



Athletic Handbook

INTRODUCTION

This handbook describes the rules, policies, procedures, and framework within which Friendship Christian School's Athletic Department functions. The content should be carefully reviewed by both the prospective student-athlete and his or her parents/guardians. Upon reviewing the contents, the student and his or her parents/guardians should sign the attached contract and then submit it to the coach prior to the first contest.

ATHLETIC PROGRAM

The Athletic Department of Friendship Christian School (FCS) consists of the following sports or activities:

Fall:

Soccer (Boys Varsity & Middle)
Volleyball (Girls Varsity & JV & Middle)
Cross Country (Coed Varsity & Middle)

Spring:

Baseball (Boys Varsity & Middle)
Golf (Coed Varsity)
Soccer (Girls Varsity & Middle)

Winter:

Basketball (Boys Varsity & JV & Middle)
Basketball (Girls Varsity & JV & Middle)
Cheerleading (Girls Varsity & Middle)

Varsity- 9th -12th grades

Junior Varsity 9th -10th grades

Middle 6th -8th grades

Team Mascot – Falcons

Team Colors – Forest green, white and black

OUR PHILOSOPHY

The interscholastic sports program is one of a number of programs and experiences available at FCS to assist students in their personal growth and development. It is vital to us that our athletic program represents our school's commitment to the Christian faith.

"Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they *[do it]* to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring *[it]* into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." I Cor 9:24-27

Paul compares the Christian walk to athletics. He says that in athletics only one wins the prize. He tells us that athletes are to put themselves under strict discipline in order to succeed. He states that our opponents will not stop trying to beat us and we should always be prepared to combat them. But he also states that the crown or award for winning is going to fade away and corrupt. He tells us that every game has an uncertainty about who will win, but we still play to find out the result. But he also gives us the reason for competing. It is a sign of worship to our Lord for what He did for us. We should strive to be our best to give back to God for His son's sacrifice ("And this I do for the gospel's sake, that I might be partaker thereof with *[you]*." v. 23). We will teach our athletes this principle. We will also compare athletics to the Christian walk. In the Christian walk everyone can win the prize if they run well. We have great encouragement to persist constantly, and diligently, and vigorously in our course. You cannot fail if you run well. We are to keep ourselves in strict discipline. We are always in close combat with Satan. We must not quit the race. We must strive against Satan's forces. The body must be made to serve the mind, and not control our actions. We as Christians have an incorruptible crown in view, a crown of glory that never fadeth away, an

inheritance incorruptible, reserved in heaven for us. And, finally, the Christian walk has no uncertainty; God has already won the battle!!!

We will strive to teach the fruit of the Spirit (Gal. 5:22-23). They are love, joy, peace, patience, kindness, good to others, faith, meekness, and self-control. And to explain that each of these traits are to show others that we are Christians and to lead them to our Savior. Among other attributes, athletics can assist in promoting the importance of teamwork and team unity; the importance of hard work, loyalty, and dedication to tasks; the importance of establishing goals and working toward their achievement; and the development of principles relating to sportsmanship and fair play. Winning or losing becomes a secondary issue when compared to the manner in which athletes conduct themselves on the field, exhibiting dignity and grace in the face of adversity. Winning is secondary, as well, when compared to the extent of the effort put forth by the individual in whatever endeavor he/she undertakes. All athletes do not perform at the same level, but maximum effort, commitment, and a winning attitude are requisite expectations for any and all team members.

CONDUCT AND CITIZENSHIP

- ❖ FCS athletes and team members will be expected to display appropriate conduct and sportsmanship at all times throughout the season, both on and off the field. Specific violations might include, though are not limited to, fighting, theft, use of improper language, and misuse of school facilities and equipment. The conduct of individual athletes reflects on the entire team, the Athletic Department, the school and Christ. This certainly can contribute to the image and success of all of the above. Accordingly, exemplary behavior is a requisite for continued participation on all FCS athletic teams. It is important to note that in-class behavior will be also taken into consideration.
- ❖ At any time, an athlete not maintaining a Christian testimony on or off the field or in the classroom may be suspended or dismissed from the team. An athlete who receives a detention that forces him to miss practice must serve that detention. A player may be disciplined because of missed practice time. If an athlete receives a suspension from school, the student will be suspended from his team for next game. Further action will be at the discretion of the administrator and/or athletic director. Any athlete or coach that is ejected from a game will be suspended for the next game. If the athlete or coach receives a second ejection, he will be suspended for two games. A third ejection will result in dismissal from the team and forfeiture of athletic privileges for remainder of school year.

ATHLETIC MISCELLANEOUS ELIGIBILITY REQUIREMENTS

FCS rules and regulations are determined largely through restrictions imposed by the North Carolina Christian School Association (NCCSA), which governs interscholastic athletics in the State of North Carolina for Christian Schools. Some of the following rules are based on the restrictions for athletic recruitment into colleges. Pertinent eligibility rules include the following:

- ❖ A student must not have reached the age of 19 years, 7 months to be eligible for NCCSA varsity athletic competition or must not reach their 15th birthday before October 15 for middle school.
- ❖ A student who is ineligible for any season may not try-out, practice, or play during the period of ineligibility.
- ❖ Students must be officially registered in the school which they represent.
- ❖ Students may participate in varsity sports a maximum of four seasons beginning with ninth grade enrollment. Participation involves any athlete who has played over one half of the sport in season shall be considered using that season of eligibility.
- ❖ Students legally transferred from another NCCSA school within 50 mile radius shall be ineligible for the remainder of the school year unless the parent's had a job related move. Transfer students from non-NCCSA schools may not participate in an NCCSA game until 14 days after official enrollment
- ❖ An athlete that is banned from another league is ineligible to play for one year in a NCCSA competition. After the year's suspension, a letter must be filed for admittance into the NCCSA.
- ❖ A student that is not living with their parent may not be receiving outside room and board in order for that student to be eligible for athletics.

