

WE ARE COLONIAL CHRISTIAN



Athletic Department Philosophy

COLONIAL CHRISTIAN SCHOOL
ATHLETIC DEPARTMENT PHILOSOPHY AND POLICIES

(revised 7/5/17)

Colonial Christian School wants children to grow as Jesus grew—"in wisdom and stature, and in favor with God and man"—and therefore encourages every child to reach his or her God-given potential spiritually, academically, emotionally, socially, and physically.

OUR PRAYERS AND EXPECTATIONS ARE FOR:

ATHLETES who genuinely have a love for God, a conviction to represent Him on the field/court, a teachable and humble attitude, and a selfless team-before-me approach.

COACHES who love their athletes; who prepare well for them and plan for their continuing improvement; who respect and speak well of peers, parents, staff, and administration; and who are Christlike in character and humility before parents, opposing coaches, officials, and athletes.

PARENTS who support and pray for all the coaches, who respect a coach's decisions even if they don't agree, who are more concerned about their athlete's character and Christlikeness on and off the field/court than his playing time, and who give their valuable time to serve God in any way they can without concern for which sport or students will benefit most by their serving.

ATHLETIC DIRECTOR AND ADMINISTRATOR who are well organized, who are enthusiastic about the teams' efforts and success and therefore recognize and reward accomplishment, who properly and fairly enforce all regulations and guidelines, who keep parents informed and involved in the program while being respectful of their time, and who encourage athletes and fans to bring glory to God in their athletic participation.

We want a dynamic athletic program that is distinctive in its commitment to honor Christ. We desire to follow Him wholeheartedly as we participate in this program, realizing that every game is an opportunity to encourage a brother or sister in Christ or reach out to the lost (I Corinthians 4:7).

COLONIAL CHRISTIAN SCHOOL ATHLETIC PHILOSOPHY

What We Believe

Athletics are an important part of a student's education. They allow the student to develop and use his or her God-given physical ability. They test and build physical strength and athletic skills. But because athletic events are competitive, they also test the athlete's character. This challenge provides an excellent opportunity for the athlete's spiritual growth, growth that we believe is the most important benefit of athletics. This goal of spiritual growth perfectly integrates athletics with the academic and character development that go on in the classroom. The biblical principles the student learns there, as well as in the church and home, can be put into practice in athletics.

Our Commitment to Excellence

Because we are redeemed children of God, we use our abilities to bring glory to God and not ourselves. (Ecc. 9:10, Col. 3:23). In thankfulness to God we strive to do our best in all activities, whether they are academic tests, a state fine arts competition, or a basketball tournament. Becoming the best athlete may not always be the result of our athletic program; however, doing our best for God's glory must be!

Our Coaches

Excellence is the goal of each coach. We expect all our coaches to have a thorough knowledge of their sport, to capably instruct students in techniques, to diligently prepare for games and plan for the season, and to positively motivate the athletes under their supervision. But we also expect our coaches to be excellent in their example and attitude. Like players, coaches face the pressures of competition—the temptation to respond negatively to an official's call, to become arrogant about success, to respond in anger to a player's mistake. But a coach who is committed to spiritual excellence models Christlikeness before his team. Any coach who loses his temper during a game also loses an opportunity to show the players how to apply God's commands to athletics, and in such a case he will not be retained as coach. Coaches also help mold the character of their athletes. When athletes under pressure reveal a character that is not Christlike, a coach must admonish them, pointing them to Christ, Who has redeemed them from

their sin and Who supplies grace to overcome the very negative attitudes they're struggling with. Coaches should pray for and encourage athletes to grow in their knowledge of Jesus Christ and glorify Him while on the field/court.

Our Programs

At CCS each individual sport is developed into a graded program designed to encourage the athletes' growth and development. The head varsity coach and Athletic Director provide structure and ensure that the department philosophy and team policies and procedures are implemented at all levels of the program. Such consistency throughout the program builds unity among the participants and encourages support from the student body. Each program should promote off-season conditioning, camps, clinics, drills, and workouts for all potential athletes.

