

# **Athletic Handbook for Middle School & High School**

## **Philosophy of Athletics**

The philosophy of athletics at JCS is to provide a medium by which our students can glorify Jesus Christ through athletic competition. Athletics is an important and integral part of the JCS total educational program. Through our program, we strive to teach principles of maturity, courage, discipline, cooperation, commitment, sportsmanship, dependability, respect for others and grace and humility in victory or defeat.

The goals for the athletic teams can be summarized with the words: participation, skill development and winning as a group. The Middle School teams emphasize participation; Junior Varsity build on participation and further skill development; while the Varsity squads seek to build on participation and skill development to put together a winning unit.

## **Participation in Athletics**

Students must understand that participation in any form of athletics at JCS is a privilege and not a student right. We desire wide student participation in our sports program. Every person related to our athletic teams is an automatic school representative. We desire only those who will accept this responsibility with character. Negative attitudes, actions and inadequate academics will immediately remove even the best of athletes from the JCS sports team. The administration reserves the right to determine a student's eligibility at any time.

## **Athletic Opportunities**

### Fall Sports

Cross Country	Boys/Girls	Middle School (6-8)
Soccer	Boys	Middle School (6-8) Junior Varsity Varsity
Basketball	Girls	Middle School (7-8) Junior Varsity Varsity

### Winter Sports

Cheerleading	Girls	Middle School (7-8) Junior Varsity Varsity
Volleyball	Girls	Middle School (6-8) Junior Varsity Varsity
Basketball	Boys	Middle School (6-8) Junior Varsity Varsity
	Girls	Middle School (6)

## Spring Sports

Track	Boys/Girls	Middle School (7-8)
	Boys/Girls	Varsity
Baseball	Boys	Varsity
Soccer	Girls	Varsity
Golf	Boys	Junior Varsity
		Varsity

## **Athletic Policies**

### Michigan High School Athletic Association (MHSAA)

Jackson Christian High School and Middle School are members in good standing with the state association. The school is obligated to adhere to all standards of the MHSAA.

### MHSAA Eligibility

Your role in following the rules will assure MHSAA eligibility to participate in interscholastic sports or prevent your participation as an ineligible athlete which would result in forfeiture of contests.

- 1. AGE . . .** High School students become ineligible if they reach their nineteenth (19<sup>th</sup>) birthday before September 1 of a current school year.
- 2. PHYSICAL EXAMINATION...**Students must have on file, in the school office, a physician's statement for the current school year (after April 15), certifying that he/she is physically able to compete in athletic practices and contests.
- 3. ENROLLMENT...**Students must be enrolled in a school prior to the fourth Friday after Labor Day (first semester) or the fourth Friday of February (second semester).
- 4. SEMESTERS OF ENROLLMENT...**Students cannot be eligible in high school for more than eight semesters, and the seventh and eighth semesters must be consecutive.

Students are allowed four first semesters and four second semesters of competition and cannot compete if they have graduated from high school.

- 5. ACADEMIC RECORDS...**Students must have passed at least the equivalent of 20 credit hours in the previous semester of enrollment, and must be currently passing the same.
- 6. TRANSFER STUDENTS...**A student in grades 9 through 12

who transfers to another high school is not eligible to participate in an interscholastic contest for one full semester unless the student qualifies for immediate eligibility under one or more of 15 published exceptions.

An ineligible transfer student who is confirmed to have transferred for athletic reasons is ineligible to participate in an interscholastic contest for two full semesters for the school to which the student transfers.

Students and parents anticipating a change of schools should first seek advice from their high school administration.

7. **UNDUE INFLUENCE...**The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for a minimum of one semester.
8. **LIMITED TEAM MEMBERSHIP...**After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport in the same season.
9. **ALL-STAR COMPETITION...**Students shall not compete at any time in any sport under MHSAA jurisdiction in all-star contests or national championships, regardless of the method of selection.
10. **AWARDS & AMATEURISM...**Students cannot receive money or other valuable consideration for participating in MHSAA-sponsored sports or officiating in interscholastic athletic contests, except as allowed by the MHSAA HANDBOOK.  
Students may accept, for participating in MHSAA-sponsored sports, a symbolic or merchandise award which does not have a value over \$25.  
Banquets, luncheons, dinners, trips and admissions to camps or events, are permitted if accepted "in kind". Awards in the form of cash, merchandise, certificates, or any other type of negotiable documents are never allowed.

