



Harmony Christian School

Athletic Handbook

Philosophy

The philosophy of athletics at Harmony Christian School is to provide a nurturing environment by which our students can glorify Jesus Christ through athletic competition. Through our program we try and offer quality instruction supported by a strong foundation of Christian values equipping our student athletes so they can become leaders to serve God, their families, and to positively impact their communities and the world. Athletic Directors, Coaches, Teachers and Staff alike should be the examples that will give our children proper spiritual direction. Athletics is an important part of the HCS total educational experience as we strive to teach principles of maturity, courage, discipline, cooperation, commitment, sportsmanship, dependability, respect for others and grace and humility in victory or defeat.

Participation

HCS offers opportunities in the fall, winter and spring to participate in extracurricular activities and these are open to every student eligible. Any student wishing to participate in a given sport at HCS must be cleared through the athletic department and meet the eligibility requirements:

1. High School students become ineligible if they reach their nineteenth (19th) birthday before September 1 of a current school year to participate on the Varsity level. Middle School students and students entering the 5th grade are eligible to participate in Junior Varsity Sports.
2. Physical Examination, Students must have on file in the school office a physician's statement for the current school year certifying that he/she is physically able to compete in athletic practices and contests.
3. HCS parent permission slip must be sign by a parent allowing the student athlete to participate.
4. A HCS Athletic Fee must be paid prior to the first contest of each sport. This fee helps cover incidentals including transportation and referee costs.

Academic Eligibility

Even though the athletic program is an important part of the overall HCS experience, the mission of the school remains academics. The HCS athletic department monitors the academic progress to ensure the academic

eligibility for each student athlete. To accomplish this there must be continuous clear and frequent communication between the athletic department, coaches, teachers, parents and student-athletes. Scholastic eligibility for student athletes will be checked after one week of participation (during the second week) and each succeeding week thereafter, however HCS may choose to run eligibility checks on any day of the week.

The period of probation and ineligibility will always begin the Monday following the day eligibility is checked. The high school office will publish a list of all ineligible students and send them via email to the athletic director who will notify each coach and each individual parent. It is however, the **responsibility of each coach** to make sure that ineligible students **do no participate** in competitions during the ineligibility period. Participation of an ineligible student will result in a forfeiture and an extension of the ineligibility period.

A student athlete must be passing all his/her main subject classes. If a student is not passing one or more of these classes, he or she will be placed on academic probation for a one-week period. For students on AP there will be a mandatory Study Hall class held from 3-4pm on the Tuesday and Thursday of their ineligibility week, failure to attend the AP study hall will extend their ineligibility another week. If a student is still failing one or more classes during the next week he/she will be ineligible to participate during the next one week period. The ineligibility period will begin on Monday and end on Sunday. If a student athlete is on academic probation for three consecutive weeks they will be removed from participation and become ineligible for the remainder of the season. Students with individual IEP/504/adapted grades may have special considerations at the discretion of the administration.

A student who has lost eligibility under these provisions must be passing all subjects in order to regain eligibility. A student athlete who is academically ineligible is to attend all practice sessions and all home games and sit on the bench with the team. However, an athlete who is academically ineligible may not miss any school to attend an athletic event with the team.

For some athletic events, student athletes must be dismissed early from school and likely will miss some academic work. Early dismissal for away games or practices is never an excuse for failure to fulfill academic responsibilities. Each student athlete is responsible for contacting teachers before early dismissal regarding work or assignments that might be missed or assignments that are due that day. Student athletes must coordinate with the teacher to make up all missed work, including written assignments, quizzes and tests.

Attendance Regulations

All athletes are expected to be at all scheduled practices and contests. Any absence must be pre-arranged with the coach. It will be at the coach's discretion to determine acceptable reasons for missing practices or games. Absenteeism may affect the athletes standing/position with the team.

If a student athlete is participating in a practice not held directly after school and wishes to remain on campus, they must remain in a supervised area until practice begins.