Our Athletes

Athletes who love God and desire to glorify Him will approach athletics differently than athletes whose ultimate goal is simply to win. Both types of athletes should diligently prepare for their games, aggressively pursue excellence, and persevere through hardship. Their diligence in physical effort may result in winning a championship. But an athlete whose motivation is the love of His God should also be humble in spirit, self-controlled in word and action, and respectful of others. This positive evidence of his relationship with God will likely encourage fans to love and pursue God and may ultimately draw unbelievers to Christ.

Our Bottom Line

For a Christian high school student, athletics are an opportunity to grow in understanding of God and His love and in obedience to His Word. As athletes learn about the strength of the human body, they praise the Almighty Creator Who made them. As they face the temptation to complain, they learn more of God's grace to overcome sin. As they suffer the agony of defeat, they experience the comfort of a loving heavenly Father. What they learn about God's power and their own weakness during the pressures of a game will shape their character and prepare them to face more difficult pressures or temptations that lie ahead.

Membership and Affiliation

Colonial Christian School is currently a member of the Indiana Association of Christian Schools (IACS) and the Central Indiana Christian Conference (CICC).

ATHLETES

Eligibility Requirements

Colonial Christian School desires to help students maintain an appropriate balance in their activities. Although we expect students to be dedicated in their athletic training and performance, we will not allow students to sacrifice their academic or spiritual well-being for the sake of athletic improvement. The following eligibility requirements are designed to help students continue to grow academically and spiritually while they participate in athletics.

Academic Eligibility

ACADEMIC GOOD STANDING

Students will be evaluated academically every 4½ weeks. A student who desires to participate in the athletic program must maintain good grades. To remain in good standing, a student may not have an F in any course but may have one D. A student must have a C or above in Bible. In the case of the new academic year selections, the grades of the previous year must meet the criteria. One-half credit course grades may be disregarded for the first grading period of either semester if the administration determines that there are an insufficient number of grades to adequately assess a student's achievement.

ACADEMIC PROBATION

Students who fail to meet the academic requirements will be placed on academic probation. A student may attend practice while on academic probation; however, he or she may not dress for games, sit on the bench, participate in games, or travel with the team to away games. The student's academic performance will be checked each week to reevaluate his or her eligibility. The checks will occur at one-week intervals beginning a week after grades are published (or as deemed appropriate by the administration). If a student meets the academic requirements during the weekly check, he or she may participate in games until the next weekly check. Checks will continue until the next grading period.

ACADEMIC INELIGIBILITY

If a student's grades fall below the requirements for two consecutive 4½-week periods, the student will be ineligible to try out, practice, or play on an athletic team. The exception to this rule is the beginning of the academic year when the student will be given academic probation status rather than ineligible status. A student's consistent record of probation may influence the coach's decision to add him to the team.

Disciplinary Eligibility

Because an athlete is regularly on display before many spectators, he or she should be a good example in word and conduct both on and off the field/court. He or she should exhibit a genuine love for Christ and a desire to please Him, which will result in love and kindness to others.

DISCIPLINARY GOOD STANDING

In order to be considered in good standing, a student needs to have no more than 25 accumulated demerits in a single semester.

DISCIPLINARY PROBATION

A student will be placed on disciplinary probation if he or she accumulates more than 25 demerits. In addition, the administrator, at his discretion, may place a student on disciplinary probation regardless of the number of demerits.

A student may practice while on disciplinary probation but may not dress for games, sit on the bench, participate in games, or travel with the team to away games. The student will be evaluated weekly by the administrator to determine whether he or she may participate in games for the upcoming week. The student cannot have received any discipline incident referral forms (dirfs) during the previous week and must have administrative approval in order to participate. The weekly checks continue until the student's demerit level is less than 25. At that time the administration will consider lifting the disciplinary probation.

