

# FAITH CHRISTIAN SCHOOL



ATHLETIC HANDBOOK  
2010/2011

## Welcome to Faith Christian School Athletics Home of the Knights

A knight is defined as a young man being employed as a servant. The word knight was also applied to a young man after he was admitted to the privilege of bearing arms (Webster 1828). The road to knighthood was a three-step process: 1) page, 2) the squire, in classical Latin "armor bearer", 3) knight. Each step focused on developing character qualities and the intellectual and physical skills necessary to advance to the next level. Not all pages became squires and not all squires became knights but all of the training was the same. Upon reaching knighthood these men committed to follow a strict code of conduct in which they promised: 1) to defend the weak, 2) be loyal, 3) show humility and 4) serve God at all times. Whether they are just starting out as a page, advancing as a squire, or moving into adulthood as a knight, it is our goal at FCS to train our students to put on the whole armor of God (Eph 6) so they might be able to engage the world with Biblical truth; academically, athletically and through the arts. To be a Faith Christian School Knight is 1) to exemplify (like the knights of medieval times) excellence in character, 2) to work at all tasks diligently and 3) to glorify God in all things. I Peter 3:15-16

### Pages:

At the age of 6 (1<sup>st</sup> grade), we encourage parents to involve their children in athletic activities on and off campus in an effort to discover God given talents. At school our physical education programs focus on the appropriate seasonal sports. In 5<sup>th</sup> grade students can also compete on "B" level teams in several sports. Our JV (7<sup>th</sup>-10<sup>th</sup> grades) programs are designed to cultivate talents and prepare athletes for an opportunity to prove they are ready for Varsity competition. Players at the JV level will get more competition experience in an effort to test their skills. Playing time will be based on the player's work ethic in practice and a coachable spirit. Tryouts may be conducted for "B" teams. Tryouts will be conducted for Junior Varsity teams.

### Squires:

FCS competes in a very strong South Carolina Independent School Association conference. Students have the opportunity to earn their way through proven skill on one of our Varsity (8<sup>th</sup>-12<sup>th</sup> grades) teams. This may happen as early as age 14 (8<sup>th</sup> grade). In some sports such as football, basketball, etc., development may take longer. Varsity competition is for students who demonstrate the effort and skill required to compete at this level. No student is assured a position on a varsity team, and the school at times may choose not to field a varsity team, if in our opinion it is not in our student's or our school's best interests. The varsity coach will play the best players on the basis of ability and performance in practices and games. Expectations of the players in terms of time and commitment, is **much** higher. This may include Wednesday (until 4:30PM), Saturday, and other non school day practices, games, and tournaments. Tryouts will be conducted at this level.

### FCS Athletic Eligibility Requirements

1. The student may not be 19 years of age prior to July 1<sup>st</sup>.
2. A Junior Varsity student may not be 16 years of age prior to July 1<sup>st</sup>.
3. A student must be in 8<sup>th</sup> grade to participate on varsity teams.
4. A student must be in 5<sup>th</sup> grade to participate in FCS sports.
5. A student must not have transferred as a result of recruiting.
6. A student must furnish a signed parent permission form, and pay the appropriate participation fee per sport
7. FCS follows a "No Pass, No Play" policy for athletic eligibility.
8. A student may not have failed any subject in the previous trimester to be eligible to play in the current trimester.
9. A student suspended (OSS) is not eligible for one week. A student on disciplinary probation is not eligible.

PLEASE SEE THE NEXT PAGE FOR PROJECTED OPPORTUNITIES FOR  
THE 2010-2011 SCHOOL YEAR!!

## Seasonal Athletic Opportunities

Sports by Season	Varsity	Junior Varsity	B Team
	<i><u>Fall</u></i>		
Cheerleading	Girls 8 <sup>th</sup> -12 <sup>th</sup>	Girls 5 <sup>th</sup> -10 <sup>th</sup>	Girls-Pee Wee K3-4 <sup>th</sup>
Football	Boys 8 <sup>th</sup> -12 <sup>th</sup>	Boys 6 <sup>th</sup> -10 <sup>th</sup>	Boys 5 <sup>th</sup> -7 <sup>th</sup> Staff Permitting
Swimming	Boys/Girls 8 <sup>th</sup> -12 <sup>th</sup>	Boys/Girls 6 <sup>th</sup> -10 <sup>th</sup>	Boys/Girls 5 <sup>th</sup> -7 <sup>th</sup> Staff Permitting
Volleyball	Girls 8 <sup>th</sup> -12 <sup>th</sup>	Girls 6 <sup>th</sup> -10 <sup>th</sup>	Girls 5 <sup>th</sup> -7 <sup>th</sup> Staff Permitting
	<i><u>Winter</u></i>		
Basketball	Boys/Girls 8 <sup>th</sup> -12 <sup>th</sup>	Boys/Girls 6 <sup>th</sup> -10 <sup>th</sup>	Boys/Girls 5 <sup>th</sup> -6 <sup>th</sup> FCS Basketball League
	<i><u>Spring</u></i>		
Baseball	Boys 8 <sup>th</sup> -12 <sup>th</sup>	Boys 6 <sup>th</sup> -10 <sup>th</sup>	Boys 5 <sup>th</sup> -7 <sup>th</sup> Staff Permitting
Soccer	Boys/Girls 8 <sup>th</sup> -12 <sup>th</sup>	Boys/Girls 6 <sup>th</sup> -10 <sup>th</sup>	Boys/Girls 5 <sup>th</sup> -7 <sup>th</sup> Staff Permitting
Softball	Girls 8 <sup>th</sup> -12 <sup>th</sup>	Girls 6 <sup>th</sup> -10 <sup>th</sup>	Girls 5 <sup>th</sup> -7 <sup>th</sup> Staff Permitting
Number of teams	11	11	11 Staff Permitting



