



VALLEY CHRISTIAN  
ATHLETICS  
Athlete/Parent  
Handbook

2016-2017

## ATHLETIC DEPARTMENT DIRECTORY

### Athletic Department

VCS Vice President (Athletics)  
Athletic Director  
Associate Athletic Director  
Athletic Department Assistant  
Athletic Department Assistant  
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Trainer  
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### Head Coaching Staff

Baseball  
Boys Basketball  
Girls Basketball  
Cross-Country  
Football  
Golf  
Boys Soccer  
Girls Soccer  
Softball  
Swimming  
Tennis  
Track & Field  
Boys Volleyball  
Girls Volleyball  
Boys Water Polo  
Girls Water Polo  
Wrestling  
Badminton

John Diate  
Mark DeLuca  
Chris McSwain  
Josh Small  
Mike Machado  
Scot Hathaway  
Mark Christie  
Heather Rouhier  
Rigo Gutierrez  
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Josh Small  
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vcgirlspolo@gmail.com  
jsondgrass@vcs.net  
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**For current sport schedules and information visit:**

[www.gowarriors.net](http://www.gowarriors.net)

**For league information visit:**

[www.wcalsports.org](http://www.wcalsports.org)

### **Mission Statement**

The mission of the Valley Christian High School athletic department is to provide a nurturing environment offering quality instruction supported by a strong foundation of Christian Values in partnership with parents, equipping students to become leaders to serve God, their families, and to positively impact their communities and the world.

### **Philosophy of Athletics**

The Valley Christian Athletic program exists for three primary purposes:

1. To teach life lessons that come through true competition: effort, teamwork, sportsmanship, preparation, dignity, worth, and handling adversity.
2. To be a strong outreach branch of the VCS ministry. We strive to share the gospel message through words and actions with all whom come into contact and provide a Christian environment for entertainment and competition.
3. To provide Christian role models of the highest skill levels in our coaching staff with the intent on forming a Christ-like character in our athletes.

Valley Christian is a proud member of the CIF program *Pursuing Victory with Honor* ([CIF Website](#)).

### **VCS ESLRs (Expected Schoolwide Learning Results) – Graduates Will**

#### **Demonstrate:**

- A personal understanding of the Christian faith and values as found in the Bible and reflected in the life and teachings of Jesus Christ.
- Verbal, written, and technological skills for effective communication.
- An ability to think critically, solve problems effectively and draw conclusions from research, personal analysis and investigation.
- Competence in the academic disciplines that will enable them to pursue the university and career goals to which they aspire.
- The interpersonal skills needed to work cooperatively and effectively with other, including those of other cultures.

### **General Athletic Department Policies & Procedures**

In addition to the policies and procedures included below, each team may publish a particular set of rules and/or policies that are an addendum to and governed under the athletic department.

**CIF Guidelines:** In accordance with the state of California and the California Interscholastic Federation, the following are provisions for participating in an after school sports team:

- A student must not reach their 19<sup>th</sup> birthday on/or before June 14<sup>th</sup> of the previous year.
- A student must have attended high school for no more than eight (8) semesters after completing the eighth grade.

\* **Residency Eligibility:** All students who transfer (are admitted) to Valley Christian High School (i.e. do not begin their enrollment at Valley Christian High School on their first day of the ninth grade) must see the athletic director to determine eligibility.

\* **Academic Eligibility:**

- The student-athlete must have passed 20 semester periods of schoolwork in the previous grading period.
- The student-athlete must be currently enrolled in 20 semester periods of schoolwork.
- The student-athlete must have attained a 2.0 grade point average on a 4.0 point scale the previous grading period.

After each grading period, the registrar will publish to the athletic department a list of students who fall below a 2.0 grade point average. The athletic department will communicate to head coaches the ineligible student-athletes for that quarter.

\* **Procedures for Appeal:** If a student-athlete falls below a 2.0 grade point average, they may retain their eligibility, on a probationary basis, if granted by the Principal.

A complete list of all CIF guidelines and bylaws are available at [www.cifstate.org](http://www.cifstate.org). However, parents and students are strongly encouraged to ask the athletic director regarding any question about CIF, CCS, WCAL, or VCS guidelines.

**Conduct – Code of Ethics:** Student-athletes are expected to represent the highest ideals of the school, both on and off the campus. It is the duty of all concerned to:

- Emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
- Stress the values derived from playing the game fairly.
- Show cordial courtesy to visiting teams and officials.
- Respect the integrity and judgment of sport officials.
- Achieve a thorough understanding and acceptance of rules.
- Encourage leadership, use of initiative and good judgment by the player on a team.
- Remember that an athletic contest is only a game, not a matter of life and death for the player, coach, school, officials, fan, or community.

