



Foothill Christian School ATHLETIC DEPARTMENT

Student Athlete/Parent Handbook
2017-2018

Table of Contents

Mission Statement	p. 3
Code of Conduct	p. 4
Eligibility for Participation	p. 6
Guidelines for Selections/Tryouts	p. 6
Athletic Fees	p. 6-7
Parent Responsibilities	p. 7
Student Athlete Code & Covenant	p. 9
Parents Code & Covenant	p. 10
Concussion Information	p. 11

Mission Statement:

The mission of Foothill Christian School Athletic Department is to produce positive Christian student-athletes who honor God, by exemplifying character and integrity on and off the field of play. It is our goal to equip each athlete with the knowledge and skills needed for current and future success.

Code of Conduct for the Student Athlete Participation

- Foothill Christian is dedicated to developing our students into well-rounded student-athletes, while honor Christ on and off the field of play.
- Participation on a FCS sports team should always be considered a privilege not a given right.
- Participation in a sports depends upon the student maintaining no lower than a C average, or a 2.0 GPA
- Students on academic or behavioral probation are suspended and cannot dress or travel with the team.
- Being excused from a class for athletics does not excuse a student from class related work and assignments.
- Athletes must be healthy enough to participate in P.E. to play in games or practice with their team. In other words, “No P.E., No FCS sports.”
- Poor attitude or a lack of willingness to encourage others will result in a loss of playing time. Practice is mandatory. Excuses such as illness or dental appointments will be excused, but athletes must attend practices regularly. Athletes will lose playing time for missing practice. Coach must be notified prior to practice of any appointments or any other reasons why they will not be attending practice.

Athlete Sportsmanship Expectations at FCS

1. **Towards Officials and spectators**
 - a. Officials’ call
 - i. No expression that questions the call
 - ii. Be silent, look away, turn away, and run away to the next play.
 - iii. No questioning of a call. May seek clarification at appropriate time in respectful manner.
 - b. Spectator’s offensive behavior towards an athlete
 - i. Be silent, look away, turn away, and run away to the next play.
2. **Towards opponents.**

- a. Avoid all appearance of evil. 1Thes 5:22 KJV Abstain from all appearance of evil.
 - i. If it is not an apology, say nothing to/at the opponent, even compliments, as it can be taken as being sarcastic or condescending. Eph 4:29 "...[speak] only what is helpful for building others up according to their needs, that it may benefit those who listen."
 - ii. No hand gestures, laughing, smiling, eye contact, pointing or clapping, etc. directed toward the opponent or referee.
 - b. If misunderstood and accused, say "I'm sorry. I did not intend to appear that way." And offer your hand for a handshake.
 - i. If your handshake is rejected, let your coach know of the incident. So that coaches can discourage retaliation.
3. **Expected Response to Poor Sportsmanship.**
- a. Make sure no one responds evil for evil- 1Thes. 5:15 NIV: Make sure that nobody pays back wrong for wrong, but always try to be kind to each other and to everyone else.
 - i. Discourage teammates from continuing poor sportsmanship, or doing anything that can have an appearance of poor sportsmanship.
 - ii. Discourage opponent by letting the coach or the captain know, report player number.
 - iii. Give benefit of doubt. Make certain that it was not a misunderstanding.
 - b. Avoid all appearance of evil- 1Thes 5:22 KJV Abstain from all appearance of evil.
 - i. Be silent, look away, turn away, and run away to the huddle/sideline. Romans 12:17-21 "Do not repay anyone evil for evil. ...If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge...leave room for God's wrath...if your enemy is hungry, feed him; ...give him something to drink...overcome evil with good."

