



Foothill Christian School
ATHLETIC DEPARTMENT

Student Athlete/Parent Handbook
2022-23

Mission Statement:

The mission of Foothill Christian School Athletic Department is to foster 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.

Varsity

- Our goal is to compete strongly for a league championship each year.
- Consists of skilled athletes who will be selected through a tryout process.
- 8-12 game season (including playoffs, varsity level only)
- 165.00 sports fee.
- Practice 4 days per week, (M-TH) up to 2 hours in length.

Junior Varsity

- Our goal is to develop our JV athletes to eventually compete at the varsity level. Emphasis is on skill development.
- Athletes will be selected through a tryout process.
- 6-8 game season (no playoffs.)
- 165.00 sports fee.
- Practice 4 days per week, (M-TH) up to 2 hours in length.

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 suspended 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 our coaches to use discretion in these instances, understanding that FCS values character and discipline both on and off the field.
- Athletes must attend a minimum of **4 class periods** on game day in order to participate. Students who have been absent from school will not be allowed to participate in any sporting event that day, unless they have received clearance from administration. Exceptions are school related functions such as field trips, ACSI events, or long standing appointments.
- Regular attendance bears a strong correlation to both academic and athletic success.
After 4 unexcused absences, (practices or games) an athlete will be dismissed from the team.

Sportsmanship Standards at Foothill

- It is required that both athletes and spectators behave in a manner that honors Christ.
- A spectator's role is to support and encourage the student athletes and coaches.
- No taunting of officials, opposing athletes, coaches or other spectators.
- No foul language.
- Spectators are asked to follow the Matthew 18:15-17 procedure if a concern arises:
 1. At the appropriate time, speak with the coach first (see "24 hour cooling off period" under Parent Code of Conduct.)
 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.
 4. Under no circumstance should a parent contact another school.

Athletic Fee

- Varsity and JV student-athletes will be charged a sports fee of \$165.00 for each sport in which the athlete chooses to participate in. Your account will be charged automatically. Unpaid fees may result in late charges, and/or may affect the athlete's participation.
- The sports fee helps to offset the cost of maintaining and purchasing uniforms and equipment, paying officials, facility rentals, coach's stipends and awards.
- Uniforms must be returned at the end of the playing season.
- The parent/athlete is responsible for the cost of the uniform (up to 100.00) if lost or damaged. NO BLEACH. Wash in warm/cold water and hang to dry.

Athletes must wear school colors (black, white, gray or teal) in SOCKS, SHOES, and SPANDEX for practices and games.

IMPORTANT:

We will use the GameChanger app for communication this year. This should be checked daily for any changes or announcements to the athletes. All same day changes to the schedule will be posted on GameChanger. You will receive an email invitation which will walk you through the process.

Foothill Christian School Athletics

STUDENT-ATHLETE CODE OF CONDUCT

I, _____ commit to the following principles and philosophy of participation in FCS's sports program. I understand that violation of these principles or failure 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 the Student Code of Conduct at school, or away from FCS.
- I commit to Christian values in my attitude and playing style as an athlete of FCS.
- I will honor my coach, in that I will have a respectful, cooperative and willing attitude.
- I will respect the officials in games that I participate in. I will not demonstrate any form of disrespect and will accept their rulings in the competitive environment.
- I will honor and respect my teammates, encouraging and supporting them in the effort to foster a healthy team environment.
- I commit to attend practices, games, and tournaments and will give the coach ample notification on the rare occasion when I cannot attend.
- I am committed to strive to do my best, working hard to glorify Christ, and help my team achieve its goals.

Signed: _____ Date: _____

Foothill Christian School Athletics

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 FCS's sports program I am making the following commitments:

- I/We am/are committed to ensuring our student understands and maintains their Student's Code of Conduct as outlined in the Student-Athlete Handbook.
- I/We am/are committed to assisting my/our student in achieving their academic and spiritual goals before their athletic goals. I/We will be diligent in monitoring our athlete's 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/We will not argue or interfere with the overall program or methods and styles of the coaching staff. I/We will always speak respectfully of the coaches and school program with my/our student and other parents. When I/we have a difference of opinion, I/we will follow the school's policies outlined in the handbook. (Matthew 18:15-17)
- I/We understand that playing time and positions are up to the discretion of my child's coach and will not be a subject for discussion.
- In the event a concern arises during a game, I/we will observe a 24 hour "cooling off period" before speaking with the coach, recognizing that emotions are often uncommonly high in athletes, coaches, and spectators after a game.
- I/We agree to respect officials, coaches, and players during and after games. I/We will not exhibit any form of negative comments or actions and will accept the rulings in the competitive environment. I/We will refrain from taunting opposing players, coaches, scorekeepers, officials, or parents of opposing players.
- I/We will honor and accept 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 entire team.
- I/We will try my/our best not to 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. I understand that my athlete's coach is eager to partner with me to arrive at an effective solution for my child that will not impact the entire team.

Signed: _____

Date: _____

Signed: _____

Date: _____

“Developing Athletes in the Image of Christ” A Parents Role

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. Express concerns and questions in a courteous and civil manner, and do it at the right time and in the proper setting.
8. Understand that the goals of the team and athletic program are more important than the hopes and dreams you have for your child.
9. Avoid chronic complaining.
10. Familiarize yourself with the philosophy of our school and league regarding sports:

“We believe that the principles and lessons learned at home, in the classroom, at 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.”

-San Gabriel Valley Christian Sports League

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 immediately.

Symptoms may include one or more of the following:

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| <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:

- 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 too 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.”

“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 it's 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 Athletics
HEAD INJURY

Please sign and date that you have read and are aware of the proper protocol for a head injury.

Student-athlete Name (Printed) Student-athlete Signature Date

Parent or Legal Guardian (Printed) Parent or Legal Guardian Signature Date

Foothill Christian School Athletics

EMERGENCY FORM

I hereby give my consent for the below named student to compete in sports and to drive with a school representative or parent to games. In case this pupil is injured, you are authorized to have him/her treated.

_____ Date _____ Signature of Parent or Guardian

CONTACT INFORMATION

Grade _____

Student's Name _____
Last First Middle

Address _____

City _____ Zip _____ Birthdate _____

Mother: _____ Cell _____

Address _____

Father: _____ Cell _____

Address: _____

MUST BE COMPLETED: List two neighbors, friends, or nearby relatives who will assume temporary care of your child if you cannot be reached

1. _____
Name Address Phone

2. _____
Name Address Phone

WAIVER

In case of accident or serious illness, I request the school to contact me. If the school is unable to reach me, I hereby authorize the school to call the physician indicated below and to follow his instructions. If it is impossible to contact the physician, the school may make whatever arrangements seem necessary.

Signature of parent or guardian _____

Allergies and/or Health Conditions:

Local Physician's Name: _____

Office Phone #: _____ Other Phone #: _____

Insurance: _____ Policy #: _____