**Conflict Resolution:** Students and/or parents who have a concern should follow these procedures in order:

1. Student-athlete approaches the coach and asks for a time to meet to discuss the issue.
2. If resolution is not reached, the parent should contact the coach to arrange for a meeting.
3. In the rare instance that there is still no resolution to the issue, the parent should contact the athletic director and arrange for a meeting with the student-athlete, the parent, the coach and the athletic director.
4. Other administrators are generally involved only to discuss the athletic director's handling of the situation.

**Evaluations:** At the end of each season of sport, every student-athlete will have an opportunity to evaluate their coaching staff through the Coaches' Performance Evaluation administered by the athletic department.

**Facilities:** Student-athletes may use Valley Christian facilities only with Valley Christian athletic department approval and under the supervision of a faculty or staff member.

**Facility Rental:** For facility rental information go to [www.gowarriors.net](http://www.gowarriors.net) and download/print the facilities request form ([link](#)). The form includes the following information:

- Valley Christian Schools Rules and Regulations of Facilities Renting
- Valley Christian Schools Application for Use of Facilities
- Valley Christian Schools Facilities Rates and Charges
- Valley Christian Schools Rental Agreement

**Fundraising:** We are blessed to have a strong tradition of supportive parents in our athletic program. If you feel led to support Valley Christian Athletics, contact the Athletic Director for more information.

No individual fundraising accounts exist for any team or program and individual fundraisers are not allowed without written permission of the athletic director. For questions regarding fundraising or contributing to athletics contact the athletic director.

**Hazing:** Hazing is prohibited. Any attempt to hold a “rookie night” or any other type of initiation, even if held privately, will be cause for dismissal from the team. Valley Christian affirms the dignity of every student. Hazing is unacceptable conduct, as well as illegal, and will not be tolerated.

**Informed Consent:** By its very nature, competitive athletics can put students in situations in which serious, catastrophic and perhaps fatal accidents could occur.

Students and parents/guardian must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk, participation in athletics is inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated.

By granting permission to your son/daughter to participate in athletic competition, a parent/guardian acknowledges that playing or practicing in any sport can be a dangerous activity involving many risks of injury. Both the athlete and the parent must understand that the dangers and risks of playing or practicing include but are not limited to: death, complete or partial paralysis, brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons and other aspects of the skeletal system and potential impairment to other aspects of the body, general health and well-being.

**Intercollegiate Athletics:** The Valley Christian High School administration and coaching staff seeks to encourage student-athletes to set lofty goals and we work diligently to help students reach their goals. In terms of participation in intercollegiate

athletics, families should expect the coaching staff to provide honest feedback regarding a student-athlete's potential to participate in college athletics and the proper level for competition.

Parents often comment that the Valley Christian High School administration and coaching staff is helpful and knowledgeable regarding intercollegiate athletics. However, it is also important to understand that high school athletics do not exist as a minor league system for college athletics. Decisions regarding playing time, systems, scheduling, etc. are not made with college athletics in mind. Instead, our athletic program exists to teach lessons that can only be learned in an educational athletic forum.

Coaches are not expected nor required to ensure that students have the opportunity to compete at the collegiate level. However, families will find that coaches at Valley Christian consistently work hard to ensure interested students have the opportunity to pursue their passions at the next level. Student-athletes interested in competing as a college athlete should make that desire known to coaches and athletic administration early in their high school career in order to have as many options as possible upon graduation.

**Participation Fee:** The athletic fee is \$95.00 per sport for the first two sports in a school year. The third sport in a school year is free. Finance & Business Services will bill this fee to the student's school account in the second half of the season when the rosters are finalized. Please do not pay in advance. The fee helps to partially offset the following athletic costs:

|            |                    |
|------------|--------------------|
| Coaches    | Transportation     |
| Uniforms   | Equipment Repair   |
| Officials  | Tournament Fees    |
| Equipment  | CCS Fees           |
| Facilities | League Fees        |
| Awards     | Coaches' Education |

**Participation in multiple sports:** The Valley Christian athletic department seeks to work cooperatively with students to allow them to pursue interests in as many areas as possible during their time at Valley Christian. All athletes who compete for a Valley Christian team are allowed to tryout for a team in the next season of sport upon the conclusion of the previous season. Coaches and teachers will try to work cooperatively with families to allow participation in multiple activities (dance, theatre, band, etc.) when possible. However, coaches have the ability to set the minimum requirements for team membership.

