



VALLEY CHRISTIAN

ATHLETICS

JUNIOR HIGH

Athlete/Parent

Handbook

2018-2019

## Athletic Department Directory

<b>Athletic Department</b>		<b>Ph: (408) 513-2522 Fax: (408) 513-2457</b>
VCS Vice President (Athletics)	Eric Scharrenberg	<a href="mailto:escharrenberg@vcs.net">escharrenberg@vcs.net</a>
Athletic Director	Adam Gill	<a href="mailto:agill@vcs.net">agill@vcs.net</a>
Administrative Assistant	Moni Tautu	<a href="mailto:mtautu@vcs.net">mtautu@vcs.net</a>
<b>Coaching Staff</b>		

Please visit the VCJH website for the current list of coaches.

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

**For current athletic information visit:**  
[gowarriors.net](http://gowarriors.net)

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### **Mission Statement**

The mission of the Valley Christian Junior 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:

To teach life lessons that come through true competition: effort, teamwork, sportsmanship, preparation, dignity, worth, and handling adversity.

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.

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.

### **Playing Time**

6<sup>th</sup> Grade: Every team member will participate in every contest.

7<sup>th</sup> Grade: An attempt will be made to play as many participants as possible. However, there may be specific situations where all participants may not play in every contest (ex: safety issues, close contests, playoff & tournament games).

8<sup>th</sup> Grade: It is recognized that not all participants play in every contest.

Combined Teams: It is recognized that not all participants play in every contest.

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

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

\* **Academic Eligibility** All athletes will be expected to maintain a 2.5 GPA. If a student does not maintain this criterion, he or she will be taken off the athletic team. This includes all practices and games until the grades meet the criterion. Grade checks will be made weekly throughout the year. Students on academic probation may not participate in after school sports without special consideration by the administration. (See Procedures for Appeal)

Students missing class due to a game must obtain the work missed on their own and turn it in to their teacher on time. Student athletes will also be expected to maintain high standards of citizenship.

- **Procedures for Appeal**

Students becoming ineligible to play in an after school sport may appeal the decision with the school's administration. The student may submit a written request outlining the reasons for the drop in grades and the plan regarding bringing those grades up. An appeal may be granted one time during a student's sixth, seventh, and eighth grade years. Granting appeals is at the discretion of the administration.

**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.

**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, there is an annual fundraiser in March with multiple volunteer and contribution opportunities. For more information contact the athletic office.

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.

**Participation Fee:** The athletic fee is \$75.00 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	Uniforms	Officials
Equipment	Facilities	Awards
Transportation	Equipment Repair	Tournament Fees
League Fees	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.

**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.). The head coach is responsible for selecting the spirit pack items for their entire program. Once the coach has selected spirit pack items, (design, sizes, etc) they will fill out a purchase requisition and submit it to the Athletic Director for approval. Spirit Packs average \$50-\$75 in all sports.

- Spirit pack items must meet VCS standards and design guidelines set by athletic office
- Spirit pack request must be submitted to the athletic department two months before their 1<sup>st</sup> practice.

**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):**

All members of our athletic teams will have various modes of transportation to and from games, (ex: bus, carpool, van). In our Junior High athletic program, almost all of our transportation is by parent's that are carpooling each team.

#### **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.
- 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.

\*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 or Principal.

### **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. Student-athletes will be allowed at least two tryout dates\*. 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 date and must be approved by the athletic director.

**School Attendance on game days:** In order for a student to participate in his/her game, they must be in attendance for ½ the school day or a total of 2 classes on their block schedule.



**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 for the remaining academic year. This rule may be waived at the sole discretion of athletic administration.

**Starting Dates:** Starting dates for each sport will be posted in the athletic website at least 1 month in advance.

### **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 academic year. 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 Registration Packet: Pre-Participation Physical Form, Consent Form –**

**Concussion Form:** No student-athletes may participate with a team until their Athletic Physical Form has been completed and turned into the athletic office. This form is available at [gowarriors.net](http://gowarriors.net). Click on RESOURCES and then Forms

### **Awards**

The athletic department presents two types of awards: Participation Certificates and team/individual awards.

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

**Team/Individual Award:** These awards are chosen by the coaches for each team. All teams are allowed 4 individual awards. The coach chooses the name for the plaques (i.e. most valuable player, coach's award, best defense, best offense, most inspirational, etc.).

**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.