticclearance.com prior to being allowed to try out or practice with a team. The following must be completed and submitted through athleticclearance.com:

- a. Preparticipation Physical Evaluation (EL2);
- b. Consent and Release from Liability Certificate (EL3); and
- c. Affidavit of Compliance with the Policies on Athletic Recruiting and Non-Traditional Student Participation (GA4).

Students must also complete all NFHS videos and coursework, including Concussion in Sports; Concussion for Students; Heat Acclimation and Heat Illness Prevention; and Sudden Cardiac Arrest. We will provide a time for group participation and viewing, but any student unable to attend group participation and viewing must complete all coursework on his or her own and provide certificates of completion to the Athletic Director. Finally, prospective student-athletes and their parents must sign the Parent/Student Agreement included in this Handbook and (prior to receiving his or her uniform) the Uniform Contract.

3. Homeschool

Homeschool student-athletes who desire to participate in EHCS athletics must complete the fulfill the same requirements as enrolled student-athletes. They must also complete the following additional forms:

- a. Homeschool Application (found on our website (<https://www.ehcs.org/parents/athletic-handbook-forms>);
- b. Registration Form for Home Education Student (EL7); and
- c. Home Education Student Academic Progress Report (EL9) (required for second semester).

IV. ATHLETIC DEVELOPMENT

A. Elementary and Middle School

Our elementary and middle school athletics programs prioritize player development to instill an athletic mindset and to teach athletic fundamentals while ensuring a fun and enjoyable experience for all participants. Coaches focus on teaching the skills relevant to each sport and emphasizing values of sportsmanship, respect, and teamwork. We encourage parents to support their children's participation, and we welcome parents to volunteer with our athletic program. Overall, EHCS aims to create a positive and enriching environment where students can learn, grow, and develop both athletically and academically.

B. Junior Varsity

Junior varsity athletics is intended to develop the skills needed for varsity competition. Eligible student-athletes in grades 9 and 10 may compete at the junior varsity level, with exceptions considered for middle school student-athletes on a case-by-case basis. Both the EHCS administration and the student-athlete's parents must approve high school-level participation for a middle school student-athlete. Student-athletes must demonstrate ability, teamwork, and positive Christian attitudes. Competition is rigorous, and playing time is earned through academic diligence, skill, and overall contribution to team success.

C. Varsity

Varsity teams comprise skilled high school athletes who are selected based on ability, commitment, and attitude. Middle school students may try out for varsity-level athletics with approval from coaches, parents, and the EHCS administration. Varsity athletes are expected to embody and demonstrate EHCS values, along with a significant commitment to off-season training. Playing time is determined by academic diligence, skill, knowledge, overall contribution to team success, and Christian values. Playing time decisions are made by coaches in consultation with the Athletic Director to ensure competitiveness by EHCS athletic teams.

D. Multiple-Sport Athletes

We encourage student-athletes to participate in multiple sports through the year, fostering Christian friendships, Christian character, and competitive experiences while reaping the benefits of cross-training. Coaches will provide an objective evaluation when approached about the benefits and drawbacks of being a multi-sport student-athlete, and they will share information to help student-athletes make informed decisions. That said, a student-athlete should focus on only one primary sport during a single season. Participation

in multiple sorts in a single season or over-lapping seasons requires approval by the Athletic Director.

E. Off-Season Practice Policies

Student-athletes should prioritize participation for the sport that is in season. Coaches will work together to support student-athletes in balancing off-season activities, such as open gyms, conditioning, and skills practices. While participation in non-EHCS athletics is permitted, when scheduling conflicts arise, we expect that our student-athletes will prioritize EHCS team schedules.

V. TRANSPORTATION

We acknowledge the transportation challenges encountered by small private schools. The following delineate the transportation responsibilities at EHCS.