**Practice Sessions:** A coach may, at their discretion, determine whether practice sessions are open or closed to parents/spectators. Oftentimes the presence of parents puts undue pressure on student-athletes and serves as a distraction to the coaching process. There are no Sunday practice sessions. Morning practice sessions are not mandatory unless

approved by the Athletic Director. All student-athletes are expected to be at practice unless released by athletic administration.

**Permission to Meet with Student-Athlete:** Various instances arise throughout the school year and during their season of sport that the Athletic Department will need to meet with student-athletes. Permission to meet with student-athletes is at the discretion of the Athletic Department.

**Spirit Packs:** Spirit packs are defined as the equipment or clothing that the student-athletes will keep at the end of the season (practice gear, warm-ups, socks, etc.). Spirit packs are available for purchase on website ([link](#)) and the athletic department will work with coaches to be good stewards of our parents resources.

**Sportsmanship:** Beyond the guidelines and regulations that Valley Christian is obligated to follow, it is the hope that everyone associated with our athletic programs recognize the purpose of our sportsmanship policies; namely that as a Christian community we are called to mirror the love that God has for all people, including those whom we compete against.

Anyone associated with an athletic contest has a responsibility to uphold the highest standards of sportsmanship before, during, and after a contest. Sportsmanship includes, but is not limited, to the following:

- Show respect for teammates, opponents, and officials.
- Treat opponents as guests in your facility.
- Accept both victory and defeat with grace and dignity.
- Refrain from heckling, jeering, or using profane language.
- Be positive in words and actions.

Parents are the primary role models for their children. It is critical that parents set the best example of sportsmanship, particularly when they are spectators at an athletic contest.

**Transportation (bus/vans/private vehicle):** In order to travel with a team, student-athletes must be eligible to compete in the contest to which the team is traveling. With rare exception, transportation to and from athletic contests is provided in Valley Christian vehicles. Transportation by any other means is permissible only with the consent of Athletic Administration and permission of the student-athlete's parent or guardian. Any parent wishing to assist in driving a team must fill-out a Drivers Authorization form and Van Guidelines form (available on athletic website).

Transportation to and from practices is the responsibility of the student-athlete and his/her parents. In the case of off-campus practices, Valley Christian will provide transportation whenever feasible. When this is not feasible, it is the responsibility of the student-athlete and his/her parents to secure transportation.

**Transportation by Bus:**

- Adequate faculty and or adult supervision must be provided for activities when school buses are used. It will be the responsibility of the bus driver to determine adequate supervision.

- Teachers, advisors, and coaches shall assume major responsibility for the maintenance of proper and safe student conduct at all times.
- No unauthorized passengers may ride a school bus.

**Transportation by Auto (school van/private vehicle):**

- Smaller teams will often be transported by school van or private vehicle.
- Students are allowed to drive themselves to athletic contests only if approved by the athletic director and parent.
- Students are **NEVER** allowed to drive other students to and from athletic contests.
- Adults must complete the necessary driver forms and submit a copy of current driver's license and proof of insurance to be cleared to drive students to athletic contests.
- Under no circumstances are those who are driving have more than seven (7) students plus the driver in any vehicle. If there are more than seven (7) students plus the driver a regular bus driver's license is mandatory, Also, **NO RECREATIONAL VEHICLES, MOTOR HOMES, or OPEN VEHICLES** are to be used regardless of the number of passengers.

The only time athletes may arrive at an athletic contest without traveling in transportation coordinated by the school is:

- On a Saturday or non-regular school day if school is not in session, when it is the parent's responsibility to provide transportation to the site of the contest.
- When the contest is in the evening and it is the responsibility of the parent to provide transportation to the contest.

**Uniforms/Equipment:** Uniforms and any equipment issued to the players must be returned in good condition\* within one week of the last competition. Players who do not turn in equipment/uniforms will not be allowed to participate in the next sport until it is received or Valley Christian has been monetarily reimbursed for the cost of replacement. Term grades will be held until uniforms are returned.