- ❖ Any scholarship received must meet the general guidelines for scholarships for all general student population.
- ❖ Home school students must be enrolled for at least two on site courses to be eligible for athletics.
- ❖ Students shall maintain amateur status. Any student who has not used or who is not using his athletic skill as a player for financial gain or who has not competed under an assumed name as a player shall be considered an amateur.
- ❖ Students must meet all the attendance, academic, and other eligibility requirements established by the state and FCS. Students may practice or compete with or against only high school students and teams.
- ❖ Students may play in one all-star game per sport after they have completed eligibility in that sport. If a student plays in more than one all-star game per sport, then he/she may not play another interscholastic sport during the remaining part of the school year.
- ❖ Students may not have graduated from high school in the previous semester.

ACADEMIC ELIGIBILITY REQUIREMENTS

The following guidelines apply regarding a student's academic eligibility to compete.

- ❖ Students who represent the school in extra-curricular activities must maintain good academic standing.
- ❖ Student's grades are checked at the 3 week, 6 week, and 9 week checkpoints. If a high school student has below a C grade or a middle school student has below a D grade, they are still eligible to play until the next checkpoint. If they still have a failing grade in the same subject, they are ineligible for athletics.
- ❖ Any athlete with a failing grade is automatically put on academic probation until the next checkpoint. Academic probation allows coaches and parent's to see the athlete's need and to help take action before the athlete becomes ineligible. During the probation period, the athlete is allowed to continue in all athletic activities.
- ❖ The ineligible period lasts a minimum of two weeks after a 9 week checkpoint (report card). Grades will then be rechecked. If the grade is now passing the athlete may resume their position on the team. If it is still a failing grade, they must stay off for another week minimum.
- ❖ The ineligible period lasts a minimum of one week after the 3 and 6 week checkpoint. Grades will then be rechecked. If the grade is now passing the athlete may resume their position on the team. If it is still a failing grade, they must stay off for another week minimum.
- ❖ A student should not have incompletes at checkpoints in any class. An athlete may be removed from the team until the work is completed.
- ❖ Ineligible means that they may attend practices for the first week. They may not travel to away games with the school during the first week. They may sit on the team bench during home games if the coach allows this action. If they are still ineligible after the first week, they may not attend practices, away games, or sit on team bench.

Exception

- ❖ If a student has on file a certified psychologist written documentation of a learning impairment, the standard may be adjusted by the administration to reflect that student's special needs. He still, however, must meet the NCCSA minimum standard of a passing grade in four subjects.

SMOKING, SUBSTANCE USE/ABUSE AND STEROIDS

- ❖ The use of alcohol, tobacco, and controlled dangerous substances, including steroids are an extremely serious health issue. Such use places the quality of life for the student-athlete in jeopardy. Also at issue is the interdependency of team members and coaches, which requires that all student-athletes be mentally and physically prepared to give their best effort. If the student-athlete is using alcohol, tobacco, or drugs not prescribed by a physician, he/she is placing himself/herself in serious jeopardy.
- ❖ The policies set up in the FCS Student Handbook will be enforced first. But the minimum athletic policy is if use or possession of these substances by a student-athlete during the sport season is verified, he/she will be suspended from the team for 30 calendar days. Upon verification of a second violation, the student-athlete will have a 12-month ban on participation in an extracurricular event

from the date of the initial suspension. Suspension from a team for the remainder of the season includes the stipulation that no letter awards will be given to the suspended student.

SCHOOL ATTENDANCE

- ❖ The FCS Student handbook policies are to be followed first.
 - Academic - In order to participate in any athletic event or practice, athletes are expected to be in 4 of the seven main classes of the day. The administrator or athletic director may excuse an athlete for prescheduled appointments, such as a court appearance, medical appointments, or unforeseen emergencies. A student who has any absence, other than those specified, may not practice or compete on that date.
 - Athletic - Unexcused absences or chronic tardiness to team practice or games may be sufficient reason for declaring a student ineligible at any time. The coach, in consultation with the athletic director and administrator, will determine the date and time of ineligibility.
 - Chronic abuse of this policy will result in the following measures:
 - 1st Offense- A conference between athletic director and team member where the AD explains the need for promptness for practice and games will take place.
 - 2nd Offense- The athlete will not be allowed to start and must sit the first half of the game.
 - 3rd Offense- The athlete will not be allowed to play the next game.
 - 4th Offense- Possible Dismissal from the team.

EQUIPMENT AND RESPONSIBILITY FOR PROPER CARE

Most uniforms and equipment are assigned to student-athletes strictly on a loan basis for the duration of the sport season. It is the responsibility of the student-athlete to maintain that equipment/uniform in the same condition in which it was received. Any damage to, or the loss of the equipment/uniform, will be considered the direct financial responsibility of the student-athlete who is responsible for its care. Any athlete withholding property from one sport is suspended from participating in any other sport until the equipment is returned. He/she is ineligible for any sport award until that equipment is returned. He/she will also not receive their student records at end of term or year.

Student-athletes will be charged the replacement cost of any equipment or uniform not returned. This cost must be paid before participating in any other sport. Financial obligations must be settled with

- ❖ the coach
- ❖ the athletic director
- ❖ the business manager

ATHLETES' DRESS REQUIREMENTS

Shorts that are worn to practice may not exceed 3 inches above the knee. Otherwise, the athlete must wear sweat pants or warm-up pants. The athlete will not be allowed to practice if they are not abiding by the dress code.

