

ATHLETICS HANDBOOK



Christ Centered & Kingdom Conscious



Athletic Handbook

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1. School Motto – “Christ Centered & Kingdom Conscious”

Colossians 3:23-24 – Whatever you do, work heartily, as for the Lord and not for men. Knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Jesus Christ.

I Corinthians 10:31- So, whether you eat and drink, or whatever you do, do all to the glory of God.

2. SHCS Athletic Mission Statement

At Sheridan Hills Christian School we believe that athletics has the unique ability to impact student athletes for the Gospel. With that in mind, we seek coaches that are dedicated to the Gospel, actively walking with the Lord, and seek to influence and disciple athletes as they grow in their God given skills and abilities. Each one of our coaches has a passion and heart to disciple, minister to, support, encourage, and set a positive example for SHCS athletes and their families.

Sheridan Hills Christian School believes in offering every student athlete a unique athletic experience where they learn to balance their spiritual life, academics and athletics. A student athlete is always a student first.

3. Transfer Policy

Student athletes who transfer in from other schools during an academic year will be evaluated on an individual basis. In addition to reviewing the [FHSAA transfer regulations \(section 9.3\)](#) to ensure the transfer requirements are met, the Athletic Director will work in concert with the corresponding administrator to make the determination as to whether or not the student athlete will be eligible.

The team’s head coach will determine whether or not an eligible student athlete will be allowed to participate in the sport.

4. Homeschool Athletic Participation

SHCS is committed to ministering to homeschool families who desire to have their student athletes participate in a Christ-centered athletic program. To be accepted, homeschool student athletes and their families must go through the same admissions process as full-time students, including academic review and family interview.

Once they have completed the admissions process and been granted the authorization to participate in our athletics program, homeschool student athletes will be given the opportunity to try out and earn a spot on a team roster. They are also required to adhere to the same guidelines as any of our enrolled students.

5. Eligibility Requirements

School Attendance

To maintain eligibility in SHCS Athletics, student athletes are required to be present in school and be on time for classes as per the student handbook. Student athletes who

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have an unexcused absence or tardiness will not be permitted to participate in practice or play in the game for that day.

Attendance and Tardiness for Games and Practices

It is the responsibility of all student athletes and parents to be present and on time at all games and practices unless pre approved by the head coach. Head coaches will determine the appropriate consequence for a student athlete failing to adhere to this guideline.

Athletic Forms

Student Athletes are required by the FHSAA to fill out eligibility forms. Athletic forms can be found on our [SHCS website](#), the [FHSAA site](#) or can be obtained from the Athletic office on campus. Student athletes who do not submit completed forms by the first practice will not be allowed to participate until the form has been completed and received.

Required forms for student athletes:

New/Returning Students

- [Participation Physical Evaluation Form \(EL2\)](#)
- [Consent and Release from Liability Certificate \(EL3\)](#)

Homeschool Students

- [Registration \(EL7\)](#)
- [Verification of Student Registration \(EL7V\)](#)
- [Academic Progress Report \(EL9\)](#)
- [Deadlines for Non-Traditional Students](#)
- [FAQ](#)

Transfer Students

- [Affidavit of Compliance \(GA4\)](#)

Maintaining academic eligibility

Student athletes must maintain a GPA average of 2.0 each semester to remain eligible. The semester that will be reviewed will be the last semester. As per [FHSAA Guidelines, Article 9.4](#), student athletes who fall below the 2.0 standard will become ineligible for the following season.

6. Team Meetings - Parent and Player

Each team will have a mandatory parent/player organizational meeting prior to the team's tryouts or first official practice. Information covered in the meeting may include, but is not limited to:

- Coaching philosophy and vision
 - Playing time
 - Practice times/expectations
- Spiritual discipleship plan
- Game schedules
- Team rules and expectations
- Athletic fees and costs
- Contact information
- Volunteer/service needs

7. Athletic Fees

All fees vary depending on the sport and the level of the team. Participating in sports can be very costly and consideration is given to maintaining the fees as low as possible. All athletic fees are non-refundable.

Athletic fees are designed to cover different costs which include, but are not limited to, the following:

- Student athlete FHSAA clearance
- Upkeep of athletic field and gymnasium
- Coaches, Game officials
- Uniforms (practice/games)
- Transportation (fuel, insurance)
- Event fees
- Athletic banquet
- Equipment/gear

Post athletic events: Student athletes are given a 15 minute grace period from the end of a game or the time they arrive from an away game to be picked up. A fee will be assessed to the student athlete's account for any time exceeding the 15 minute grace period.

8. Rules/Regulations

Student Athlete Behavior/Conduct

Student athletes are expected to meet the same standards for behavior/conduct as per the SHCS student handbook. As representatives of SHCS, student athletes should always model a Christ-like attitude and treat others with sportsmanship and respect at all times. This includes practice, games (home/away) and the classroom. Student athletes who display behavior/conduct contrary to our beliefs may face consequences. Consequences can range from playing time all the way up to dismissal from the team.