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

**Drug, Alcohol, Tobacco and Steroid Policy**

Valley Christian is a drug, alcohol, tobacco, and steroid free school. As a member of an athletic team, student-athletes will refrain from using alcohol, drugs, and tobacco in accordance with school policy. If a coach or parent becomes aware of any situation involving illegal drug or alcohol use, they should immediately bring the information to the Athletic Director, Dean of Students or Principal

**Steroid Policy:** As a condition of membership in the California Interscholastic Federation, the Central Coast Section, and the West Catholic Athletic League, Valley Christian Schools has adopted policies prohibiting the use of androgenic/anabolic steroids. As a member school of WCAL, all participating student athletes and their



parents, legal guardian/care giver agree that the athlete will not use steroids without the written permission of a fully licensed physician in the State of California recognized by the American Medical Association to treat a medical condition (Bylaw 524).

It is the policy of Valley Christian Schools to oppose the use of performance enhancing supplements such as Creatin and Androstenedione etc. All coaches, teachers, and staff members of Valley Christian Schools will not promote, sell, and/or distribute any supplements marketed as “muscle building”. The athletic department takes the position that all student-athletes should make positive lifestyle choices formed by a Christian conscience and a loving responsibility and accountability to coaches and the members of the team. Valley Christian student-athletes will compete and reach their full potential, but will do it based on their natural, God-given abilities, without the introduction of foreign substances into their bodies.

By signing that they have read and understand the Valley Christian Athletic Handbook, the participating student-athlete, parents, legal guardians/caregiver agrees that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician as recognized by the American Medical Association and licensed in the State of California to practice medicine. Under CIF Bylaw 200 D, there could be penalties for providing false or fraudulent information. Valley Christian Schools’ policy regarding the use of any illegal drugs or substances and the accompanying disciplinary action will be enforced for any violations of these rules.

Student-athletes will be disciplined and/or dismissed from an athletic team if they participate in the use of drugs, alcohol, tobacco, or steroids. These substances are illegal and may be harmful to your body and personal well-being.

### **Regulations Governing the Season**

**Signups and Try-Outs:** Any student-athlete who intends to tryout for a team must sign-up for that team and attend an informational meeting with the coach. The coach will indicate the physical abilities and general skill level required to make the team. All student-athletes must tryout for the designated level for their class. Only the varsity coach may invite a student to move up to another level and/or to put a junior on the junior varsity team. Student-athletes will be allowed at least three tryout sessions\*. This includes any student-athlete who might begin tryouts late due to an over-lapping commitment to another Valley Christian team. Only in rare situations would a student be allowed to make-up a missed tryout date.

In many cases, making a team at Valley Christian is highly competitive. While some sports have a no cut policy, many others have a limited number of positions available. Therefore, student-athletes trying out for a team must realize that they may not make the team. After the tryout period, the coach has the exclusive right to determine if the student-athlete demonstrated the talent, ability, and attitude to successfully compete in the program.

\* Student-athletes who are cut from a sport are encouraged to tryout for another sport during the same season. Under these circumstances, the student is only guaranteed one try-out session.

**Quitting a Team:** To emphasize the importance and great degree of commitment asked of the Valley Christian athlete: any student-athlete who quits a team once they have been selected for that team, may not join any other Valley Christian team until the conclusion of that first sport's season. This rule may be waived at the sole discretion of athletic administration.

**Starting Dates:** Organized practices for league seasons shall not begin before these starting dates:

| <b>Fall Sports</b>   |                   | <b>Winter Sports</b> | <b>Spring Sports</b> |
|----------------------|-------------------|----------------------|----------------------|
| <b>August 5</b>      | <b>August 10</b>  | <b>October 31</b>    | <b>January 30</b>    |
| Cross Country – V/JV | Cross Country – F | Basketball           | Baseball             |
| Football – V/JV      | Football – F      | Soccer               | Softball             |
| Water Polo – V/JV    | Water Polo – F    | Wrestling            | Swimming             |
| G Volleyball – V/JV  | G Volleyball – F  |                      | B Tennis             |
| G Tennis – V/JV      | G Tennis – F      |                      | Track & Field        |
| G Golf – V/JV        | G Golf – F        |                      | Golf                 |
|                      |                   |                      | B Volleyball         |
|                      |                   |                      | Badminton            |

**Medical Procedures**

Valley Christian has two certified athletic trainers on staff to assist student-athletes during practice or contests. If a student-athlete suffers an injury during practice or contests, the onsite medical personnel will respond first. If the trainer is not available, the on-site coach will assess the extent of the injury and call the student-athlete's parents (non-serious injury) and/or 911 for emergency medical treatment.