- ❖ Athletes are not to enter a public place on road trips in shorts unless the shorts are a part of the game uniform or approved sports wear.
- ❖ Girls may not wear sleeveless shirts unless it is part of the uniform. Girls shirts must be loose and non-form clinging. Girls must be in modest dress at practice.
- ❖ Athletes are not to be in any of the academic buildings for an extended amount of time while wearing shorts.
- ❖ All athletes will be required to wear the approved sports wear for travel and game day. The current athletic polo will be worn on game days to class unless the game is on a chapel day.
- ❖ Traveling to and from games, the athletes may wear their uniform or the current approved sports wear.
- ❖ Cheerleaders may wear their uniforms to school on game days and on the bus to games. On the return trip from a game, the cheerleaders may change into the current approved sports wear.

**** NOTE: THESE GUIDELINES APPLY TO ALL PLAYERS, MANAGERS, STATISTICIANS AND SCOREKEEPERS ASSOCIATED WITH EACH TEAM. ****

PARTICIPATION ON OUTSIDE TEAMS

We would like to be very specific on this issue. Students, while participating on a school team, are permitted to participate in other sports outside of school during the sport season. Such participation must meet the following criteria:

- ❖ The outside participation may not conflict with the sports schedule of the school, including tournament, regional, and state championship play. (Sports schedule includes games and practices.)
- ❖ A student who elects to participate on an outside team and does not participate on the school team during the designated sport's season is ineligible to represent his/her school in all meets and games that determine a tournament, regional, or state championship.

QUITTING

- ❖ Character is not built by quitting. Trying times are not times to quit trying.
- ❖ A student may drop off the team any time before the first game without penalty. After that period of time no student may quit the team without penalty. There should be a strong sense of belonging to the team even when personal injuries would restrict the individual's participation in practices and games. An injured player is expected to be at all practices and games as if he were healthy.
- ❖ Any athlete who quits a team will sit out the following sports seasons. (Example: An athlete who quits basketball must sit out baseball that spring.)
- ❖ An athlete who leaves the team while on academic probation and does not return will be deemed to have quit.
- ❖ An athlete who quits will be removed from the team roster and forfeit any post-season rewards such as team pictures, letters, awards, etc.
- ❖ Exceptions to this rule would be for family hardships, severe injury, or serious academic problems. The athletic director and the administrator will decide any exceptions.

INCLEMENT WEATHER PROCEDURES

FCS states that in the event the school is closed due to inclement weather conditions, all after-school activities are automatically canceled. These after-school activities include practices, contests, meetings, or other events. Team members should make certain to contact their coach regarding interim or adjusted practice schedules. It is at a few special circumstances that this policy is voided. It is best to verify with the school or on the website for the day's activities.

PHYSICAL EDUCATION CLASS PARTICIPATION

Athletes should not expect preferential treatment. Any student who has enrolled in physical education class will be expected to dress and participate in the daily activity.

On the day of a contest, his/her participation may be limited if permission is granted by the physical education teacher. Anyone failing to take part in the daily activity without prior permission from the instructor will be ineligible to practice or participate in athletic practice or contests that day.

TRANSPORTATION

The teams are transported to contests by FCS busses or vans. All athletes are required to ride the school bus or van unless permission has been given by the AD or School Administrator. Parents/guardians must sign a note or give verbal agreement to have their child ride with anyone besides official school transportation. All athletes on teams that take busses are expected to return to the school on the bus unless the coach determines that the student can return with his/her parents. At all times, the coach has the final decision on how a player can return from away events!

MISCELLANEOUS

- ❖ Cleats are not to be worn on the gym floor at any time. Any athlete having practice in the gym may not be allowed to wear the shoes that they wore as they entered the gym. They must have another clean pair for practices and games.
- ❖ The weight room is open to all current FCS students. No person, however, may use the weight room without the presence of a supervising adult approved by the athletic director.

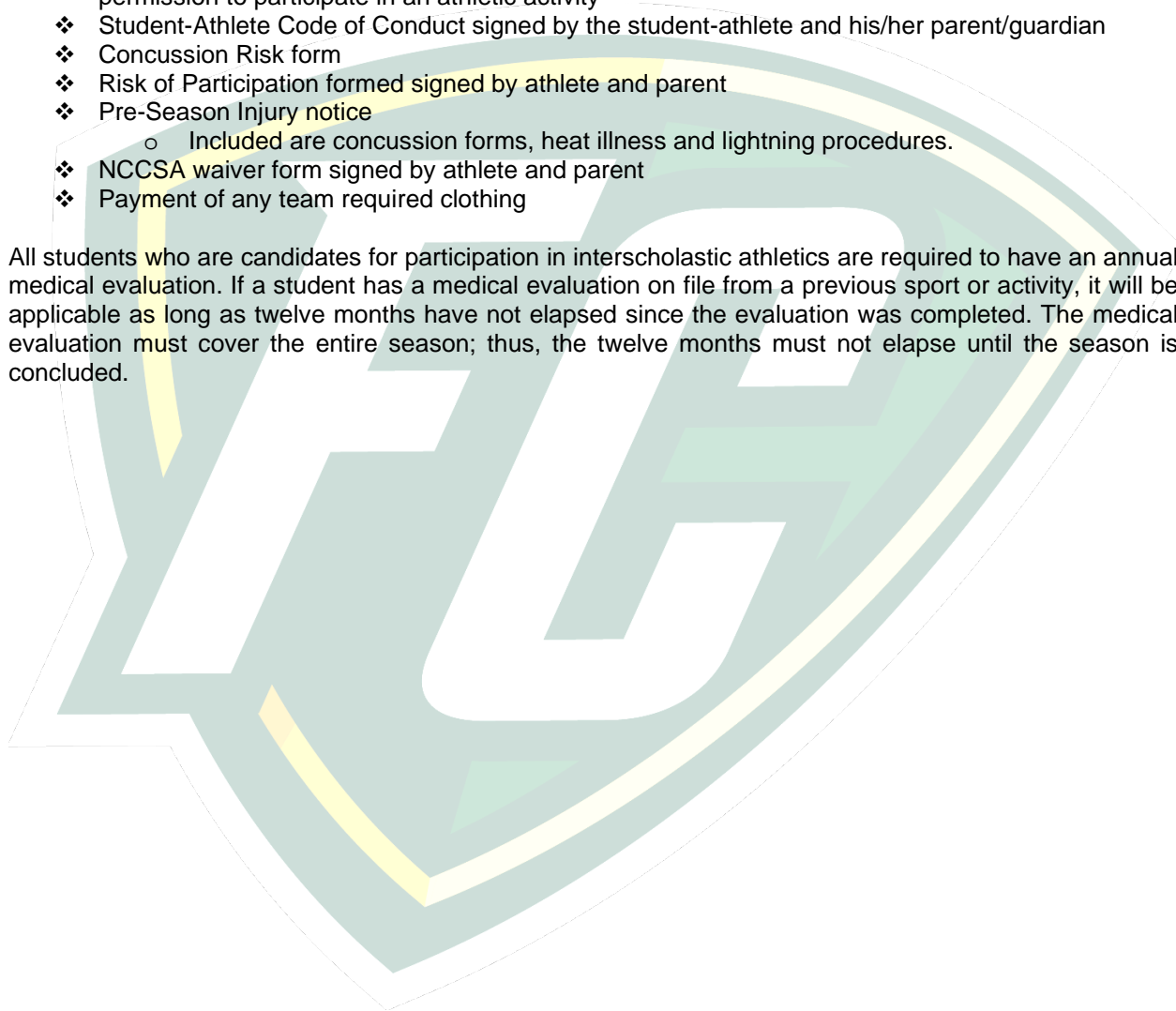
- ❖ The athletic director and administration will decide any questions or issues not discussed in this handbook. The policies outlined in the Parent-Student Handbook supersede the Athletic Handbook if a difference should be found.