A student athlete must arrive at school by 11:30 to be eligible to participate in any practice or game that afternoon or evening. Student athletes not able to arrive at school by the designated time or leave school early due to an approved college visit, physician's appointment, funeral or an administration's approved event are still eligible to participate in a practice or game that afternoon or evening.

Student athletes leaving school due to an illness cannot return to participate in a practice or a game.

If a student athlete receives a detention of any kind, the serving of that takes precedence over attendance at practice or games.

A student athlete who is on suspension from regular classroom attendance may not participate in any form of athletics.

In case of a snow day or cancellation of classes the decision on whether a game or event will be held or cancelled will be made by the Administrator and in some cases the Athletic Directors of both schools involved.

Transportation

Transportation to and from athletic events will be arranged by HCS, Coaches and Team Moms. HCS has two vans that will be used for transportation with the varsity teams having priority. If varsity teams are not using the vans then HCS JV teams have the option to use them or provide parent transportation. Any parent willing to assist with driving of the school vans must fill out a Driver's Authorization Form which can be received from the Main Office.

Transportation to and from practices off campus is the responsibility of the student athlete and his/her parents. HCS will provide transportation whenever feasible but when it is not feasible it is the responsibility of the student athlete and his/her parents to secure transportation.

In the event a parent would like to take an athlete home after an away contest, the parent must notify the coach and inform him/her that your child will not be riding the van back to the school.

In the event a parent would like their student athlete to ride home with another adult after an away contest a written request must be given to the coach.

In special situations, an athlete may drive their personal vehicle to a game ONLY if the game is near their home and ONLY if approved by the administration, athletic director and parent.

Student athletes are NEVER allowed to drive other students to and from athletic events.

Playing Time

Playing time will be distributed at the discretion of the coach using the following guidelines based on level of competition:

Middle School Teams, coaches are instructed to give each team member an opportunity to play based on practice attendance, effort, and attitude. The ultimate goals for these teams are sports introduction, skill development, and team building and player retention.

High School Teams, there is no guarantee of playing time. Coaches are instructed to use ability, effort, and attitude to distribute playing time. Evaluation of ability and game strategy is at the coach's discretion.

Athletic Dress

School dress code will be the standard for dress for home and away games. This applies for all team members, managers and statisticians. Coaches may have specific requirements for team members and will address these in team meetings. Remember that each student athlete represents not only yourself but also the school, your team and the Lord Jesus Christ.

Uniforms

The Athletic Director or Coach will issue out and check in uniforms. Any uniform or equipment issued to a student athlete is the student athlete's responsibility to maintain and returned in good condition* within one week of the last competition. Players who do not turn in equipment/uniforms will be assessed a \$50 replacement fee.

Uniforms or uniform parts are to be worn **ONLY** during athletic games or approved athletic events, not for gym or general wear.

*Good condition is defined as usable for the next sports season. Uniforms should not have any tears, rips, holes or discoloration from improper usage or washing (wash all uniforms in cold water).

Awards

The Athletic department presents four types of awards: Participation Certificates, Team Awards, Scholar Awards and Athlete of the Year award.

Participation Certificates: These certificates are presented to all athletes who were active and consistent members of a particular team on any level.

Team Trophy Awards (5): These awards are chosen by the coaches for each team. Most Valuable Player, Best Defense, Best Offense, Christian Character. The fifth award is the Coach's choice, examples of the name for the Coaches Award (i.e. most inspirational, six man, determination, leadership, etc.)

Scholar Athlete Award: This award is presented to student athletes who have participated in their sport and who have maintained a 3.2 grade point average during the season.

Athlete of the Year: Presented to a graduating senior who has played at least two sports in his/her senior year which recognizing his/her outstanding ability on the playing field as well as in the classroom and community.