Policies and Procedures for FCS Captains

1. **Away Game Transportation:** Remind each team member of next upcoming away game. Before departing makes sure that, each player signs in and any corrections to whom they are riding with have been made. Players must leave in assigned cars as much as possible.
2. **Home Games-** makes sure that we welcome the other team.
 - a. As soon as you see the other team arriving- please introduce yourself to the opponent's coach and inform where their bench, warm-up court, restrooms and drinking fountains are.
 - b. Prayer with the other team before game- (please lead if the coach is late). "My name is ...I am the captain and our team welcomes..."
3. **Away Games-** note who is going with who after the game, making sure that no one is left behind.

4. **Equipment and clean up:** 1) collect all equipment after game or practice, and 2) pickup all trash
5. If **playing inside** make sure that only water is present at the bench, no other drinks. Make sure that everyone helps in putting away all the chairs.
6. **Announcements- Online www.foothillchristian.org/athletics must be checked daily for any changes or announcement to the athletes. All same day changes to the schedule will be posted on the website.**

Eligibility for Participation

- All players must be in the 6th, 7th, or 8th grade.
- In accordance with FCS policy, student-athletes must maintain a 2.0 GPA with no F's in any subject.
- Students may be excluded from a game(s) at the discretion of the administration for academic or disciplinary reasons.
- As stated in the junior high handbook, detentions will be served from 3:15-3:45 on the assigned day. If this coincides with a game day, the coach is not obligated to nor restricted from playing the student after the detention has been served. We trust that the coaches will use their best discretion on this matter, as we value character both on and off the field.
- Athletes must attend a minimum of **4 class periods** on a game day in order to participate. Students who have been absent from school will not be allowed to participate at any sporting event that day, unless they have received clearance from administration. The only exceptions are school related functions such as field trips or ACSI events.
- Regular attendance bears a strong correlation with both academic and athletic success. **After 3 unexcused absences, an athlete will be dismissed from the team.** It is the responsibility of the parents to communicate any excused absences to the coach in a timely manner. Reasons constituting an excused absence are listed below. Please note that being unprepared for a game or practice will count as an unexcused absence.

An excused absence:

- Personal illness or serious illness in the immediate family
- Death or funeral
- Court case requiring student attendance
- Medical appointments
- Out of town trips deemed necessary by the parent

**** Athletes must wear school colors (black, white, gray or teal) in SOCKS, SHOES, TIGHTS and SWEATBANDS for practices. Athletes MUST wear the Eagle socks for game days, if an athlete does not have the proper uniform attire they will NOT be allowed to play in the game****

Guidelines for Selection/Tryouts

- Selection is based on skill, athleticism, conditioning, experience, attitude, and work ethic.
- Coaches will choose the appropriate number of athletes to comprise an effective team. They will choose a first team, substitutes and the athletes best suited for our Gold teams, (Gold is the more advanced level of play, aka Varsity) or our Blue teams.
- We will field teams and prepare student -athletes for the high school level

Athletic Fee

- All student-athletes will be charged a sports fee of \$120.00 for each sport in which the athlete chooses to participate in. This fee will include one pair of Eagle socks that the athlete must wear for game days. Your account will be charged automatically. This fee **must** be paid by check to the finance office before the first game.
- The sports fee helps to offset the cost of maintaining uniforms, equipment, pay officials, facility rentals, coach's stipends and awards.
- Uniforms will be returned at the end of the playing season. (Unless the shorts are purchased from the Athletic Director, those will be the athletes to keep and use the following year if they are planning to return.)
- The athlete is responsible for the cost if the uniform is lost or damaged

Parent Responsibility

- Parents are expected to help us in our endeavor to create a positive environment by restricting all comments to be only of an encouraging nature.
- Parents are needed and encouraged to help drive the teams to away games. Please fill out the appropriate insurance papers in the office before the season begins.
- Parents are asked to follow the Matthew 18 procedure when a concern arises:
 - 1.) Speak with the coach first
 - 2.) If the concern is unresolved speak with the Athletic Director
 - 3.) The Athletic Director will then make the appropriate contact to resolve the problem

“Developing athletes in the Image of Christ”