REQUIREMENTS FOR PARTICIPATION

Prior to a student's participation in practice or contests with a team, he/she must supply to the coach the following items:

- ❖ Current medical evaluation form properly completed by a physician/nurse practitioner. (Good for one year only) – A waiver can take the place of this physical until the first game only.
- ❖ Written acknowledgment of insurance coverage from his/her parents which also serves as permission to participate in an athletic activity
- ❖ Student-Athlete Code of Conduct signed by the student-athlete and his/her parent/guardian
- ❖ Concussion Risk form
- ❖ Risk of Participation form signed by athlete and parent
- ❖ Pre-Season Injury notice
 - Included are concussion forms, heat illness and lightning procedures.
- ❖ NCCSA waiver form signed by athlete and parent
- ❖ Payment of any team required clothing

All students who are candidates for participation in interscholastic athletics are required to have an annual medical evaluation. If a student has a medical evaluation on file from a previous sport or activity, it will be applicable as long as twelve months have not elapsed since the evaluation was completed. The medical evaluation must cover the entire season; thus, the twelve months must not elapse until the season is concluded.



HANDBOOK FOR PARENTS OF ATHLETES

Being a parent is often challenging. This effort and responsibility is frequently complicated by being a parent of an athlete. The best way to help your athlete is to provide encouragement and to be positive, both at home and in the stands. If there's a problem, have your child talk to his/her coach. If the problem is not resolved or if it is of a serious nature, then call the coach yourself. If no solution can be reached at that point, then call the athletic director to set up a meeting with all parties involved. Know that you are the most important person in your child's life, and that he/she wants you to be proud of him/her. Be in the stands, rain or shine, and cheer. This part of the handbook, with its guidelines and suggestions, will give you some insights into this responsibility.

The Player-Coach Relationship:

Unfortunately, through televised games and the more recent proliferation of cable TV, many adults feel that they understand or perhaps know more than many coaches. Everyone becomes an expert. This newfound expertise may heighten your appreciation of a sport, as a parent; however, you are not the coach. The player-coach relationship is perhaps the most critical relationship in athletics. Unfortunately, a parent can have a pronounced effect on this very important and delicate relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a distinct effect upon your child. If you express a negative opinion in the presence of your child, you need to remember that he or she will return to practice the next day and may carry with him or her your convictions. Your son or daughter will then have to interact with this coach. You, as the parent, can greatly affect this delicate relationship. Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may ultimately impede your son or daughter's progress and affect his or her playing time or even winning a starting position.

The Parent-Coach Relationship:

In your role as a parent, you obviously love and are concerned about your child's welfare. You want the best for him or her. But an athlete can have only one coach. Allowing the coach to instruct and guide the team is crucial in many respects. Should you have any questions or concerns, do not approach the coach immediately at the conclusion of a contest. At this time, coaches have other responsibilities and it may be an emotional time. Call and make an appointment for a later time and approach this meeting in a calm, courteous and logical manner. One of the responsibilities which a coach has at the conclusion of a contest is to have a brief meeting with his or her players. Athletes should not pause to talk to parents or friends immediately after games. These brief meetings are essential to the learning process involved in athletics.

The Parent-Player:

Some parents may try to live through their child's athletic efforts. Being positive and supportive is important, but adding pressure and unrealistic expectations can be extremely harmful. Allow your son or daughter to enjoy and grow from this valuable experience. In numerous national studies, it has been determined that most athletes participate for enjoyment or fun. Excessive pressure or expectations can alter this most fundamental reason for playing. When you do speak with your child after a contest, don't dwell on his or her play, how many points they scored or if they started. Instead, first ask how the team did? Did your son or daughter play hard and give 100%?

Relationship With Officials:

There is an age-old refrain often used by irate fans. "How much are you paying the officials?" The home school does not choose the officials. The commissioner of the particular sport assigns all officials and neither team controls of which officials are assigned. Officials agree to and follow a code of ethics. They really do not care or have a vested interest in which team emerges as the victor. It is also important to understand that they are a very necessary part of a game. A contest cannot be played without them.