Athletic Code of Ethics

Every HCS student athlete should have the following attributes: to be diligent in preparation, relentless in effort, disciplined by nature, respectful in actions, self-controlled with words, humble in spirit and the ability to accept the following...

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To stress the values derived from the playing the game fairly.
3. To show respect for teammates and opponents.
4. Respect the integrity and judgement of the sports officials.
5. To achieve a thorough understanding and acceptance of the rules of the game.
6. To encourage leadership and good judgement by the players on the team.
7. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
8. Be positive in words and actions.
9. Accept both victory and defeat with grace and dignity.

10. Remember that an athletic contest is only a game.

Athletic Behavior

Participation in athletics at Harmony Christian School is a privilege. If you choose to participate in athletics you willingly accept the responsibility of being a leader, both in and out of the classroom and in the arena of competition.

Additional to the discipline policies in the student handbook, the following guidelines and consequences apply to any student participating in sports at any time during the school year.

Behavior Regulations:

1. No athlete may use or have in their possession tobacco, alcohol, or other illegal drugs. The penalty for violating this rule is immediate removal from the athletic program.
2. Maintain a good Christian testimony...every student athlete is expected to seek to be above reproach in all they say and do as representatives of HCS and of Christ Himself. Therefore behavior in school must be exemplary. Any violation of school rules, such as excessive tardiness, unexcused absences, misbehavior in class, etc. could be punished by requiring the athlete to miss the next regularly scheduled contest or suspension and up to dismissal from the team.
3. Unsportsmanlike conduct and language at any time is cause for dismissal from the team. The severity of the incident will be taken into consideration before any decision is made with regard to any penalty given. Normally the following action will be taken:
 - a. 1st violation – Student athlete will be ineligible for the next regularly scheduled contest.
 - b. 2nd violation – Student athlete will be ineligible for the next three regularly scheduled contests.
 - c. 3rd violation – Student athlete is dismissed from the team. If the violation happens at the end of the season and no contest remains, the penalty is to be enforced in that particular sport at the beginning of the next season of competition.
4. Harmony Christian School will not tolerate “hazing” or “initiations” of student athletes by other teammates. This applies to behavior that occurs on or off school property and before, during or after school hours. Anyone found to have violated this policy action will be taken against, warning, suspension or discharge from the athletic team.
5. Student athletes are responsible for their behavior on the field or court. HCS strongly disapproves of rough activity during play and expects the student athletes to demonstrate responsible actions in the locker room or designated changing rooms.
6. Any permanent removal of a student athlete from the game by an official due to an attitude or language will result in a one game suspension. The Athletic Director and Administrator may review and make final decisions regarding further discipline.
7. Fighting during athletic events will result in a suspension to be determined by the Athletic Director and Administrator. More severe disciplinary action may be enacted depending the circumstances.

Coach's Code of Conduct

Because of our commitment to excellence, coaches at HCS are the most significant components of our athletic program. They have the responsibility to model Christ like attitudes, behaviors, and desires for our student athletes. They are participants and mentors at the same time. One of the coach's most pivotal roles is to develop and model Christian character traits. Coaches' have great responsibilities but also opportunities to mold young lives for Christ.