**Medical Clearance - Physical Exam Form:** Students wishing to participate in an interscholastic sport must show evidence of having a physical examination given by a licensed California physician that covers their entire season of sport. Physical examinations performed by a chiropractor will not be accepted. Valley Christian hosts on-site physicals in both May & August that are good for one year. There is a nominal fee for the examination. Student-athletes who miss the examinations must arrange for one on their own. The physical form is available on the Valley Christian athletic website under athletic forms.

**Doctor's note:** All athletes that have seen a doctor for *any* reason require a **written medical release** in order to participate in practice or contests.

No athletes under the care of a doctor for an infected wound may participate in practices or contests without a **written medical release** from their attending physician.

**Athletic Participation – Athletic Registration Packet:** No student-athlete will be allowed to participate in any pre-season conditioning, tryout or practice until all forms are completed and submitted to the athletic department.

### **Outside Competition & Summer Leagues**

According to CIF rules, no student-athlete may participate on a non-school team of the same sport during the same season. This includes leagues, tournaments, charity games, all-star games, 3-3 tournaments, college classes, etc. Since participation in a non-school event of the same sport will render an athlete ineligible and force the forfeiture of any Valley Christian contest, student-athletes must check with the Athletic Director if there is any doubt as to whether a competition is permissible according to CCS and CIF by-laws.

Valley Christian, WCAL, CCS, and CIF do not sponsor summer league teams. Although participation is allowed, it is not officially or unofficially associated with the above-mentioned groups. The parent assumes full responsibility for medical expenses and any liability that may occur as a result of participation on a summer league team.

### **Awards**

The athletic department presents four types of awards: Letter Awards, Participation Certificates, Team Awards, and Scholar Athlete Awards.

**Letter Awards:** Each head coach determines which athletes are to receive letters based on criteria that includes playing time, attendance at practice, and exemplary attitude. Letters are available in the athletic office.

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

**Team Awards:** These awards are chosen by the coaches for each team. Varsity teams are allowed three (3) awards and junior varsity/freshman teams are allowed two (2) awards. The coach chooses the name for the award (i.e. most valuable player, coach's award, best defense, best offense, most inspirational, etc.).

**Scholar Athlete Award:** This award is presented to students who have participated in athletics and who have maintained a 3.5-weighted grade point average (with no F's) during the season of sport (determined by last grading period). The GPA from the last grading period during their sport will be used to determine award eligibility.

**Parent Guidelines:** We are blessed to have a strong tradition of supportive parents in our athletic program. Often, parents are eager to get involved and help but sometimes do not know how to proceed. As a parent of a Valley Christian athlete, there are multiple volunteer and ministry opportunities available. Please contact the athletic department at 513-2455 for further information.

### **Expectations of parents:**

- Attend orientation and informational meetings
- Pray for and encourage your child daily
- Work closely with school personnel to ensure a proper academic progress
- Ensure that your child attends all scheduled practices and athletic contests

- Acknowledge the authority of the coach to determine strategy, player selection and playing time
- Exhibit and promote sportsmanlike behavior from students and parents

**Spectator Guidelines:** Among the many opportunities that Valley Christian parents and students have is the opportunity to be a witness of the love of Jesus Christ. At Valley 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 impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring and good citizenship.

The highest potential of sports is realized when all involved consciously Teach, Enforce, Advocate, and Model these values and are committed to the ideal of pursuing Victory with Honor. The parents/guardians of our student athletes must play an important role in this commitment. Our good-faith efforts to honor the words and the spirit of these ideals can dramatically improve the quality of our children's sports experience.

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

- Offer supportive encouragement to all the players and coaches on our teams.
- Show respect for the decisions made by the contests officials. Refrain from booing, hissing, or making derogatory remarks towards game officials.
- Respect the fans, coaches, and participants from opposing schools.
- Support the team in prayer and various team ministry opportunities.
- Follow all the rules of the host site and follow the directions and rules set by administrators or designees from either school
- Avoid criticizing the decisions of athletes or coaches at events or in your home
- Attend our parent meetings and be an active member of our parent groups.

The administration and staff at Valley Christian Schools will hold all spectators at our athletic events to the highest ideals of good sportsmanship. Spectators who are unable to exhibit the necessary sportsmanship to attend our athletic events may be subject to some or all of the following disciplinary action.

- Verbal reminder
- Removal from the site for the remainder of the contest
- Meeting with VCS administration
- Permanent banning from VCS athletic contests
- Child being removed from the team
- Child being removed from the school.

Should you ever become aware of or concerned about issues of poor sportsmanship on the part of our students, coaches or parents please do not hesitate to contact the supervisory personnel on duty at the game or the athletic director at 513-2455. Thank you for your help in this very important area.