So while you may not agree with all of their calls, (who does?), please do not harass and taunt them. It is also important to remember that they are in charge of the contest and have complete authority to have unruly spectators removed. In many sports, a team will see the same official several times during a season. Coaches, athletic directors, administrators and schools often work hard to establish a rapport and good working relationship which can easily be damaged by spectators.

Spectator-Cheerleader:

Cheerleaders try to infuse spirit into the fans/spectators and to lead them in selected cheers. Taking this responsibility into your own hands is not appropriate. Fans who leave the stands to direct cheers may often cause or lead to confrontations with the opponents. Following the cheerleaders' directions, therefore, is absolutely necessary at all athletic contests. The emotion and atmosphere at athletic contests can be very exciting and the cheerleaders need to be allowed to direct and control this aspect of the event.

Athletic Chain of Command

At Friendship Christian School, the following chain of command is in effect. If there are any questions or concerns involving some aspect of our athletic program, the athletes should first contact the appropriate coach. If there is no resolution, he or she would then go to the head coach, etc.

- ❖ Administrator
- ❖ Athletic Director
- ❖ Head Coach
- ❖ Assistant/JV Coaches
- ❖ Players

Expressing Concerns

When expressing an occasional concern with a coach, please refer to and use the following guidelines:

- ❖ Never approach a coach immediately after a contest. This is not the proper time or place for a discussion concerning your child or the team.
- ❖ Call the following day and make an appointment which is convenient for both you and the coach to meet.
- ❖ Raise your concern in a calm and civil manner. Yelling, being rude or using foul language is totally unacceptable.
- ❖ Once you have stated your question or concern, listen to the explanation. Often a parent may be blinded by emotion and this overrides logic and reason. Listening receptively may really help you to understand any explanation which is given.

FCS Mission Statement for Athletics

A mission of the FCS athletic program is to teach and reinforce in student-athletes values relating to wholesome competition, good sportsmanship and fair play. It is expected that spectators reinforce these values by exhibiting appropriate behavior at athletic events. A condition of entry into an FCS athletic event is that all spectators agree to recognize the event as an extension of the learning process, and that all present have the responsibility to model appropriate behavior. The event is a unique opportunity for spectators to be a part of a positive and productive learning environment and to model behavior appropriate to a high school setting.

Sportsmanship

Expectations for Spectator Behavior

- ❖ Applaud players for their efforts
- ❖ Accept the decisions of officials
- ❖ Appreciate participants for their commitment
- ❖ Support school personnel in conducting an orderly and spirited contest
- ❖ Maintain composure when things seem to go against your team
- ❖ Respect the rights of other spectators
- ❖ Reward sportsmanlike behavior through cheering
- ❖ Focus attention on positive aspects of competition
- ❖ Encourage players by showing enthusiasm and positive recognition
- ❖ Demonstrate concern for the safety and welfare of athletes

Since athletics should be educational in nature, it is important that all parents demonstrate good sportsmanship and serve as role models for our athletes and students. Sportsmanship is an overt display of respect for the rules of sport and for all others. It also involves a commitment to fair play, ethical behavior, and integrity. This means:

- ❖ There can be no vulgar or inappropriate language from our fans or spectators.

- ❖ Taunting or trash talking of our opponents and their cheerleaders cannot be tolerated.
- ❖ Spectators cannot leave the bleachers or enter onto the court or field during a contest.
- ❖ Fans should be supportive and positive. Cheering should be done for our team and not against our opponent.
- ❖ We should not impede or interfere with our opponent's cheerleaders from leading their cheers.
- ❖ In some specific sports such as basketball and volleyball, we should not yell at an opponent during a foul shot or as a player attempts to serve.
- ❖ School officials have the authority to remove a spectator (s) from a contest for unruly or improper conduct. The individual (s) may be removed for the duration of a particular contest or for any extended period of time depending on the severity or frequency of the improper conduct.
- ❖ Possession of intoxicants and/or illegal substances is prohibited. Smoking is also prohibited on FCS school ground.

Remember

These young men and ladies are students and not professional athletes. They will make errors in the course of competition, as will game officials and coaches. However, all participants are trying their best. Negative criticism and booing will not help them to improve and are unacceptable forms of expression at his event. You can assist in their development as athletes by focusing attention on the positive aspects of their performance. Your cooperation is important and is appreciated.

Here are some more acceptable behaviors.

- ❖ Applaud during the introduction of players, coaches and officials
- ❖ Recognize a player's performance who has fouled out with applause from both sets of fans and with a hand shake from opponents.
- ❖ Accept all decisions of officials.
- ❖ Shake hands at end of contest between participants and coaches regardless of the outcome.
- ❖ Treat the competition as a game and not a war.
- ❖ Search out and congratulate opposing coaches and players.
- ❖ Show concern for an injured player regardless of which team he or she plays for.
- ❖ Encourage only sportsmanlike conduct which includes class, dignity and respect.

Here are some more unacceptable behaviors.

- ❖ Yelling or waving arms during opponent's free-throw attempts.
- ❖ Performing disrespectful or derogatory yells, chants, songs, or gestures.
- ❖ Booing or heckling an official's decision.
- ❖ Criticizing officials in any way; displays of temper with an official's call.
- ❖ Yelling anything that might antagonize the opponents.
- ❖ Refusing to shake hands or give recognition for good performances.
- ❖ Blaming loss of game on official, coaches, or participants.
- ❖ Taunting or name-calling to distract an opponent.
- ❖ Using profanity or displays of anger that draws attention away from the game.
- ❖ Performing your own cheers instead of following lead of the cheerleaders.

Sportsmanship Award

The NCCSA will present Sportsmanship Awards in each sport to varsity teams whose spectators and team personnel best exhibit sportsmanship over the course of the season. The award will be based on ratings conducted by athletic directors and coaches. The school that has obtained the greatest number of team sportsmanship awards in the course of the year will be recognized as the "Sportsmanship Champion" for that year.