- *Coaches are to be spiritual mentors to our student athletes and the program, as well as ambassadors for Harmony Christian. We require our coaches to be actively worshipping at a local church.
- *Coaches are appointed by the school administration and the athletic director and shall be responsible to the Athletic Director who shall with the school administration decide on continuance or removal of that coach.
- *Each coach must exhibit integrity in all your dealings with players, coaches, parents, faculty, officials and opponents. You are a leader, a mentor, and a coach first and foremost. Be professional at all times. Strive to set a Christ like example on and off the playing field and or court.
- *Assume responsibility for constant care of equipment and facilities being used. See that the facility regulations are understood and enforced.
- *Be on Time. First to arrive, last to leave. Coaches who use the facilities on Saturday's or holidays are responsible for the team leaving the building.
 - *Coaches must make every effort to prevent accidents.
- *When practice or games have concluded, you must stay until the last student athlete is out or picked up. Make sure all doors are locked, turn out lights when you leave.
- *Emphasize sportsmanship during practice and in contests, conduct one's self and teams in an ethical manner to the highest standards of Christian conduct and sportsmanship. *Inappropriate language is not acceptable.
 - *Maintain a high level of energy, enthusiasm, and be an encourager.
 - *Fully support and encourage players to participate in the athletic department fundraising efforts.
 - *Adhere to the rules and regulations of the school regarding school vehicle use.
- *Over communicate with parents. Practice times, schedules, changes in schedules, departing times, arrival times, etc. If you say you're going to end practice at a certain time, then stick to it.
- *Be outstanding hosts to our opponents. Greet them, make sure they know what side they are on and/or where their rooms are located.
 - *Communicate game results and any injuries or incidents to the Athletic Director immediately.
- *All keys to the building will be issued to the coaches by the Athletic Director. Coaches are not to give student athletes their keys at any time. If the keys to the athletic area are lost, the coach should report this immediately. All keys must be returned at the end of their season.
 - *Coaches will be required to agree to and sign a Volunteer Coaches Code of Ethics & Conduct Agreement.
 - *All new Coaches will agree to have a background check completed and cleared before starting.

Coach's Behavior

Any abuse (whether sexual, physical, emotional, or neglect) will not be tolerated. Abusive conduct or allegation will lead to immediate removal from leadership and responsibilities. To assist and protect your integrity and leadership responsibilities, we ask that you:

1. Not put yourself in a compromising situation
2. Not rely on your good reputation or put yourself in a position where it's your word against another individual's
3. Be aware of what you say
4. Watch what you do, being cautious of and avoiding any inappropriate touching
5. Be aware that athletic activities could be opportunities for an abusive situation
6. Focus on the spiritual guidelines while working with student-athletes

Any abusive situations you observe or become aware of must be reported immediately to the athletic director.

Spectator

Among the opportunities that Harmony Christian School parents and students have is the opportunity to be a witness of the love of Jesus Christ. At Harmony Christian Schools, we take this obligation very seriously. We believe that our children's athletic competition should be a significant part of our entire educational program. Everyone involved in our athletic programs has a duty to ensure that our programs impact important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and ethical values such as: trustworthiness, respect, responsibility, fairness, caring and good citizenship.

Parents and spectators at all Harmony Christian athletic contests are expected to support these values always by displaying good sportsmanship. The following are some of the ways to ensure you are part of a positive sports culture:

- a. Offer supportive encouragement to all the players and coaches on our teams.
- b. Show respect for the decisions made by the contest officials. Refrain from booing, hissing, or making derogatory remarks towards game officials.
- c. Respect the fans, coaches, and participants from the opposing schools.
- d. Support the team in prayer and various team activities.
- e. Follow all the rules of the host site and follow the directions and rules set by administrators or designees from either school.
- f. Avoid criticizing the decisions of athletes or coaches at events or in your home.
- g. Attend and participate in meetings and fundraisers for our sports program.

The administration and staff at Harmony Christian School will hold all spectators at our athletic events to the highest ideals of good sportsmanship. Spectators who are unable to exhibit the necessary sportsmanship at our athletic events may be subject to a verbal reminder or even removal from the site for the remainder of the contest.

****PLEASE COMPLETE THIS FORM AND RETURN TO THE MAIN OFFICE****



Student/Parent Athletic Handbook Signature Page

I have read the entire Athletic Handbook and I understand what is expected of me as a student-athlete and Parent. I agree to follow all policies in this handbook, and I promise to always represent my school in a positive manner. I understand that any violation of this handbook may result in consequences.

Student Name (Print) _____ Grade: _____

Student Signature: _____ Date: _____

Parent/Guardian Name (Print) _____

Parent/Guardian Signature: _____ Date: _____