A. Transportation Generally

1. Unless EHCS is providing transportation for athletic events, EHCS parents are responsible for arranging transportation for their own students.
2. Students must submit a Permission to Ride Form to ride with anyone not listed in their enrollment packet.
3. Any adult or approved student willing to transport other students must complete a Volunteer Drivers Form and provide a copy of his or her driver's license and insurance card.
4. EHCS-sponsored transportation is considered an extension of EHCS facilities, and if EHCS provides transportation for athletic events, all EHCS rules, policies, and procedures will apply. On any EHCS-sponsored conveyance, male and female student-athletes are required to sit with their respective teams and refrain from sitting with members of the opposite sex. Violations of this provision will be addressed promptly.
5. Student-athletes and coaches are expected to maintain cleanliness on all EHCS vehicles, including rented or other EHCS-sponsored vehicles. Student-athletes and coaches will ensure that (a) all trash is removed and properly disposed; (b) all floor surfaces are swept clean; and (c) all windows and doors are properly closed and secured upon return.

B. Away Travel

Student-athletes must ride in assigned vehicles or school transportation for athletic contests. Leaving facilities during away games is prohibited without coach approval and checkout. Student-athletes using alternative transportation arrangements must have the proper forms completed and on file with the School.

In the event of overnight travel, coaches will set room assignments and rules. Coaches and chaperones will conduct room checks and enforce curfews. Rooms must be left in the same or better condition as upon arrival. Student-athletes are expected to show respect towards all individuals and facilities they encounter. Traveling is a privilege that may be revoked when circumstances warrant.

VI. ATHLETE CODE OF CONDUCT

A. Athletic Conduct and Discipline

Participation in interscholastic athletics is a privilege, and we set high standards for student-athletes' behavior and integrity, reflecting on themselves and EHCS as a whole. While not meant to supersede other policies, the Athlete Code of Conduct outlines consequences for failure to follow EHCS policies. Student-athletes must adhere to state and federal laws; EHCS policies, procedures, and rules; and applicable EHCS, PCC, and FHSAA athletic regulations. Failure to do so may result in suspension or expulsion from EHCS.

B. Team Commitment Policy

1. All school-sponsored athletic activities adhere to policies, procedures, and rules outlined in or by the Parent-Student Handbook, FHSAA, or PCC, as the case may be. Student-athletes and parents must familiarize themselves with handbook policies, sign contracts, and complete required paperwork before participation.

2. Student-athletes must be punctual for all practices and contests, with exceptions granted by the coach or Athletic Director only in extenuating circumstances. Unexcused absences or no-shows from practices or competitions may result in removal from a team.

3. Student-athletes are accountable for all team obligations once they become members of a team.

4. Respect for officials is mandatory, and any disrespectful behavior may result in removal from a game or contest. The EHCS administration will review such behavior to determine whether it warrants other discipline.

5. Student-athlete attendance is mandatory for all team events, including practices and team-sponsored activities, and members of a team are expected to remain for the duration of scheduled events.

C. Uniform, Attire, and Dress Code Policy

Recognizing the varied and active nature of interscholastic athletics, we have set the following guidelines to ensure modest and neat attire and appearance for student-athletes and coaches:

1. The EHCS Student Dress Code applies to athletics participation. Non-compliance will be promptly addressed, and failure to abide by the applicable dress code may result in loss of future participation privileges.

2. Practice attire should not reveal cleavage, midriff, undergarments, or expose an excessive amount of skin. It should be of appropriate length and loose-fitting.

3. Uniforms are school property and should not be worn without authorization. Personal uniforms must still reflect EHCS standards.

4. The Athletic Director will issue uniforms and Uniform Contracts at the start of the season. School-issued uniforms are mandatory for participation in interscholastic athletic contests. Uniforms must be returned promptly after the season ends.

5. Lost or damaged uniforms must be replaced at full cost and will be charged to the student-athletes account in FACTS.

6. Care labels must be followed, and tags should not be removed to ensure proper cleaning.

D. Hazing Prohibited

The National Collegiate Athletic Association ("NCAA") defines hazing as "[a]ny act committed against someone joining or becoming a member or maintaining membership in any organization that is humiliating, intimidating or demeaning, or endangers the health and safety of the person."² It "includes active or passive participation in such acts and occurs regardless of the willingness to participate in the activities[.]" According to the NCAA, "[h]azing creates an environment/climate in which dignity and respect are absent."