NCCSA POSITION ON SPORTSMANLIKE CONDUCT

Whether therefore ye eat, of drink, of whatsoever ye do, do all to the glory of God.

1 Corinthians 10:31

Here is what they say:

- ❖ SOME EVIDENCES OF BASKETBALL SPORTSMANSHIP BEFITTING CHRISTIANS:

- ❖ Applause or cheering is appropriate when:
 - Your team is getting a rebound.
 - Your team is stealing the ball from the opposition.
 - Your team is intercepting a pass.
 - Your team is picking up a loose ball.
 - Your team gains the tip on a jump ball.
 - Your team receives the ball after being lost out of bounds by the other team.
 - Your team receives the ball as a result of a rules violation by the other team;
 - (ex. walking, double dribble, etc.)
 - Your team scores.
 - A player makes an outstanding pass to set a teammate up for a score.
 - By an outstanding pass, dribbling or some other means, a player averts the loss of the ball to the other team.
 - Your team blocks an opponent's shot.
- ❖ The failure of any player should not be ridiculed.
- ❖ At certain times, noise is inappropriate when:
 - An official makes a call with which you disagree.
 - An opposing player is on the free-throw line.
 - The opponent's coach stands to his feet to instruct his team.

Let no man despise thy youth; but be thou an example of the believers in word, in conversation, in charity, in spirit, in faith, in purity. -- I Timothy 4:12

Set a watch, O Lord, before my mouth; keep the door of my lips. -- Psalm 141:3

These general principles can be adapted to other sports simply by understanding the spirit in which Christians are to do things (I Corinthians 10:31-33).

Multi-sport athletes

In addition to embracing and committing to the NCCSA Philosophy of Sportsmanship, at Friendship Christian School, we will also encourage and promote: The belief that athletes should participate in multiple sports and not specialize in any one specific sport. This concept of the broadest-based participation possible is shown by us offering all of the teams which we can, and extending the opportunity to participate to as many students as possible. This premise leads to that all teams are considered vital for our student-athletes and each is a valued part of our athletic program. No one sport is considered more important than any other and the approach that all teams are treated as fairly as possible.

Responsibilities of an Athlete

Most coaches would expect an athlete to adhere to the following guidelines:

- ❖ The team's goals, welfare and success must come before any individual.
- ❖ An athlete needs to consistently attend practice sessions. This also includes weekend and holiday periods unless prior notice has been given and accepted.
- ❖ Players must be receptive to coaching.
- ❖ Team members are responsible for all issued uniforms and equipment.
- ❖ As a member of a team, an athlete must agree to and follow the team rules. Athletes need to remember that they are ambassadors and represent not only themselves, but also the coaching staff, school and Christ.
- ❖ If injured, an athlete must report all injuries to the coach.

Responsibilities of the Coach

At FCS, a coach has the responsibility for the following:

- ❖ The selection of the squad.
- ❖ The determination of the style of play, including the offensive and defensive philosophy.
- ❖ The teaching and instruction at practice sessions.
- ❖ The determination of who starts and how long an athlete plays in a contest.
- ❖ The decision of who plays in what position.
- ❖ The establishing of team rules.

- ❖ The selection of team captains.
- ❖ The communication with athletes and parents with respect to when practice sessions will be held, and when the sessions will start and finish.

Participation and Selecting the Team

- ❖ It is important to understand that participation on an athletic team at FCS is a privilege and not a right.
- ❖ Being on and maintaining one's membership on a team means accepting all the responsibilities of an athlete. However, unlike recreation or intramural teams, equal or guaranteed playing time does not exist. In an effort to win, a coach will use players best suited to the conditions or demands of the contest at that time.
- ❖ Every coach has the responsibility and authority for selecting his or her team. The criteria for selecting the team are developed by the coach.
- ❖ It is also important to remember that there are no guarantees. Players from the previous year's JV team, for example, do not automatically make either the JV or varsity squad the following year. Having been a member of a team during the previous year or even being a senior does not ensure that an athlete will make the squad.
- ❖ Parents should expect that every candidate will be treated fairly and given every consideration. Coaches are sensitive to feelings of disappointment, will handle the task as positively as possible, and will be available to answer athletes' questions. While we understand that being cut is disappointing for many athletes and even for their parents, we unfortunately cannot keep everyone. Anyone cut from a team is welcome to tryout again next season or to try another sport. When parents and athletes understand and support the coach's decision, this difficult process becomes a less painful experience for all.
- ❖ Once cuts have been made, no returning FCS student may try out for the team. The only way a player is added is if a student enrolls after cuts and the coach still has space for the player. It is expected that all players are present during the try out period in order to be eligible for a team. No student may make a team unless prior approval has been given to miss the try out period.

The Purpose of a JV or Middle School Team

- ❖ Middle school and JV Teams exist to provide those athletes who are unable to participate on the varsity squad an opportunity to develop skills and gain experience. While the athlete's age, size, or skill level may be the limiting factor in not making the varsity team, participation on a Middle school or JV team may enhance the athlete's potential to make the varsity squad in the future. A caution, however, must also be given. Being a member of a Middle school or JV team does not guarantee that an athlete will automatically move up the following year to the varsity squad. The athletes best suited for varsity competition will make the squad each year.
- ❖ Striving to win is important in athletics. However, compiling a great record or winning a championship should not be the primary objective of a Middle school or JV team. The development of athletes should be the ultimate purpose of a Middle school or JV squad, while at the same time acknowledging the value of winning, learning, and enjoying being a member of a team.

Practice Sessions and Games

Practice sessions are normally closed to spectators and there is a very sound reason for this. These sessions are the equivalent of a teacher's classroom and there is real, quality instruction taking place. Interruptions and interference to an athlete's concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in an academic setting. Education in any setting cannot be compromised. Spectators at games, however, are very much encouraged. Positive and nurturing support of teams and athletes can be very helpful to performance in athletic contests.