## Athletic Philosophy

The students are taught their purpose is to glorify God in everything they do. As an FCS Athlete it is understood that you will in every way (conduct, speech, attitude, sportsmanship) reflect a Christ-like attitude – win or lose. The goal of the Christian athlete is to be an effective witness by exhibiting self-control, teamwork and good sportsmanship.

Each leg of the Coaches' stool represents 1 of 3 vital foundations of an FCS Christian Athlete.

### **1. *Being a good steward of the athletic skills entrusted to them***

I Cor. 4:1&2 - "Let a man so consider us, as servants of Christ and stewards of the mysteries of God. Moreover it is required in stewards that one be found faithful."

Colossians 3:23 - "Whatever you do, work at it with all your heart, as working for the Lord, not for men"

### **2. *Honoring God by playing by the rules***

II Timothy 2:5 - "And also if anyone competes in athletics, he is not crowned unless he competes according to the rules."

### **3. *Being content whether they win or lose***

Phil 4:11 & 12 - "Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need."

## Code of Conduct

- I. Athletes, coaches and fans are expected at all times to conduct themselves in a reasonable and sportsmanlike manner, reflecting the character of Christ and remembering you represent Faith Christian School on and off the field of competition.
  
- II. An athlete, coach or fan will be in violation of above rule upon any one or more of the following:
  1. By making any degrading remarks about any official, coach, or athlete before, during or after a game.
  2. By arguing with an official(s) or going through motions indicating dislike/disdain for a decision.
  3. By making any degrading remarks or criticism of any official, coach, athlete or school to the media.
  4. By using foul, abusive or profane language at any time.
  5. By hitting, shoving, or striking any official, coach, athlete, or fan at any time or attempting to do so.
  6. By being ejected from a game.
  7. By the use and/or display of alcoholic beverages or tobacco.
  8. By detaining an official following the contest to request a ruling or explanation of actions taken by the official.
  9. It shall be considered unsportsmanlike conduct for a school official to remove a team from the playing area before a game is completed.
  10. Parents are encouraged to attend, cheer on and give enthusiastic support for their son/daughter and the team. We also respectfully ask parents to demonstrate Christian character by refraining from abusive language directed towards officials or athletes. Our desire in FCS athletics is to be competitive but also to keep in proper perspective that it's just a game!
  11. During an out-of-school suspension a student may not be on campus or attend a Faith Christian School event on or off campus.
  12. During an In-School Suspension (ISS) the student-athlete may not attend any school activities while under suspension.

## Rules

- I. Dress Code
  1. All team members will dress according to rules set forth by the Athletic Department when traveling to another school. Dress codes will be enforced and students are expected to abide by them. Students will not travel or participate in away games if student fails to comply to dress standards.
  2. Uniforms will be signed out to each player. A player will not receive a uniform until his/her parents have signed the uniform sign out sheet and paid their athletic fees.
  3. If a uniform is not turned in at the end of the season, report cards will not be issued.

4. Practice attire should be in keeping with the same standards of game uniforms. No practice attire should have writing on the back of shorts, no offensive logo's on t-shirts, coaches and the AD reserve the right to ask you to change if not appropriate.

## II. Attitude

1. Disrespect for coaches and other players will not be tolerated.
2. There will be no hazing or taunting of teammates or competitors.
3. Each player will conduct themselves in a Christian manner
4. SCISA rules state that if a player is ejected from three games, in his/her sports career (grades 6-12) he/she will lose all athletic eligibility to participate in any athletic sport for remainder of High School years.
5. Criticism of teammates should be constructive, and private in game situations.
6. Failure to follow coach's drills and instructions in practice or games will show an attitude of disrespect.
7. A player whose attitude undermines teamwork, sportsmanship, or discipline will be dismissed from the team.

## III. Travel

1. All athletes should expect to ride the team bus or school designated transportation to away games.
2. Athletes are expected to ride the bus home unless he/she is signed out at away game by parent or guardian. The coach must be notified prior to the player's departure.
3. Every effort will be made to return to school from away games at the designated time. Parents are respectfully asked and encouraged to be on time as well.
4. Music conveniences (CD players, Ipods, etc.) on athletic trips will not be allowed because of the difficulty in monitoring personal music and because of the degree of difficulty of securing safely the items.
5. Cell phones are to not be used. Coaches will make phones available to the athletes for the last 30 minutes of the trip.