Hazing, including, without limitation, activities that degrade or risk harm, physical abuse, humiliation, or forced servitude, is strictly prohibited and will result in disciplinary action.

E. Bullying Prohibited

At EHCS, bullying in any form is inconsistent with our spiritual, educational, and athletic goals. Bullying is strictly prohibited and will result in disciplinary action.

F. No Quit

When a student-athlete earns membership on an EHCS athletic team, he or she makes a commitment to his or her teammates and coaches. Quitting after selection is strongly discouraged. Any student-athlete who quits a team will be prohibited from trying out or joining another athletic team in the same academic year. Coaches will consider this when evaluating future participation. Exceptions may be considered only under circumstances in which coaches and parents alike agree are in the best interests of the student-athlete.

G. Playing Time

We understand the complexity of playing time. These guidelines clarify how playing time is earned:

1. Student-athletes will showcase skills in tryouts, practices, and games, and they must demonstrate commitment, discipline, and growth to earn playing time.

2. Student-athletes are encouraged and expected to practice their skills on their own time. Skill improvement may increase playing opportunities.

3. Coaches will maintain open communication with players about their roles on a team.

4. Playing time decisions are made by coaches in consultation with the Athletic Director to ensure competitiveness by EHCS athletic teams.

² https://ncaaorg.s3.amazonaws.com/ssi/other/SSI_hazingpreventionhandbook.pdf

VII. SPORTSMANSHIP

Students and parents are encouraged to support our athletic teams as families. Athletic events provide opportunities for family sharing and enjoyment as well as times to teach values and sportsmanship. As a Christian school, it is important that our fans demonstrate sportsmanship, courtesy, and respect for our rivals and referees or other officials. Under no circumstances may our fans have any personal confrontations with officials regarding EHCS athletic events. Any EHCS parent, student, or employee showing, demonstrating, or engaging in disrespectful or other unsportsmanlike behavior toward (a) EHCS or EHCS administration, staff, facility, player(s), or coach(es), or (b) referees or officials may be subject to ejection from an event or other disciplinary action, up to and including suspension, expulsion, or termination of employment.

Laser lights are prohibited at all athletic events. Likewise, artificial noisemakers, cowbells, drums, air horns, or other artificial noisemakers are prohibited.

Students are reminded to stand and remove their hats during any prayer or the playing/singing of our national anthem at all events.

VIII. SAFETY

A. Athletic Training

We have partnered with Andrews Institute to enhance student-athlete care. Services provided by Andrews Institute include injury prevention, treatment, rehabilitation, CPR/First Aid training, check-ups, evaluations, and annual physical exams. Additionally, Andrews Institute collaborates with us to develop emergency medical plans for athletic and on-campus events.

B. Accidents and Injuries

Accidents and injuries sometimes occur in interscholastic athletics. Coaches, certified in CPR and first aid, will promptly assess any injuries and submit a written report to the Athletic Director within 24 hours after an injury or accident occurs. In severe cases, we will contact emergency services and notify parents of the same. All injuries are handled with care, with parents will be consulted for decisions on treatment and rehabilitation. We handle all medical conditions with utmost discretion and confidentiality. After an injury, a student-athlete will not be permitted to return to practice or competition without written clearance from his or her physician.

C. Inclement Weather

Lightning, severe storms, and extreme weather conditions such as hot or cold temperatures may cause last minute cancellations. Decisions regarding student-athlete safety will be made by the Athletic Director in consultation with the School administration, coaches, and officials. If the Escambia County School District announces a school closure because of inclement weather, EHCS also will be closed. When school is closed for inclement weather, all events for that day, including practices or evening activities, will be canceled. If a tornado or hurricane watch is in effect at the close of a school day, after-school activities will be canceled. We will notify parents through our available notification and communication systems. On game days, the host school will make decisions as close to noon as possible so that team departure and pick up are feasible. We will notify parents through our available notification and communication systems, including the team ParentSquare.