Practice Sessions and Games, continued

- ❖ At FCS, practice sessions:
 - May last two - three hours.
 - May start and end at different times due to the schedule of the coach or of our facilities. (Check with the coach for the specific times.)
 - Will not be held when school is dismissed early due to inclement weather.
 - Will be limited on Wednesdays, Saturdays, holiday periods, during special school activities, or during Friendship Baptist Church activities.

Athletic Awards

Here at FCS, we would like to conclude each season with an awards ceremony where the coach will emphasize the entire team. Therefore, all members of a team will receive some sort of acknowledgment. ALL members of the team are expected to be present at the awards ceremony. Parents and friends are encouraged to be present.

Guidelines:

- ❖ Only athletes who finish the season still on the team roster will be recognized at the award ceremony.
- ❖ Varsity team members will receive a pin for each year of involvement. Junior Varsity teams will receive a certificate. Middle school teams will receive a certificate. Each team will also be given a limited amount of trophies to reward special accomplishments.
- ❖ An athlete who is placed on academic or behavioral probation at any point during that season will not be eligible for an individual award in that sport.
- ❖ Middle School teams will award two individual trophies for each sport. Junior Varsity teams will award two individual trophies for each sport. Varsity teams may give up to three individual trophies for the larger teams (soccer, baseball). The coach for each particular sport will determine the categories.
- ❖ Scholar Athletes- All athletes that maintain a 3.3 GPA are awarded a scholar athlete certificate at the end of the year. They must have played a varsity sport. They must have the 3.3 GPA at the end of the school year.
- ❖ High Scholar Athlete Award -- given to the junior or senior boy and girl athlete with the highest academic grade point average. In the event of a tie, the award will be given to the athlete who has played the most seasons.
- ❖ Every year a male senior and female senior athlete at the varsity level is selected to receive the Auf-Zume-Zeke Award. This award is presented to the athlete who best exemplifies the outstanding qualities and virtues represented by the Friendship Falcons in Christian testimony, Scholastic achievement, and Athletic ability. These athletes must not have been placed on academic or behavioral probation at any point during the year, and must be a Christian example both on and off the field. If no senior meets these qualifications, then the award will not be given that year.

Team Captains and Managers

- ❖ There are several good reasons for having captains of a team. These athletes may serve as positive role models, links between the team and the coach, and they certainly should be leaders. A good captain can be a real asset to the team and coaching staff. While some coaches may allow their team to select captains, the ultimate responsibility lies with the coach. It is also important to understand that serving in the capacity of a captain is not reserved solely for seniors on a team, but rather this position is for the athlete who is best suited to filling the responsibilities.
- ❖ Managers perform duties assigned by the coach and are selected by the athletic department and coach.

Hazing

In athletic settings, some may view hazing as a harmless rite of initiation or an important activity for team bonding. However, it is actually a form of harassment and represents a FCS Disciplinary Code offense. Hazing, therefore, cannot and will not be condoned or permitted in the athletic program at Friendship

Christian School. This means on the field or courts, in the locker rooms, on the bus, or at any other activity in which athletes represent FCS.

Risks of Athletic Participation

In spite of protective equipment, and the supervision and sound instruction by our coaches, there are some risks associated with athletic participation. Injuries can and do occur. In extremely rare cases, death could also result. All athletes and parents need to be aware and understand this possibility. At FCS, we will do all that we can to ensure a safe and healthy environment for our athletes.

Athletic Booster Club

- ❖ Friendship Christian School's Athletic Booster Club exists to support all teams and the entire athletic program. Our Booster Club has three primary goals: To raise funds to assist the athletic programs, to increase school spirit and to encourage and promote good sportsmanship.
- ❖ The Booster Club is not a vehicle to remove coaches, advance vested interests or to alter Athletic Department policy. It is a service and support organization, which works in harmony with FCS and its athletic program.
- ❖ The athletic director serves as the liaison between the club and the school. He also serves as the advisor to the club. All requests for purchases come through the director of athletics who determines their priority. Consideration of requests is given to the budget, strategic plans and an overriding belief that any purchase should help the total athletic program and not a single team. No individual coach or team should directly approach the Booster Club without working with the athletic director.

Parent Responsibility - Falcon's Nest and Gate Duties

It is EXPECTED that all parents of participating athletes volunteer of their time to help in the concession stand and to run gate duties. The Athletic Director will be responsible for setting up the schedule. It is the parents' responsibility to reschedule if conflicts exist.

Gate Passes

Every FCS parent is permitted into all home games free. A gate pass must be obtained. The absence of a gate pass means that you will have to pay the normal rate that night. You may obtain another pass from the athletic director the next day. Every presently attending student and alumni are also admitted free. An alumni pass must be obtained.

Students that do not attend FCS, but other local schools or home schooled, must pay. Previous FCS students who did not graduate from FCS must pay. Brothers or sisters that do not attend FCS must pay. Grandparents and other relatives must pay. A reduced gate pass is available for purchase.

E-Mail and Websites

The FCS athletic department has adopted the following policy regarding the use of e-mail messages, websites, blogs, or other electronic communication:

"The use of e-mail messages, blogs, websites, or other electronic communications to make inflammatory or derogatory comments, and/or inappropriate descriptions or pictures regarding another team member, another student, a coach, another school or team, or other staff member is prohibited. For the purposes of this policy, inappropriate comments may include, but are not limited to, inappropriate comments/pictures/descriptions regarding another person's race, ethnic background, culture, religion, gender, or sexual orientation."

Possible consequences for violating this policy are: (1) Single game suspension; (2) Multiple game suspension; (3) Dismissal from the team.

Web Page

Friendship Christian School has its own web page at www.friendshipchristian.net . You can find all important information under "Athletics" and the entire sports schedules under Schedules.

