

# Tri-State Christian School



## Athletic Handbook 2017-2018



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## Philosophy

Tri-State Christian School believes that extra-curricular activities play a significant role in the total development of our students. Our athletic programs have been designed with this in mind. Athletics is more than an attempt to win games. It is an opportunity for young people to learn from Christian adults as they spend time together in a variety of sometimes stressful and growing situations. Much about God's perspective on life can be learned in very practical ways through our athletic programs.

A successful athletic program requires full support from the parents/guardians, school administration, and the faculty. Finally, we will uphold and cooperate with the policies of the Tri-State Christian School Board of Education, the Northern Illinois Christian Conference (NICC), and the Association of Christian Schools International (ACSI) in order to maintain a worthwhile program.

This handbook is designed to help every participant understand our program by clearly stating the expectations for coaches, players, and parents. The athletic philosophy at Tri-State Christian School consists of the following fundamental principles and goals.

- Developing and maintaining the highest level of sportsmanship by honoring God in speech and conduct as coaches, players, parents, and fans.

- Allowing all interested and eligible students to participate regardless of ability through an organized and diverse program. One exception being, the Cow Cup Golf Tournament which allows for a limited number of players to be chosen by the coach and athletic director.
- Instructing students in biblical values as it pertains to athletics and life.
- Developing a proper attitude toward winning and losing through competitive sports as it relates to the total student-athlete development.
- Providing acceptable goals for coaches, teams, parents/guardians, and athletes with the necessary tools to achieve these goals through a commitment to the program.
- Establishing an appreciation for playing to one's fullest potential within the rules of fair play.
- Utilizing athletics as a platform to develop skill mastery, self-esteem, perseverance, teamwork, sportsmanship, and leadership.
- Always striving to keep athletics in the proper educational perspective, realizing that programs have value only as they contribute to the entire educational experience.

## **Programs**

The following sports are available at Tri-State Christian School, provided that enough players in a given category are willing to participate.

### **Fall Sports**

Mid-August through Mid-October

JH Girls Volleyball (5th-8th grade)

Girls Volleyball (9th-12th grade)

Co-ed Soccer (7th-12th grade)

### **Winter Sports**

November through December

JH Boys Basketball (5th-8th grade)

January through February

JH Girls Basketball (5th-8th grade)

November through February

Boys Basketball (9th-12th grade)

Girls Basketball (9th-12th grade)

### **Spring Sports**

March through May

Co-ed Golf (7th-12th depending on numbers)

Girls Soccer (7th-12th grade)

Boys Volleyball (9th-12th grade)

## **General Expectations**

Successful programs have student-athletes, parent/guardians, and coaches working together toward common goals. In this important collaboration, the following standards should be practiced by every participant in the program.

- Knowing and adhering to the athletic handbook of Tri-State Christian School.
- Be excellent examples of sportsmanship during games, doing so as unto the Lord. All interactions with officials, coaches, teams, players, parents, fans, and each other need to reflect the highest degree of respect and integrity. If a situation occurs where an individual is disrespectful or acts inappropriately, they should be quick to confess and make every effort to set things right.
- Recognize that we all are reflections of Jesus Christ, TSCS, and our own individual families. Our example is important, as competition can sometimes provoke inappropriate behavior.
- Show respect and honor to all those in authority, especially in the areas of speech and conduct.
- Accepting favorable and unfavorable decisions, as well as victory and defeat with equal grace.

### **Communication Process**

Solving differences to accomplish positive goals is part of the communication process. Resolution to a conflict must first begin at the student-athlete/coach level. The resolution process follows the sequence below.

- Conference between student-athlete and coach.
- Conference between parent/guardian, student-athlete, coach, athletic director, and principal.
- Conference between parent/guardian, student-athlete, coach, athletic director, and principal.