IX. GENERAL INFORMATION

A. Athletic Offerings

EHCS offers the following extracurricular interscholastic athletic programs:³

1. Fall Offerings

Sport	Competition Level				
	Grades	Elementary	Middle	Junior Varsity	Varsity
Volleyball	4 – 12	✓	✓	✓	✓
Cross Country	6 – 12		✓	✓	✓
Sideline Cheer	6 – 12			✓	✓
Competition Cheer	6 – 12				✓
Soccer	1 – 12	✓	✓	✓	✓

2. Winter Offerings

Sport	Competition Level				
	Grades	Elementary	Middle	Junior Varsity	Varsity
Basketball (Boys)	6 – 12		✓	✓	✓
Basketball (Girls)	6 – 12		✓	✓	✓
Sideline Cheer ⁴	6 – 12			✓	✓
Competition Cheer	6 – 12				✓
Pep Squad	2 – 5	✓			

3. Spring Offerings

Sport	Competition Level				
	Grades	Elementary	Middle	Junior Varsity	Varsity
Baseball (Boys)	6 – 12				✓
Basketball (Boys)	2-8	✓	✓		
Basketball (Girls)	2-8	✓	✓		
Pep Squad	2-5	✓			
Softball (Girls)	6 – 12				✓
Soccer	K5 – 8	✓	✓		
Tennis (Boys/Girls)	6 – 12				✓

B. Schedules

Schedules for athletic events and practices are coordinated by the Athletic Director in collaboration with coaches. Coaches will provide schedules to students and parents at the earliest opportunity for each season. If practices are daily, a printed schedule may not be issued. Athletic contests will not be scheduled on Wednesdays or Sundays. Any practice

³ Some elementary and middle school sports are offered exclusively through CYSL.

⁴ Sideline cheer is offered to middle school students, but they are classified as Junior Varsity.

scheduled on a Wednesday (a) must be approved by the Athletic Director, and (b) must not finish any later than 4:30 p.m. Only the Executive Director may approve exceptions. Events often will be scheduled during school vacations. Those dates will be communicated well in advance, and student-athletes will be expected to attend.

C. School Facilities and Equipment

We ensure the proper use of facilities and equipment to support successful teams and foster a positive culture. Student-athletes, parents, and coaches should assist in these efforts by (1) keeping facilities clean and safe; (2) avoiding behavior that could cause injury or damage; (3) treating equipment with care; (4) obtaining equipment with permission; (5) and restricting equipment to authorized use in practice and games. Unauthorized use or removal of equipment is prohibited.

X. VARSITY LETTER ELIGIBILITY REQUIREMENTS

Varsity letter eligibility is dependent on athletic performance, attendance and participation, sportsmanship and conduct, and academic standing. Individual sports may have additional standards or requirements as determined by the head coach and Athletic Director.

A. Athletic Performance

The student-athlete must have actively participated in varsity-level competition as a member of a recognized sports team affiliated with EHCS. Managers, statisticians, injured players, and senior athletes with long service to the team, may also be awarded a letter.

B. Attendance and Participation

The student-athlete must demonstrate commitment and reliability by participating for the entire duration of the athletic season, including any post-season play. The student-athlete must also have attended 90% of all team practices and dressed and competed in at least 50% of all games, contests, or competitions.

C. Sportsmanship and Conduct

The student-athlete must have exhibited exemplary sportsmanship, respect for teammates, opponents, coaches, officials, and spectators, serving as a positive testimony for the EHCS community.

D. Academic Standing

The student-athlete must maintain a minimum unweighted GPA of 2.0 throughout the entirety of the season and must never be placed on academic probation during his or her participation in varsity athletics.

XI. COMMUNICATION

The best resource for information is the team page of your ParentSquare app. There, you will be able to directly communicate with the coach and Athletic Director and access schedules, required forms, and even photos.