HOT WEATHER INFORMATION

The following repeats information from these sources: National Federation Sports Medicine Handbook, NATA Fluid Replacement Guidelines, NCHSAA Handbook, and the American Red Cross Sport Safety Training Handbook. Athletes should be informed of the information contained in this document.

Recommendations for Fluid Replacement

- Athletes should be educated in the process of hydrating themselves as a 24 hour a day process.
- Before exercise:
 - Drink 17-20 ounces of water 2-3 hours before exercise
 - Drink an additional 7-10 ounces of water 10-20 minutes before exercise
- During exercise:
 - Refer to WCPSS Hot Weather Guidelines for Athletic Practice
- After exercise:
 - Drink enough fluids to replace any weight loss within two hours of completion of activity
 - Fluid replacement should be at a rate of 24 ounces for every pound of body weight lost after exercise
- Urine color is an easy method to determine hydration status. Light yellow to clear urine indicates a well-hydrated athlete.

Signs and Symptoms of Heat Problems

- Early Stages (sometimes called heat exhaustion)
 - Cool, moist, pale, ashen, or flushed skin
 - Headache, nausea, dizziness
 - Weakness, exhaustion
 - Heavy sweating
- Late Stages (sometimes called heat stroke)
 - Red, hot, dry skin
 - Changes in level of consciousness
 - Vomiting

Care

The athletic trainer should be contacted immediately when an athlete exhibits signs and symptoms of heat illness. The following care is recommended for an athlete exhibiting signs and symptoms of heat illness.

1. Cessation of activity
2. Move the athlete to a cool place
3. Loosen tight clothing
4. Remove perspiration-soaked clothing
5. Apply cool, wet cloths to the skin
6. Fan the athlete
7. If conscious, give cool water to drink

NFHS GUIDELINES FOR LIGHTNING SAFETY

A chain of command and designated decision-maker should be established for each organized practice and competition.

Recognition:

Coaches, certified athletic trainers, athletes and administrators should be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightning flashes is approximately 2-3 miles, anytime the lightning can be seen or thunder heard, the risk is already present. Weather can be monitored using the following methods:

Monitor Weather Patterns – Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the practice or competition, and by scanning the sky for signs of potential thunderstorm activity.

Flash to Bang – This method is used to assess how far away lightning is striking. It is determined by counting the number of seconds it takes to hear a clap of thunder after witnessing a flash of lightning. The number of seconds is then divided by five to get the distance, in miles, to the lightning flash. Generally a 30 second or less flash-to-bang count suggests removal of the athletes from the field to a safe shelter is advisable.

National Weather Service (NWS) – Weather can also be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area and for everyone to take proper precautions.

Management:

Evacuation – If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators should evacuate to available safe structures or shelters. A list of the closest safe structures should be announced and displayed on placards at all athletic venues.

Thirty-minute Rule – Once lightning has been recognized, it is recommended to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard. Given the average rates of thunderstorms travel, the storm should move 10-12 miles away from the area. This significantly reduces the risk of local lightning flashes. **Any subsequent lightning or thunder after the beginning of the 30-minute count should reset the clock and another count should begin.**

Prevention:

In order to prevent lightning-related injuries, it is important to formulate and implement a proactive, comprehensive lightning emergency plan. The plan should include:

- Advanced planning
- A systematic approach for monitoring local weather conditions
- Education of staff to recognize signs of nearby lightning activity
- Criteria for suspension and resumption of play
- Evacuation plan including nearby safe shelters
- Periodic review and practice of the plan by appropriate high school personnel

Friendship Christian School
STUDENT-ATHLETE CODE OF CONDUCT
PARENT-ATHLETE CODE OF CONDUCT

I. CONDUCT AND CITIZENSHIP

In agreeing to participate in school-sponsored activities, student-athletes are considered representatives of FCS on the field of competition and in the community. The student-athlete is expected to be a role model at all times during the sports season and must consider his/her actions carefully and be responsible for them. The conduct of individual athletes reflects on the entire team, the Athletic Department, the school and Christ. At any time, an athlete not maintaining a Christian testimony on or off the field or in the classroom may be suspended or dismissed from the team. I have specifically read the athlete's code and citizenship policies. I have also read FCS' sportsmanship stance of both athletes and spectators. I understand that authorities at FCS have the right to enforce these policies and ask me to leave the facilities if I do not abide by these policies.

II. POLICIES: I have read all the policies in this handbook. I have specifically noted:

- ❖ Quitting policy and playing on outside team's policy
- ❖ General eligibility policies and Academic eligibility policies (I will notify FCS if I am in violation of any of these policies as it not only affects me, but my entire team (forfeiture of games, wins, awards, etc.))
- ❖ Use of alcohol, tobacco, and controlled, dangerous substances, including steroids, policies
- ❖ Booster Club duties
- ❖ Participation, Selecting of teams, practice, and attendance policies
- ❖ Dress policies
- ❖ How to handle concerns policy
- ❖ Hazing policy

III. REQUIREMENTS FOR PARTICIPATION

Prior to a student's participation in practice or contests with a team, he/she must supply to the coach the following items:

- ❖ Current medical evaluation form properly completed by a physician/nurse practitioner. (Good for one year only) – A waiver can take the place of this physical until the first game only.
- ❖ Written acknowledgment of insurance coverage from his/her parents which also serves as permission to participate in an athletic activity
- ❖ Risk of Participation form signed by athlete and parent
- ❖ NCCSA waiver form signed by athlete and parent
- ❖ Student-Athlete Code of Conduct signed by the student-athlete and his/her parent/guardian
- ❖ Payment of any team required clothing

The athletic director and administration will decide any questions or issues not discussed in this handbook. The policies outlined in the Parent-Student Handbook supersede the Athletic Handbook if a difference should be found.

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

*** We request the signature of both parents/guardians, if possible.