## Goals for the Coaches

All Tri-State Christian School coaches are volunteers. We appreciate the time and effort they invest in the lives of the student-athletes entrusted to their care. All coaches should see their relationship with players as a powerful and important ministry in the lives of young people. Although the demands as a coach and consequences for bad teaching are great (James 3:1), the rewards for helping young people grow toward Christ's likeness through sports is also great.

All coaching assignments must be cleared by the principal and the athletic director, including any assistants who will be helping on a regular basis. Coaches must be believers in Jesus Christ who show evidence of a growing walk with God, and support this handbook. Coaches may receive a stipend but assistants are not paid. All coaches and assistants will receive a pass to get into all TSCS sporting events free of charge for one year. Coaches are responsible for all aspects of the team including the following:

- Arrange a meeting with players at the beginning of the season to outline expectations, explain team policies, and answer any questions.
- Communicate with parents by sending notes home or submitting information for the Friday bulletin by calling the AD before 10:00 a.m. on Fridays.
- Using thoughtful and careful judgment when determining the extent of each athlete's playing time. Allowing as much participation by each



athlete as possible. This decision is based on the game situation, practice attendance, attitude, and work ethic while keeping a competitive spirit to the contest.

- Supervision of players from the beginning of a practice or game and until the last player is picked up.
- Maintaining equipment and facilities used by their teams. For example, returning equipment after practice, making sure dressing rooms are neat after use, reporting missing or damaged equipment, and bringing equipment back to school following an away game and seeing that it is put away.

### **Goals for the Student-Athlete**

Athletes should apply their gifts, talents, and efforts whole heartily unto the Lord. This requires dedication, commitment to perform to the best of your ability, and maintaining a positive attitude as a team player. This mindset creates an atmosphere of positive competition and team play. Therefore, it is important that each player practices and plays to win. Athletics is an excellent avenue to learn self-control, self-discipline, and self-sacrifice for the good of the team. The expectations required from our student-athletes are as follows:

- Players must manage their time in order to maintain all academic, and athletic requirements.

- Athletics is not an excuse for late or missing assignments. Therefore, it is the students' responsibility to communicate with their teachers ahead of time.
- Communicating with the athletic director and coach in an appropriate manner over questions of eligibility, or any other concern.
- Recognizing that the use of drugs, including alcohol, tobacco, steroids, or other performance enhancing drugs have no place in athletics. It is contrary to our belief that "Our body is a temple of the Holy Spirit" (1 Corinthians 3:16-17). Not only is the use of such materials a violation of state law, it destroys one's witness as a disciple of Christ. Consequently, any student-athlete found using such substances will result in disciplinary action. Some of which may include suspension, expulsion, missing contests, removal from the team, and possible athletic probation for 1 full year (365 days.)
- Players must report all injuries to the coach. Especially, head and neck injuries, no matter how small or insignificant they may seem. Any student wishing to play must have had a physical within the preceding year, and the appropriate forms must be on file with the athletic director. They will not be able to practice or play in a contest until this has been done.

## **Athletic Guidelines for Parents/Guardians**

Parent support is crucial to maintaining a positive athletic program. Successful athletes and athletic programs are directly influenced by supportive and caring parents. In this important capacity, these following standards should be practiced.

- Discussing with your student-athlete the prerequisites of team membership mentioned throughout this handbook while balancing other important family, and church responsibilities.
- Encouraging and supporting your athlete by attending contests.
- Parents with students on the athletic teams (soccer, volleyball and basketball) will need to serve three times for concessions and or gate for each season that their child(ren) are participating on a team. The junior high games will not have concessions at their home games unless it is otherwise denoted. The Athletic Director will fill in all of the available spots and give each family a copy of their work dates. Concessions and gate helps to offset the cost of athletic expenses.
- Making arrangements to have your child(ren) arrive on time for practices and games, and to be picked up promptly after practices and games. Chronic failure to do so may result in the student being dismissed from the team.
- Communicating concerns, beginning with the athlete or coach, in a positive and appropriate manner by applying the "Matthew 18" principle.
- Recognizing that the real value of athletic involvement rests in the fostering of perseverance, integrity, communication, commitment, and discipline in the various growing and learning opportunities throughout the season.
- Supporting the coaches with the understanding that they have the student-athlete's best interest in