## **High School Academic Eligibility Requirements**

1. For a student to be eligible to participate in competition, he/she must receive a C- average and no F's.
2. Eligibility is based upon a student's nine-weeks grades and is effective for the final nine weeks of school to the first nine weeks of the following school year. Ninth grade athletes will begin the new school year with a clean start, no carry-over eligibility from the previous quarter.
3. A student who receives more than one failing grade will be ineligible for the nine weeks grading period.
4. Students who received less than a C-average or who receive one (1) F in any subject will be placed on a (3) week probation.
  - a. Probation begins with the release date of the grade card at the start of the new grading period.
  - b. A student who brings their average up to a C- with no F's by the end of the probationary period is eligible to participate for the remainder of that nine weeks, providing they continue to maintain C- grade averages. Grades will continue to be checked every three weeks.
  - c. A student who does not bring his/her grades up by the end of the three (3) week probation period is then ineligible for the remainder of the nine weeks.
  - d. While on probation, a student with not more than one (1) F and whose average was at least a C-, may practice, but not dress or play in any game.
  - e. While on probation, a student who received less than a C- average and no more than one (1) F in any subject may not practice, dress or play in any game.
5. Students with unexcused incompletes are ineligible until grades are completed.

## **Middle School Academic Eligibility Requirements**

Students, whose grades fall to the D range in 2 or more core classes, or the F range in any one core class, will be placed on academic probation. The probation will continue until the student demonstrates the ability to maintain grades in the acceptable range. Students may continue to practice when ineligible, but may not play in a game or participate in a contest. Once a student is placed on probation, their grades will be evaluated weekly to allow students to

qualify for extra-curricular activities. The student may become ineligible if no progress in elevating the grade is made.

### **Athletic Dress**

School dress code will be the standard for dress for home and away games. This applies for all team members, managers and statisticians. Coaches may have specific requirements for team members and will address this issue in team meetings. The standard of dress applies both before and after games on road trips. Remember that you represent not only yourself but also the school, your team and the Lord Jesus Christ. We want to look as sharp as possible.

### **Attendance Regulations**

1. All athletes are expected to be at all scheduled practices and contests. Any absence must be pre-arranged with the coach. It will be at the coach's discretion to determine acceptable reasons for missing practices or games. Unexcused absence from practice shall require disciplinary action. The severity of this discipline shall be at the discretion of the coach and staff. Absenteeism may affect the athletes standing/position with the team.
2. An athlete must be present in school by 10:30 a.m. in order to attend practice or a contest that school day.
3. An athlete, after signing out at school due to illness, may not return after school for practice or a contest.
4. An athlete who is on suspension from regular classroom attendance may not participate in any form of athletics.
5. Other than illness, excused absences approved by the administration allow students to participate that day in athletic practices or contests (i.e. college day, funeral, etc.).

### **Thon Day**

Since the Thon is our major athletic fundraiser, all athletes are expected to participate.

### **Dual Sports (Not allowed for Middle School students)**

If a student wishes to participate in two sports simultaneously the following procedures must be followed.

1. Written permission from parents
2. A written statement from the student declaring which sport will be their primary sport.
3. Above statement signed by both coaches involved.

The student must honor their primary sport if any scheduling conflicts arise. Also, the student must realize their position within the team could be affected.

## **Transportation**

Transportation to and from athletic events will be arranged by JCS. All athletes are expected to ride with the team. Transportation will be in school vehicles. On rare occasions, coaches will assign athletes to ride with selected - approved adult drivers in privately owned vehicles. Athletes cannot ride with boyfriends or girlfriends to or from games.

In the event a parent would like to take an athlete home after an away contest, you, the parent, must go to the coach to inform him/her that your child will not be riding the bus home.

In the event a parent would like their student athlete to ride home with another adult after an away contest, a written request must be given to the coach.

In special situations, an athlete may drive their personal vehicle to a game **ONLY** if the game is near their home. No other athlete may ride in a private vehicle driven by another student. Permission must be given by the athletic director and the athletic director will inform the coach.