DISCIPLINARY INELIGIBILITY

When a student's demerits accumulate to 50 or more, he or she becomes ineligible to practice or participate in athletics. In addition, a student who exhibits negative attitudes or behaviors may become ineligible. The coaches and administration will make the final determination regarding questions of character and eligibility.

Physical Exams

Every athlete must pass a physical exam administered by a licensed doctor and must submit the proper paperwork to the Athletic Director. Medical Release Forms will be given to each coach for their team.

Miscellaneous Requirements

Participants must be full-time students in good standing at Colonial Christian School and meet the attendance guidelines set forth by the administration and the eligibility policies of the IACS.

Any student who has a delinquent school account (60 days or older) will not be permitted to participate in the sports program.

Colonial Christian School adheres to the age qualifications and restrictions of the Indiana Association of Christian Schools.

A student is eligible to represent Colonial Christian School as long as he or she does not violate the eight-semester rule: Upon entrance into ninth grade, the participant has eight consecutive semesters of eligibility.

No student may play on a junior high team before he or she has achieved the true (typical age versus advanced placement) sixth grade level. No student may play on a junior high team if he or she has reached his or her sixteenth birthday before September 1 of the current school year.

No student may play on any team if he or she has reached his or her nineteenth birthday before September 1 of the current school year.

Rules Governing All Athletes

The following team rules are to be observed by all Colonial Christian School teams. Coaches may institute additional rules that enhance their particular sport. Coaches will explain team rules and supply each member with a written copy. Coaches are encouraged to mail a copy of the team rules to the parents as well.

ATTENDANCE

All students must attend classes the entire school day to participate in practices and games. The only excused late arrival or early dismissal will be for a doctor's appointment, a funeral, or a personal appointment scheduled with the approval of the Administrator/Athletic Director. If the athletic event is scheduled for a weekend, the student must be present on the Friday preceding the event unless the Administrator/Athletic Director gives approval.

All players are required to attend all practices and games unless given prior permission to miss by the coach.

Missing a practice or game without prior permission may result in suspension or removal from the team, unless due to sudden illness or other circumstance beyond the player's control.

Players will make up excused missed practices or games in a way determined by the coach. (e.g. running laps for missed practice or being benched at the start of the next game)

Players are to be on time for team practices, games, and meetings. Coaches should penalize tardiness.

Players are expected to attend end-of-the season team activities.

CONDUCT AND DRESS

Players must maintain academic eligibility as outlined in this handbook and if academically ineligible must follow school guidelines for attendance at practices and games. Classroom misconduct may result in immediate suspension from the team.

Players will wear school or ball game dress to all games unless instructed by the Athletic Director/coach to change before departure. In that case, players will wear approved warm-ups over their uniforms.

UNIFORMS

Athletes will be provided a uniform at the beginning of the season. Athletes are responsible to clean and care for the uniforms that have been assigned to them. Athletes will be required to pay for any items that they will keep at the end of the seasons (socks, hats). Athletes will also purchase personal items such as jackets, shoes, and gym bags.

Athletes are responsible to transport their own uniforms to all games. At the end of the season, they should turn in all uniforms to the assigned place within 7 school days of season's end or by the deadline announced by the Athletic Director/coach.

QUITTING A TEAM

No athlete will be allowed to quit any team without the Athletic Director's/coach's permission once the team has been selected and the season has begun. In the event that a student wants to switch teams before a season begins, he must have the approval of both coaches and the Athletic Director. The Athletic Director/coach will allow a player to drop from the team if serious injury dictates or if it is in the best interest of his or her academics, following a meeting with the parents and Administrator approval. This, however, may jeopardize the student's ability to play the remainder of the year. No athlete who quits a team under circumstances of conflict will be allowed to rejoin. If an athlete quits a sport before the end of the season, he or she will not be considered for awards.

COACHES

GENERAL REQUIREMENTS

Coaches will be selected by the administration. It is preferred that coaches be members of Colonial Hills Baptist Church; however if necessary, exceptions will be made.

Background checks will be performed on new coaches.