mind. Coaches appreciate your encouragement as well as addressing your concerns. When a concern arises, please go directly, privately, and quickly to the coach and express those concerns. Contacting the coach and setting up an appointment is the best way to handle a situation. Due to the fact that emotions run high at a contest, discussing a concern with a coach after a contest is not a good time. Coaches are doing their best to do what is best for the player and for the team. They love the students, and volunteer a great deal of time to the program.

### **Team Membership Expectations**

All full time students at Tri-State Christian School are eligible to participate in the athletic program under the following eligibility guidelines. In special circumstances, an exemption to the athletic eligibility policy can be made by the athletic director and principal. (This is a rare circumstance that varies based on each situation that may arise.) Self discipline is such an integral part of the athletic experience. It is understood that student-athletes are committed to his/her sport for the duration of the entire season. The following expectations begin when the season begins, which is the FIRST day of practice.

### **Team Eligibility**

- Meet the eligibility requirements of TSCS.
- Successfully pass and have on file an appropriate physical examination.
- Have the TSCS permission form, the student athlete contract, and medical release form completed and signed.
- Turn in all athletic fees for that sport.
- Every practice and game is mandatory. An unexcused absence is the same as found in the

student handbook. The following is the athletic policy for missed practices or games.

One (1) unexcused practice or game = (1) game suspension.

Two (2) unexcused practices or games = possible termination of the season for that athlete.

- An athlete should attend school for the entire day, on the day of a practice or a contest in order to participate. A valid reason or emergency must be communicated to the athletic director and coaches in advance for an exception to be approved.
- Arriving to school late due to a game the previous night is contrary to being a student-athlete. They are students first, and must maintain the curricular expectations in order to participate in the extra-curricular activities.

As dynamics from sport to sport change, so may some of the specific rules that accompany the team membership. Coaches may institute sport specific rules/instructions. These will be communicated to student-athletes and parents either in a pre-season meeting, a letter home, or during the season as the need arises. The team rules are equally important to any others listed in this handbook. All rules have gone through the athletic director for approval.

### **Academic Eligibility**

#### **High School, Junior High Requirements:**

- Any student who wants to participate in athletics must have a minimum GPA of 2.0 with no failing grades when progress reports or report cards are issued. Students with a GPA below 2.0 or a failing grade will be ineligible until the next progress report or report cards are issued. In other words,

eligibility will run from progress report to report card, and then from report card to the next progress report.

- If students are ineligible, they are still required to be at all practices and home games and to dress up on game days. However, they are not allowed to travel with the team to away games.

**Further Requirements:**

- If students are chronically unable to maintain their grades (under the discretion of the principal, athletic director, and/or coach) they may be suspended from the team indefinitely.
- No extra credit may be given to student-athletes that has not already been offered to the entire class. The student-athlete is a student first and foremost, and must be responsible for his or her academic performance.
- Parents may appeal academic ineligibility in writing to the athletic director and administrator. If approved, a one time probationary period may be established.

**Behavioral Eligibility**

High School Student-Athletes who receive written warnings/demerits that lead to detention because of behavioral or academic reasons will follow this course of action:

**Upon receiving a detention:**

- Miss practice if detention coincides with practice time, otherwise they are allowed to go to practice
- After second detention athlete will miss practice and sit out the next contest.
- If a student has a detention on a night with a home game they must serve detention and may receive less playing time.
- If a student has an away game the athlete must serve detention and will miss the game.