A. Parent/Coach Communication

We understand that both the coach and the parent have difficult jobs when it comes to the welfare of the student-athlete and everything that goes into being a team member

and supporter of EHCS athletics. By establishing an understanding of these roles, each is better able to accept the actions of the other and provide greater benefit to the student-athlete. Evaluation of skills, determining athletic contribution to the team, and playing time are determined by 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-athlete involvement in athletic programming. Varsity athletes will be expected (all others will be encouraged) to attend at least one summer camp for the sport(s) in which they plan to compete at the Varsity level.

1. Expected Communication from the Coach

Parents and student-athletes should expect the coaching staff to communicate the following:

- a. General philosophy of the coach for the team at hand;
- b. Expectations the coach has for the individual student-athlete as well as all players on the team;
- c. Location and times of all practices and contests;
- d. Team requirements, including, without limitation, additional fees, special equipment, off-season expectations, etc.;
- e. Procedures the coach plans to follow should an injury occur during participation;
- f. Disposition of lost/outstanding equipment at the end of the season; and
- g. Disciplinary infractions that could result in the suspension of a student-athlete's participation.

2. Expected Communication from the Parents

Coaches should expect parents to communicate the following:

- a. Concerns expressed directly to the coach, following the Matthew 18 principle;
- b. Notification of any schedule conflicts well in advance; and
- c. Accurate representations and disclosure of all student-athlete physical and mental health concerns; and
- d. Specific concerns in regard to a coach's philosophy and/or expectations.

3. Cooling-Off Period

A student-athlete's involvement in athletic programming at EHCS can be one of the most rewarding experiences of his or her life. There may be times, however, when things do not go the way student-athletes or parents anticipate or hope. We encourage candid discussions between parents and coaches when such circumstances arise; however, when approaching concerning such circumstances, we recommend a 24-hour cooling off period before a parent communicates with a coach within our athletic program. Similarly, we

encourage our coaches to employ a 24-hour cooling off period before discussing such circumstances with a student-athlete or parent when applicable.

a. Acceptable Parent Concerns

We find the following to be acceptable concerns for parents to discuss about their own student-athlete with a coach:

- i. The treatment of the student-athlete mentally, physically, and spiritually;
- ii. Ways to help the student-athlete improve; or
- iii. Concerns about the student-athlete's behavior or well-being.

b. Unacceptable Parent Concerns

The following are not acceptable or appropriate for discussion:

- i. Playing time for student-athletes;
- ii. Team strategy and philosophy;
- iii. Play calling within games and practices; or
- iv. Other student-athletes.

B. Pre-Season Parent Meetings

Attendance at a pre-season meeting with the coaching staff and Athletic Director is mandatory for all parents of student-athletes before the first contest. During these meetings, parents will receive information on our policies, the rules governing the sport, and the policies, rules, or regulations of the conferences in which our student-athletes compete.

C. Social Media

Please be advised that our athletic events will be photographed and recorded. Your student-athlete's photo may appear in our Socials sports coverage. If you prefer not to have your student-athlete photographed or videoed, please complete the photograph release form available in your Admissions paperwork.

XII. PARENT/STUDENT AGREEMENT

My signature below acknowledges that I have received my copy of the East Hill Christian School Athletic Handbook and that it is my responsibility to read and fully comprehend its contents. I understand that this Athletic Handbook represents only current policies, procedures, rules, and regulations. EHCS retains the right to change these policies as it deems advisable, in its sole discretion.

By signing below, I agree to abide by all policies, procedures, rules, and regulations outlined in the Athletic Handbook. I understand that failure to comply with these regulations may result in disciplinary action as outlined in the Athletic Handbook. Furthermore, I acknowledge that participation in athletic activities at EHCS is a privilege, and I commit to upholding the values of sportsmanship, integrity, and respect, both on and off the field.

Parent/Guardian:

Signature: _____

Print Name: _____

Date: _____

Student-Athlete:

Signature: _____

Print Name: _____

Date: _____

APPENDIX A

EHCS Athletic Department Organizational Chart