Examples of improper behavior/conduct:

- Bullying
- Hazing
- Harassment
- Profanity
- Unsportsmanlike conduct
- Etc.

Leaving the team

- Voluntarily; student athletes are expected to communicate directly with their head coach if they want to leave the team. A student athlete who leaves the team without communicating with the head coach may be subject to consequences.
- Involuntarily; student athletes who are dismissed from the team as a result of disciplinary, behavioral or other circumstances may not be eligible to participate in sports in the following semester.
 - Example: Team dismissal from a Fall sport prevents an athlete from participating in any winter sports.

9. Tryout schedules

Tryout schedules will be posted at the beginning of each season in correlation with [FHSAA guidelines](#).

10. Team Selection

Interscholastic competitive athletic participation is an invaluable discipleship tool. As such our desire is to retain as many student athletes as is reasonable considering many factors such as the limits of facility space, finances for uniforms and equipment, and feasibility within the sport to name a few.

As a student moves through middle school and high school, the requirements for making the team become more stringent with each new level. Each year, a student must try out

and meet the coach's standard of competitive skill level in order to be selected for the team. Some of the criterion considered when evaluating student athletes for team selection are:

- Competitive Skill
- Attitude and character
- Effort and work ethic
- Commitment

SHCS desires to be as competitive as possible at the varsity level, so only the athletes that meet the coach's expectations are selected for varsity teams.

Coaches will give every student trying out for a team an opportunity to demonstrate his/her ability and skill level. At the conclusion of this process, and depending on the outcome of the coach's evaluation, the coach might have to make final cuts that may be hard for a student to accept.

Cutting an athlete is the least enjoyable task for any coach. These decisions are not taken lightly and often weigh heavily on coaches.

Additionally, coaches should maintain a balance of (depending on the sport) 10th, 11th and 12th graders on varsity teams in order to perpetuate an on-going strong competitive program.

11. Multi-Sport Athletes

Earning the right to participate in multiple sports is a tremendous opportunity for raising a well-rounded child. Some of the benefits of being a multi-sport athlete are:

- Physically: Different muscle groups are emphasized with different sports. Specializing in one sport may increase the chances of producing wear and tear injuries. Multi-sport participation helps prevent injury and consistent muscle development.
- Socially & Spiritually: Multi-sport athletes often find themselves at different levels of performance. They learn humility in sports in which they are less advanced, and how to lead well where they are high-achieving.

Should a student-athlete choose to play two overlapping sports, clear and constant communication will be required between the student, both head coaches, and the parents. The student athlete that chooses to participate in multiple sports should realize that their participation in the sports is not only for personal gain as it also creates an expectation between him/her and the coaches and teammates. Therefore the multi-sport athlete has to have a greater level of responsibility and awareness as his/her actions can have a greater impact than those of a student athlete focusing on one sport.

The general guidelines for multi-sport participation are as follows:

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- Multi-sport athletes will not have a “primary” sport and sport specialization will not be encouraged by any coach. The multi-sport athlete will be expected to divide his/her participation in the different (practices and games) sports as best as possible.
- Coaches from the different teams will accommodate multi-sport participation as much as it is reasonable.
- A coach has the right to remove the student athlete from participation in their sport should they feel that the student athlete is not meeting their expectations or if the coach feels that their participation is more of a detriment to the team.

12. Supervision

Student athletes will be supervised by a member of the coaching staff during practices and sporting events.

Student athletes are expected to wait until a member of the coaching staff arrives to begin activities.

13. Early Dismissal

One of our goals is to minimize the amount of classes missed by our student athletes due to athletic activities and we strive to have the student athletes leave their classes as late as possible. All missed classes by a student athlete due to their participation in an athletic event will be excused. There are several factors that impact how late student athletes can be dismissed. Some of these factors are daylight, travel time, weather, safe warm up time, etc.).

Student athletes are, however, expected to:

- Be responsible for all work missed.
- Communicate in advance with teachers/coaches regarding upcoming conflicts.

Gameday changes to the dismissal time will be communicated by school announcement and Renweb.

14. Practices

Times

- Practice days and times will be set by the coaches and will be posted in the athletics website. Any variation or cancellation will be communicated through the Head Coach.
- NO Sunday meetings or practices are permitted.
- Vacation practices and tournaments are common for varsity and junior varsity teams.
- Middle school practices scheduled over school breaks should be optional.

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- All Wednesday practices will be finished by 5:30 p.m. Coaches WILL make every effort to begin and end practices on time. This will allow parents to plan effectively and efficiently.
- When school is out because of hurricanes, or other natural disasters, all practices will be cancelled or postponed. Practices may resume prior to school when the campus and facilities are determined safe.
- Athletes who are transferred to after care as a result of a practice being cancelled (within the same day) will not be charged.