Any behavioral probation or suspension from athletics will be effective immediately, and may continue into the following season. (Example: If a student is on probation or suspension beginning the last two weeks of the soccer season this discipline may continue into the beginning of the basketball season.) Student-athletes who are suspended from school or receive an IST will not be eligible to participate in practices or games for one full school week starting with date of suspension. Depending on the circumstances they may be asked to leave the team. If an athlete receives a second suspension they will be ineligible indefinitely from participating in athletics for the remainder of the season.

The teachers and appropriate administration will be contacted regarding behavior and academic standing for eligibility purposes for all student-athletes. Listed below are examples of ineligibility and a loss of playing time for students.

- Missing assignments
- Poor grades
- Poor behavior will **AUTOMATICALLY** result in missed game(s). Examples: being disrespectful towards the team, coach and/or opponents.

### **Sportsmanship Eligibility**

- An athlete is expected to display a high degree of sportsmanship in relationship to opponents, teammates, coaches, officials, and spectators both in and out of school. Excessive display of temper, loss of self-control, use of profanity or abusive language, or the making of obscene gestures will not be tolerated.
- The administration, athletic director, and or

coaches may invoke any or all of the options for misconduct and sportsmanship.

- A meeting with the parent, athlete, and athletic director .
  - Suspension of the student-athlete
  - Removal from the team.
- When awarded Technical/Flagrant Fouls in basketball, the athlete must sit out the remainder of the contest. In the event of receiving 2 technical fouls, (but not in the same contest) that player will then also miss the next contest. If there is ever 3 technical fouls, he/she will miss one week of contests and lose their starting position. In any of these circumstances mentioned, the athlete must make amends with the opposing players.
  - When awarded a yellow card in soccer, the student should make amends with the opposing player and officials. However, when awarded a red card, the student-athlete will miss the next contest in addition to making amends with the opposing players. If awarded 2 red cards during a season he will miss the next week of contests and will lose any starting position.
  - Student-Athletes who are ejected from games for unsportsmanlike conduct will miss the next full week of contests. Including but not limited to: loss of starting position, possibly being dismissed from the team, and or a letter of apology to the athletic director at TSCS, and the opposing school's athletic director, officials, and your teammates.

***Note: The athletic director and coach may use discretion when disciplining an athlete. For instance, if an athlete is hanging on a rim and is awarded a technical foul, they may not have to sit out the remainder of the game.***

## **Equipment and Uniforms**



Athletes are responsible for all school equipment and uniforms issued to them during a sport season. Athletes must maintain their equipment and uniforms in a reasonable and clean condition. If an athlete's uniform or practice uniform is found on the floor or in the lost and found they will receive a minimum of 5 demerits. At the end of the season, all equipment and uniforms must be washed and turned in to the athletic director. Athletes are required to pay \$30 for each lost or damaged uniform article, and may be restricted from other sports until this obligation is met. Items that the athlete must have in addition to the provided uniform are listed below.

- **Soccer:** Cleats, shin guards, and socks (Royal blue and white).
- **Volleyball:** Knee pads, and appropriate athletic shoes as determined by the coach.
- **Basketball:** Shoes, as determined by the coach.
- **Golf:** Cleats, golf clubs, a polo shirt and non-jean pants or shorts.

### **Game Days Dress Code**

The male student-athlete is required to wear a polo-shirt, tucked in dress pants. It is strongly suggested that male-athletes wear dress pants, a dress shirt, and a tie if they have one. No jeans are allowed on game days. Girls may wear a nice top with a skirt (at least knee length) or dress pants. T-shirts or jeans are not permitted. Girls will need to follow the school rules with regards to no flip-flops or heels.

"Flats" would be the most suitable to wear on game days. Students who are ineligible because of academics must still dress in game day attire. Coaches, with permission from the athletic director, may modify their team's attire. Students who are unable to play due to injury or ineligibility will not wear their uniform. However, they will sit on the bench in appropriate game day dress attire. Any clothing deemed inappropriate by the athletic director or coach will result in not being allowed to sit with the team on the bench, which then will equal an unexcused absence. They will also be given demerits by the Athletic Director, if they do not have the correct attire or if it's worn inappropriately. They will be given a warning before demerits are issued.