## IV. Practices

1. Practices are mandatory. If an athlete is going to miss practice it is the players responsibility to notify his/her coach. Attendance at practices will be kept this year and consequences will be enforced for unexcused absences. If you do not attend practice, your playing time will be affected.
2. If an athlete is absent without an excuse, parents and the Athletic Director will be notified.
3. Unexcused absences will result in player being subjected to reduction in playing times at games. Starters will lose starting positions for the next game.

- If a substitute misses practice, playing time will be reduced or player will be benched for an entire game.
4. Players being disciplined for unexcused absences from practice will be expected to attend and dress out for games even if they are not expected to play.
  5. The only accepted excuses are for illness preventing school attendance for injury preventing player from participating in his/her sport and death or illness of a family member.
  6. If a player thinks his/her reason for missing practice is legitimate, he/she must have a written excuse from parent/legal guardian with an explanation. Such absences will be evaluated on a case by case basis.
  7. Multiple unexcused absences will result in suspension or dismissal from team.
  8. All Faith Christian School teams will practice at Faith Christian School facilities with the exception of the Swim Team or unless specific prior approval has been granted by the Athletic Director.
  9. Athletes are not allowed in the gym or weight room without adult supervision.

#### V. Suspension and Dismissal

1. Players may be suspended or dismissed from the team for violations of the Code of Conduct or the Team Rules. Suspensions are potentially reversible provided the player rectifies the behavior that resulted in that suspension. Dismissals are irrevocable for that sport for the remainder of the season.
2. Students suspended from school will not be eligible to participate during the suspension for one week.
3. All coaches will be notified of students receiving any detentions. Students receiving a detention will not be allowed to start at the next game upon receipt of detention. Christian character is held in high regard on and off the field of competition
4. Any athlete who chooses to quit a team must submit in writing reasons why and must meet with the coach and Athletic Director to discuss the situation. Students will not be allowed to participate in any further sports until they do.

#### VI. School Attendance

1. All athletes are expected to have a good class attendance record. Students are responsible for all assignments that are due regardless of practice or game schedules.
2. Students are expected to be familiar with the policies in the Student Handbook concerning excused absences, unexcused absences and early dismissal.
3. Students must be present for all scheduled classes in order to attend practice or participate in games whether home or away. Exceptions will be considered if submitted prior to the day of the activity and if approved by the administration. Students who leave school early due to illness may not return to school or participate in an athletic game or practice scheduled for that day.

4. Your attendance at the end of year Athletic Awards ceremony is expected. This is a part of your commitment to your team and to support your fellow athletes.

## VII. Recourse

Any athlete or parent who has a dispute with a particular policy or its enforcement during the course of the season, or an issue with a coach, are admonished to abide by the Matthew 18 principle and do the following:

- a. Go directly to the coach or person with whom you have an issue and address your concern
- b. Do not involve others who need not be involved. Subverting this process tends to only make matters worse.
- c. If you feel your concern has not been properly resolved then you are to go to the Athletic Director

## VIII. Commitment

The Faith Christian School administration, athletic director and coaches take seriously the commitment to an enjoyable and competitive athletic program for you. We work very hard to provide you the best programs, coaches, equipment and facilities with dedication to your personal athletic development and character.

With this in mind, by joining the team of your choice at Faith Christian School, you have made a commitment to that team, coaches and teammates. Your commitment involves being at all practices and games to the very best of your ability. Schedules are provided for you so that you know the dates and times of your games. In addition, the schedules are given for you to carefully plan your other activities (Dr. appointments, church activities, etc.) so that you do not let your team down by not being present.

If you feel other social activities are going to conflict too much with your ability to be at practices or games, it would be best for you not to try out or join a team.

**Warning of Inherent Risk:**

**Participation in athletics includes the risk of injury, which may range in nature in severity from minor to disabling to even death. Although serious injuries are not common in supervised programs, it is impossible to eliminate the risk. Participants can and do have a responsibility to help reduce the chance of injury. Participants must obey all safety rules, report all physical problems, follow proper guidelines for safe play and inspect their own equipment.**

Compliance

Dear Student:

I acknowledge by my signature that I have read, understand, and voluntarily will abide by the rules and policies set forth in this manual.

I understand and will at all times strive to exhibit a Christ-like attitude on and off the field of competition.

I understand and acknowledge that I am a student first and will place my academics ahead of all other athletic pursuits.

\_\_\_\_\_

Name

\_\_\_\_\_

Date

Dear Parents:

We are delighted to have your child(ren) participate in athletics here at Faith Christian School. Our goal is to provide the best possible environment in which your child can excel athletically as well as academically. Your child is a student first. Please be mindful of our new academic policies set forth in this handbook and review them personally with your child. We look forward to working with you and are honored to have you a part of the FCS athletic program.

As the parent/guardian of \_\_\_\_\_ I have read, reviewed and agree to the policies set forth in the FCS Athletic Handbook.

\_\_\_\_\_

Parent Signature

\_\_\_\_\_

Date