The Profile of the Ideal Parent

1. Support your child and attend as many contests as possible.
2. Avoid putting pressure on your child to start, score, or be the star of the team.
3. Support the coach in public around other parents and fans.
4. Avoid speaking negatively about the coach in front of your child.
5. Serve as good role models for the students, athletes, and other fans.
6. Serve as beacons of good sportsmanship.
7. Follow the chain of command at Foothill Christian when you have a concern.
8. Express concerns and questions in a courteous and civil manner, and do it at the right time and in the proper setting.
9. Understand that the goals of the team and athletic program are more important than the hopes and dreams you have for your child.
10. Avoid constant and chronic complaining.
11. Familiarize yourself with the philosophy of our school and league regarding sports:

“We believe that the principles and lessons learned in the classroom, at home, and through the local church can be put into practice through athletics. A microcosm of society, athletics allows the student to develop and use his or her God-given ability to glorify God. Because the arena of competition is usually surrounded with pressure, the athlete is tested, and the true character revealed. Consequently, the opportunity for character growth readily presents itself through athletic competition.”

Foothill Christian School Student Athlete Covenant

I, _____ commit to the following principles and philosophy of play. I understand that my violation of these principles or inability to comply may mean disciplinary action on the part of my coach or school administration.

- I have read, understand, and am committed to the Foothill Christian School sports policy as written in the handbook
- I understand that my life on the court/field, as well as off the court/field, reflects on the character of my team and school. I will do all that I can to maintain my Student Code of Conduct at school, or away from FCS
- I commit to our Christian values in my attitude and playing style as athlete of FCS
- I will honor and respect my coach. This means that I will always have a cooperative attitude and will look to him/her for how I am to participate in my sport
- I will honor and respect the officials in league and tournaments that I will be participating in. This means that I will not demonstrate any form of disrespect and will accept their rulings in the competitive environment
- I will honor and respect my teammates and work towards their success. I will encourage them both on and off the court towards Godly character and achievement
- I am committed to come to practices, games, and tournaments and will give the coach ample notification of the rare occasion when I cannot attend
- I am committed to do my best and develop my skills as a student athlete

Isaiah 40:31 “ They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

Signed: _____ Date: _____

Foothill Christian School Parent Code of Conduct

I/We _____ am/are allowing _____
to participate in the school's sports program, I have read and support the school's sports policies.
By allowing my/our student to be involved in this sports program I am making the following
commitments:

- I/We am/are committed to seeing our student appreciate and maintain their Student's Code of Conduct as outlined in the student athlete Handbook
- I/We am/are committed to helping my/our student achieve their academic and spiritual goals before their athletic goals. This means that I/we will need to pay extra attention to their academic progress, homework and studies.
- I/We will respect and honor my/our student's coach as the appointed instructor for the sport in which my/our student will participate. I will not argue or interfere with the overall program or methods and styles of the coaching staff. I will always speak respectfully of the coaches and school program with my student and other parents. When I have a difference of opinion, I will follow the school's policies outlined in the handbook. (Matthew 18)
- I/We agree to respect officials, coaches, and players in the league and tournament play. I/We will not demonstrate any form of negative comments and will accept the rulings in the competitive environment. I/We will refrain from taunting opposing players, scorekeepers, officials, or parents of opposing players.
- I/We will honor my/our student's role on his/her team. I understand that his/her participation is not just for my/our child's benefit, but also for the benefit of the group as a whole.
- I/We will not remove my/our child from their team or practice as a form of discipline, recognizing that discipline of this nature is detrimental to the entire team, as well as the athletic program at FCS

Signed: _____
Date: _____

Signed: _____
Date: _____

Concussion Information

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment

Signs observed by teammates, parents and coaches include:
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays incoordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit

- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

and

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

FOOTHILL CHRISTIAN SCHOOL | ATHLETIC DEPARTMENT

Student-athlete Name (Printed)

Student-athlete Signature Date

Parent or Legal Guardian (Printed)

Parent or Legal Guardian Signature Date