### **Traveling**

Athletic teams will usually leave for away games by 2:30p.m. on academic days. Only under special circumstances will the teams be allowed to leave earlier. Teachers will be notified by the athletic director as to when these dates will occur.

It is strongly suggested that male coaches who coach a girls team should have an approved female assistant coach or female chaperone for all away games and events.

### **Schedules**

Games are typically scheduled on Tuesday's and Friday's, however due to conflicts with opposing teams, weather, and officials, game dates may fall on Monday's or Thursday's. Tournaments are also an exception to Tuesday's and Friday's. Practices will be scheduled for Monday's, Thursday's, and any other day there is not a game. Practices for basketball and volleyball take place in the gym. Soccer and golf practice outdoors, and are subject to inclement weather, where practice may be canceled. There will

be no games or practices on Wednesday's or Sunday's.

### **Cancellations**

A cancellation will occur for one of two reasons; either the school that we are scheduled to play has cancelled the contest with us, or we had to cancel and/ or reschedule due to weather. This decision is based on weather forecasts for TSCS and the school with whom we are scheduled to compete against. The athletic director will make the decision to cancel and/or reschedule the game. In either circumstance, the parents as well as the student-athletes will be notified through email, phone calls and the school website.

### **Awards**

A Fall awards program will be held to honor players and distribute awards at the end of the Fall season. A Winter awards program will be held at the end of the basketball season to honor players and distribute awards. Athletic letters are awarded to high school athletes by the head coach using the following criteria as a guide.

- Players should have played in more than half of the contests, and have been on the team in good standing at the end of the season.
- Certificates of participation will be awarded to all of those who have participated in the sport, and finish the season in good standing.
- Individual High School/Junior High students are recognized for some distinctions at the end of the season. Junior High and Senior High student-athletes vote for three special awards and the coach/athletic director vote for the Christian Character Award. They are as follows:
  - **Most Outstanding Offensive and Defensive Players:** the players who have excelled in the

areas of leadership, encouragement, athletic ability, and who represent the team and Christ well.

- **Most Improved:** the players who have worked the hardest, whose skills and knowledge of the game have improved and who have worked whole heartily as for the Lord.
- **Christian Character:** the players who have been positive and pleasing to God by their example, they encouraged others, and cooperated with coaches, referees and other players.

#### **For Varsity Sports**

- First year participation-Letter
- Second year participation-Pin
- Third year participation-Pin
- Fourth year participation-Pin

#### **Awards Night**

**Fall** (Late Oct./Early Nov.)

**Winter** (Late Feb./Early March)

## Specifics for 2016-2017

**Athletic Director:** Mr. Fransman

**Coaches:**

High School Volleyball	Ms. Meert
High School Soccer	Mr. Rasmussen
Junior High Volleyball	Ms. Larsen/Mr. Fessler
High School Boys Basketball	Mr. Kirst
High School Girls Basketball	TBD
Junior High Boys Basketball	TBD
Junior High Girls Basketball	TBD
Co-Ed Golf	TBD
Girls Soccer	TBD
Boys Volleyball	TBD

**Participation Fees: Per Athlete**

- High School Sports \$100
- Junior High Sports \$75

**Gate Fees/Season Pass:**

- Adults (18 and older and not in school) \$3
- Students/Seniors \$1
- Family Maximum \$10
- Family Pass (excludes tournaments) \$65
- Individual Pass (excludes tournaments) \$25
- Student Pass (excludes tournaments) \$10

# The Huskies

A Husky, by itself, can be a strong, noble animal.

However, a husky's strength is best when teamed with other huskies, just as Christians are strengthened when they work together. The combined strength of the huskies is mastered by their owner, as Christians are guided by their Heavenly Master.