Expectations

- Student athletes should be on the floor/field ready to practice.
- Student athletes are expected to wait until a member of the coaching staff arrives to begin activities.
- Cell phones or any electronics are not permitted.
- Wear clean and neat practice uniforms.
- Help the coach set up the gym/athletic field as needed.
- Make sure that the gym/athletic field is picked up after every practice.

15. Playing Time Philosophy

Our playing time philosophy is based on several principles:

- Put the best team on the court/field.
- Win as many games as possible.
- Be as competitive as possible.
- Put the needs of the team ahead of their own.
- The value of any student athlete is not tied to their playing time.

Below we have outlined some of the expectations in order to have a successful experience:

The Coach

- Coach with a goal of winning!
- Develop student athletes so they will have a positive impact in the community.
- Never lose a competition due to being overly concerned about substituting.
- Value playing every player and work toward that goal.
- Push players to play with the type of intensity that requires substitution.

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- Go with impact players when the game is on the line

The Student Athlete:

- Practice so intensely that the coach feels pressure to reward you with playing time.
- Be the first one to arrive at practice and be the last one to leave practice.
- Understand everything the team does, both offensively and defensively.
- Develop knowledge of as many positions as possible. The more you know, the more valuable you are to the team.
- Have a burning desire to want to play, whether for long or short periods of time.
- Be ready by staying mentally engaged in the game while on the bench.
- If a starter, cheer, support the subs. If a sub, cheer, support the starters.
- Leave your ego at the door. You only THINK YOU KNOW MORE than the COACH.

The Parent:

- Be a “Big Picture” thinker; trust the coach.
- Never bring “dissent” (Proverbs 6).
- Encourage conflict resolution; challenge the student athlete to understand why he/she is not playing and what they think about it and what they can do to improve their playing time.
- Encourage communication between the student athlete and the coach; have the student athlete communicate with the coach FIRST on matters related to playing time. Communication is an essential skill that will be needed when they are older.
- Give the coach the benefit of the doubt; make any initial conversations with a coach a fact-finding event, based on positive assumptions about the coach’s intentions.
- Let the coaching staff coach; your desire to interject and be a sideline coach distracts the student athlete, creates confusion and undermines the coach’s authority.
- Be supportive; support the student athletes, the team, the coach and the school.
- Be a cheerleader; be encouraging and positive at all times. Remember that you too are a leader and student athletes will follow.

16. Transportation

- Transportation to all away games will be coordinated by the Athletics Department.
- Directions to athletics contests will be provided on the SHCS Athletic website.
- During transport all student athletes must remain seated. Doors and aisles must be free of luggage and equipment.
- Only team personnel and players are allowed to use SHCS transportation (unless otherwise approved).
- While food and drink are permitted on buses, coaches and players are responsible for keeping buses clean and free from trash and debris.
- Parents should arrange for pick-up of their children in a timely fashion after games and practices. There will be a fee for student athletes who are not picked up 15 minutes after the end of any athletic event.
- Coaches may not leave student athletes unsupervised, whether on SHCS campus or an away site, until all students have been picked up or transferred to after care (when applicable).
- Student athletes who are being picked up by their parents during athletic events must inform their coach prior to leaving.

17. Injuries

Any injury that prohibits a student athlete from participating in the sport must have a doctor's note indicating the type of injury, restrictions, and projected recovery time. Even with an injury, student athletes are still expected to be at practice.

- If a student athlete feels their recovery is ahead of schedule and willing to participate sooner then they must bring a note from the doctor permitting them to resume play.
- If the recovery time exceeds the original doctor's note then the student athlete must submit a current doctor's note indicating the updated recovery time.

18. Athletic Banquet and Team Awards:

The athletic banquet is held in the spring. Each head coach will present between one to three individual awards for their respective teams.

The awards are:

- Most Valuable Player
- Most Improved Player

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- Timothy Award - Award is based on 1 Timothy 6:12 - Christlike Character/Teamwork
- Male and Female Athlete of the Year

19. Volunteer Opportunities

SHCS's athletic program relies on parent and volunteer involvement. There are various positions in which parents and students can volunteer to help specific sports teams or the athletic program overall. Student volunteers will receive service hours that can be used towards the school requirement.

Below are the needed volunteer positions and opportunities:

- Team mom/dad
- Statistician
- Scorekeeper
- Scoreboard operator
- Gatekeeper
- Concessions
- Public address announcer

20. Visitors/Guests to SHCS Athletic Events

- Conduct

All guests and visitors to SHCS athletic events are expected to exhibit good conduct/sportsmanship and respect towards the athletes, coaches, officials, and fellow spectators. Guests or visitors who do not show good sportsmanship may be asked to leave.

21. Conflict Resolution

Conflict resolution will be handled in conjunction with our Christian values following the Matthew 18 principles including one on one conversations and upholding Christian beliefs.