Coaches should be CPR and First Aid certified or working toward certification.

ATTENDANCE AND DRESS

Coaches are to attend all practices and games. If the coach must miss a practice or game, he should notify the Athletic Director in advance and provide a suitable substitute.

Coaches must be on time for all games and practices and must end the practices at the stated times.

For all games and practices, coaches should adhere to the dress regulations outlined in the school handbook.

SUPERVISION AND DISCIPLINE

Coaches must not leave players unsupervised before, during, or after practices, games, or meetings. Coaches should be sure players have transportation arranged after both practices and games.

Off-season practices must be approved by the Athletic Director and require that at least one adult supervisor is present for the entirety of the play.

Coaches should handle all discipline when possible. Coaches should notify the Athletic Director if (a) they contact parents due to a disciplinary situation or (b) they are considering suspending a player from the team. The Administration will need to approve such disciplinary action.

Coaches are to notify the Athletic Director if technical fouls, cardings, or ejections occur in games.

Coaches are to enforce general Colonial Christian School guidelines of discipline from the Parent/Student Handbook and are encouraged to supplement these with additional team rules of their own.

MEDICAL CONCERNS

Coaches should immediately notify the player's parents if an injury occurs that requires medical attention.

Coaches should notify the Athletic Director when an injury occurs that requires medical attention. Coaches should fill out an incident/accident report and give a copy of the medical treatment to the Athletic Director. (Reports are located in the CCS office.)

Coaches will be given medical kits at the beginning of the season. These should be taken to every game. If the kit runs out of supplies, please notify the Athletic Director so he can refill it. The kit is to be returned to the gym equipment room after every game.

Coaches should carry the athletes' medical release forms with them to all games.

CHRISTIAN CONDUCT

Coaches will plan regular team devotions (at least twice per week) and open and close each practice with prayer. Coaches are encouraged to lead these devotions, though team members may occasionally lead instead. Coaches are also encouraged to use "teachable moments" to encourage spiritual growth.

Coaches need to be above approach in all interactions with players. To protect themselves, coaches should never be alone with individual players (especially a male coach with a female player or vice versa).

Coaches will never seek to embarrass another coach, team, school, or fans by running up the score. Retribution is unacceptable. When it is obvious that victory is inevitable, the coach must substitute reserve players rather than increase the distance between scores.

PARENT MEETING

Prior to the start of each season, the coach will hold a meeting for student athletes and their parents so that team members and parents can get to know each other, the coach, and the support staff. At this meeting the Athletic Director and the coach will communicate any special rules for the team and announce anticipated expenses the parents must cover for the season.

FACILITIES AND EQUIPMENT

Coaches will work with the Athletic Director to prepare and maintain facilities for games and practices. Coaches may be held responsible for damages if they are negligent in supervision.

Coaches and team members should always leave facilities clean and properly secured.

Coaches should always check all doors and turn off all lights, unless another group is present to continue using the facilities.

All equipment will be purchased through the Athletic Director. Even purchases paid by the coach personally must be processed through the Athletic Director. Coaches will be expected to make their needs known and give input on the selection of equipment.

Coaches will distribute, collect, and properly store and secure all uniforms, equipment, and supplies. Due to limited storage areas, it is important that coaches and athletes put equipment away neatly in its proper place. Equipment should be properly cared for in order to maintain its condition and extend its use.

As a general rule, athletic equipment should not be loaned out for use.

UNIFORMS

All Colonial Christian School team uniforms will be purchased through the Athletic Department. The Athletic Director will work with individual team coaches to select uniforms. Uniforms will be replaced on an as-needed basis.

COMMUNICATIONS

The Athletic Director must approve all correspondence, agreements, schedules, etc.

AWARDING PLAYING TIME

Coaches are instructed to give playing time each game to athletes (those in good standing) based on the following criteria:

JUNIOR HIGH—The coach plays everyone; develops players through practice experience and game participation (skills are developed).

