

# WE ARE COLONIAL CHRISTIAN



**Athletic Department Philosophy**

**COLONIAL CHRISTIAN SCHOOL**  
**ATHLETIC DEPARTMENT PHILOSOPHY AND POLICIES**  
(revised 10/26/21)

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).

## **SECTION 1: 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, 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).

## **SECTION 2: 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 spiritual or academic well-being for the sake of athletic improvement. The following eligibility requirements are designed to help students continue to grow spiritually and academically while they participate in athletics.

#### **Academic Eligibility**

##### *ACADEMIC GOOD STANDING*

Students will be evaluated each four and one-half (4 ½) weeks. A student who desires to participate in the athletic program must maintain good grades. Specifically, to remain in good standing, a student may not have an F in any course and no more than one D. 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 4 ½ week 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 practice while on academic probation; however, he or she may not dress, sit on the bench, participate in the games, or travel with the team to away games. A weekly check will be made to reevaluate the student's eligibility. The checks will occur at one-week intervals beginning a week after the published dates when students receive their grades (or as deemed appropriate by the administration). If a student meets the academic requirements during the weekly check, he or she will be permitted to participate in games until the next weekly check. Checks continue until the next grading

period. Therefore, participation in athletic games depends upon the previous weekly check.

#### *ACADEMIC INELIGIBILITY*

If a student's grades are below the requirements for two consecutive four and one-half week periods, the student will be ineligible to try out, practice, or play on an athletic team. The exception to this is at the beginning of the academic year when the student will be given academic probation status rather than an ineligible status. A student's consistent pattern of probation may negatively 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 in good standing, a student needs to have no more than 25 accumulated demerits in a single semester.

#### *DISCIPLINARY PROBATION*

If the student accumulates 25 or more demerits in a single semester, he is placed on disciplinary probation. The principal 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, sit on the bench, participate in the games, or travel with the team to away games. A weekly evaluation is made to determine whether the student may participate in games for the upcoming week. The student cannot have received any Behavior Alerts during the previous week and must have administrative approval in order to participate. The weekly checks continue until the student has established a positive pattern of behavior, at which time the administration may consider lifting the disciplinary probation.

#### *DISCIPLINARY INELIGIBILITY*

When a student accumulates 50 or more demerits in a single semester, he is ineligible to practice or participate in athletics. Students on behavioral probation may also have their extra-curricular participation forfeited.

#### **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 filed with the AD and office staff.

#### **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.

#### **Concessions**

The Athletic Director will coordinate concessions with parents, students, and volunteers for the benefit of our guests. Each family (grades 10-12) is expected to serve their 2-3 assignments per season. Proceeds will benefit the student's Senior Trip.

#### **Miscellaneous and Age 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. Exceptions may be made for homeschool students (in accordance with the IACS Rules of Eligibility) that regularly attend CHBC and are granted consent by the Athletic Director.

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 as governed by 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 if he/she has reached his/her sixteenth birthday before September 1 of the current school year.

No student athlete may participate who has reached his twentieth (20th) birthday before April 1 of the year of his/her graduation.

### **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.

#### *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 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.

#### *UNIFORMS AND DRESS*

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.

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 other sports during 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.

## **SECTION 3: COACHES & ATHLETIC DIRECTOR**

#### *GENERAL REQUIREMENTS*

Coaches must be actively involved in a local church and must strictly avoid team sports activities (i.e. practices, competitions, tournaments, etc.) on Sunday. Irregular church attendance will jeopardize a coach's position to continue in their role.

Coaches will be selected by the administration. It is preferred that coaches be (1st) CCS faculty/staff or (2nd) members of Colonial Hills Baptist Church; however if necessary, exceptions will be made.

Background checks will be performed on new coaches.

Coaches must complete required training as directed by Administration & Athletic Director (i.e. Child Abuse Awareness, Concussion, Heat Illness).

#### *ATTENDANCE AND DRESS*

Coaches are to attend all practices and games. Coaches should notify the Athletic Director if they must miss a practice or game; the AD must pre-approve any 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.

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.)

The Athletic Director will oversee a medical kit being available at every game. Coaches should ensure the medkit is brought with game equipment at away games. 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.

#### *CHRISTIAN CONDUCT*

Coaches will plan regular team devotions and open or 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. The Athletic Director will give guidance to the coaches as to how this plays out in each sport.

#### *PARENT MEETING*

Prior to the start of the year, the Athletic Director will conduct a parent meeting (may be virtual) to communicate guidelines, special rules, and individual team announcements for players and parents. Attendance/participation is required unless prior permission has been granted.

#### *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 should be processed through the Athletic Director. Coaches will be expected to make their needs known and give input on the selection of equipment.

The Athletic Director 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 seeks to play everyone when possible. Added emphasis is placed on being a team player and sacrificing for the good of the team (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 strive to give significant playing time to the players who are being highlighted.

#### *EDUCATION AND DEVELOPMENT*

Coaches are encouraged to increase their competence through coaching education. CCS desires to invest in the development of its coaches as it does its teachers. Development opportunities may be requested in-advance through the Athletic Director.

## **SECTION 4: 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 scheduled on 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. A mid-season tournament counts as one game toward the allowable number.

Varsity Soccer—13 + IACS State Tournament matches

Junior High Soccer—10

Varsity Volleyball—13 + IACS State Tournament matches

JV Volleyball—10

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

Varsity Boys Basketball—15 + IACS State Tournament matches

Junior Varsity Boys Basketball—12

Junior High Boys Basketball—10

Varsity Girls Basketball—15 + IACS State Tournament matches

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

In addition to post-season IACS playoffs, the Athletic Director may attempt to enter each varsity team in one regular season tournament every other year. All tournaments that require overnight stays will be properly chaperoned.

## PRACTICES

### PHILOSOPHY

There is much we can glean from the experience of those in the public arena. Our goal is to equal or exceed the ethics practiced by public school professionals with regard to athletics. There you will find that all team coaches have restrictions with regard to off-season practices and coaching. Those who coach individual sports are not under the same restrictions.

IHSAA guidelines allow coaches of "individual sports" (track, swimming) to enjoy more contact during the off-season than those who are coaching team sports. Why? Because there is a different pressure that comes with being on a "team." Team coaches are under greater restrictions than those who coach on the individual level.

### GUIDELINES

The Athletic Director will work with coaches and church staff to coordinate use of the in-season 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 communicate the weekly practice schedule to parents and players.

Coaches may coordinate one "end-of-season party," but must approve these plans through the Athletic Director and school office. End-of-season gatherings are preferred to be scheduled as an extension of an existing school day or in place of a practice. Other team events throughout the year must also be approved through the Athletic Director before being announced.

CCS will follow the off-season guidelines (summer practices, leagues, etc.) set by the IHSAA.

Coaches may not instruct students who have participated in a contest as a member of their school's team. Exception: Coaches may instruct their sons or daughters. (15-2.2d)

CCS may not organize, supervise or operate athletic practices. (15-2.2e)

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.

Open gym policy:

CCS coaches may supervise an open facility program, provided that:

- They do not organize teams.
- The program is open to all students of CCS.
- Attendance is voluntary and not required by the coach for membership on the team.
- A maximum of two CCS athletes receive instruction and work directly with the coach at any one time. (15-2.5b)

Please refer to the IHSAA Constitution and By-Laws for further clarification.