JUNIOR VARSITY—The coach plays everyone but not equal minutes (skills are developed and polished.)

VARSITY—The coach plays those he feels will contribute to a win. He will attempt to play everyone in games in which he feels the outcome has been decided.

On special event nights such as senior night, the coach will give significant playing time to the players who are being highlighted.

SCHEDULING GUIDELINES

GAMES

The Athletic Director will schedule all games and practices, taking into consideration the coaches' input. The pastoral staff will approve the schedule.

Due to church-related activities, no Wednesday evening contests/practices will be scheduled.

As a general standard, contests will be scheduled on no more than 2 days during any given week. Due to the short season and required number of games, soccer and volleyball are at times exceptions to this rule. As much as possible, late night games will be limited to Friday evenings.

As much as possible, the Athletic Director, will schedule each team for no more than 2 games per week and 6 games per month with only 2 of those 6 days being Fridays.

As much as possible, contests will be scheduled with schools in our geographic area to avoid extensive travel time and expense.

Conference games will be honored, and if a game is canceled, it will be rescheduled.

The Athletic Director will make an effort to schedule the following number of games per team. Each mid-season tournament game counts toward the allowable number. For instance, if the boys' varsity team plays 3 games

in a basketball tournament, the season will include 13 other games to total the allotted 16 games for the regular season.

Varsity Soccer—14 + a maximum of 3 post-season tournament matches

Junior High Soccer—8

Varsity Volleyball—14 + IACS State Tournament matches

JV Volleyball—10

Junior High Volleyball—10 (desired 6 home/4 road)

Varsity Boys Basketball—16 + a maximum of 3 post-season tournament games

Junior Varsity Boys Basketball—12

Junior High Boys Basketball—10

Varsity Girls Basketball—16 + a maximum of 3 post-season tournament games

Junior High Girls Basketball—10

GAME TIMES

The Athletic Director will schedule games as early in the day as possible taking into consideration the following factors:

Academic schedule

Schedule of the opposing school

Referee availability

Travel time. Regular season games will be scheduled within a 150-mile radius of CCS.

Special events (alumni night, senior night, etc.)

TOURNAMENTS

The Athletic Director will attempt to enter each varsity team in one regular season tournament per season in addition to post-season IACS playoffs. All tournaments that require overnight stays will be properly chaperoned.

PRACTICES

The Athletic Director will work with coaches and church staff to coordinate use of the practice facilities.

In facilities that are to be used by more than one team, coaches should end practices promptly so the next team can have a full practice session. Coaches should allow time to remove and store equipment at the conclusion of practice.

Coaches will create a season-long written practice and game schedule to distribute to players and parents before the first game of each season.

Coaches may only conduct practices during the scheduled season (first practice through final game). Coaches may not conduct or "encourage" organized off-season practices.

Coaches may contact the Athletic Director if he/she wants to set up a one-time "get-together" with the team in the summer. This would primarily be for recreational purposes.

Coaches are strongly encouraged to provide all players with an off-season workout program. This program should be completely optional, with no threat of "not making the team" if it is not completed.

PARENTS

Parent Meeting

Prior to the start of each season, the coach will hold a meeting for student athletes and their parents so that team members and parents can get to know each other, the coach, and the support staff. At this meeting the Athletic Director and the coach will communicate any special rules for the team, distribute the season schedule, and announce anticipated expenses the parents must cover for the season.

Medical Release

Every athlete must pass a physical exam administered by a licensed doctor and must submit a medical release form to

the Athletic Director. Medical Release Forms are available in the CCS office.

Transportation

Parents should fill out a transportation form and return it to the school office. All students must have a signed form on file before they are permitted to ride any Colonial Christian School means of transportation to games.

Student-athletes ARE NOT permitted to drive to athletic contests without the Athletic Director's/coach's permission and a written note from their parents.

Concessions

The Athletic Director will coordinate concessions with parents and volunteers for the benefit of our guests. Parent participation is encouraged (required). Proceeds will benefit the athletic department.