## **Schedules**

All athletic schedules can be obtained at [www.highschoolsports.net](http://www.highschoolsports.net)

## **General Training Rules**

Each athlete is expected to maintain personal health habits that will insure the best physical and mental condition to participate in sports and represent the school in athletic competition. The interests of the team and the school should have highest priority. See Parent-Student Handbook for penalties involving use of alcohol, tobacco or illegal drugs. Coaches with specific sports may list rules particular to that sport.

## **Minimum Number of Practices**

For the purpose of safety, a minimum number of five practices will be required for athletes prior to their first competition.

## **Team Tryouts and Cutting**

All eligible students will be offered the opportunity to try out for an athletic team. Each sport has a starting date and there will be a minimum of three tryouts/practice before cuts are made. Cuts may be made only on the J.V. and Varsity levels.

## **Transportation Fee**

A "transportation fee" for JCS athletes must be paid prior to the first contest of each sport. This fee helps cover transportation cost and will be set annually by the administration.

## **Withdrawal from a Sport**

If a student wishes to withdraw from a sport the following procedures must be followed. (A student will be considered a participant after completing five practices).

1. An athlete must present a letter to the head coach from their parent/guardian requesting permission to withdraw from that sport.
2. This letter must be signed by the coach and presented to the athletic director for approval.

3. If this procedure is not followed within fourteen days, the athlete will not be eligible to participate in the next two seasons. The seasons are fall, winter and spring.
4. If an athlete withdraws from a team for any reason other than illness or injury, they will not be eligible for any honors earned while participating in that sport during that particular sport season.

**Awards**

Junior Varsity - All junior varsity athletes will receive a certificate upon completion of each sport. First year athletes will also receive a chenille number. One athlete will receive a trophy. This trophy will be the “Coach’s Award”. Each individual coach will decide criteria for this award.

Varsity - (Member on team for 60% of contests) (Secondary Sport - Member on the team for 40% of contests) - All varsity athletes will receive a certificate and a medal upon completion for each sport. Exceptions will be those individuals who letter in the same sport for a fourth year.

First year	Bronze Medal
Second Year	Silver Medal
Third Year	Gold Medal
Fourth Year	Plaque

A chenille varsity letter will also be presented to those athletes completing their first varsity year. Each varsity coach will be allowed to recognize up to four (4) individuals on each team with special award trophies. The number of special awards depends on the number of athletes.

1-5	1 award
6-10	2 awards
11-15	3 awards
16-above	4 awards

**Special Award Trophies**

1. Royal Award - given to the athlete who best demonstrates Christian character, a Christ-like attitude and treats team members and opponents with respect.
2. MVP Award - given to the athlete who is the most valuable to the team and considered the best all-around player.
3. Coach’s Award - given to the athlete who demonstrates qualities of helpfulness, constant effort, dedication and a spirit of coachability.
4. Fourth Award will be of the coach’s choosing.

**Senior Award**

The Senior Award is given to any senior athlete who has received ten or more varsity letters during his or her high school career.

## **Sportsmanship**

All parents, coaches and athletes are expected to demonstrate nothing but the most appropriate sportsmanship at all athletic events.

JCS trusts that you will always respond in an encouraging, supportive way which will bring glory to the Lord, rather than reacting with words or actions which will bring dishonor upon Christ's name. Unsportsmanlike comments, actions or gestures to players, coaches, opponents or officials will not be tolerated.

As the saying goes, "we may be the only Bible others read".

Men read and admire the gospel of Christ  
With its love so unfailing and true;  
But what do they say and what do they think  
Of the gospel according to you.

## **Parental/Coach Communication**

Parents who have a concern that they wish to discuss with a coach, must arrange an appointment with the coach to voice their concern. Please do not approach a coach with a complaint or concern before, during or after a game. Please follow the principles found in Matthew 18 when voicing a complaint.

1. Talk directly with coach.
2. If concern is not resolved, request a meeting with coach and athletic director.

## **Student Contract / Parents Contracts**

Contracts must be signed by both student and parents. Contracts will be kept on file in the athletic office.

*Student Contract (Sample)*

I, the undersigned, do agree to follow the policies stated in the Student/Athlete Handbook and realize the commitment needed to participate in athletics here at JCS, so I commit myself to the athletic program and to my individual team.

I will perform the following duties in order to fulfill the contract and show my commitment to the team and to the school.

- A. Be at EVERY practice on time. The only excuse for missing is personal illness, a death in the family or pre-arranged absence. I will give the coach ample notification if I will be absent.
- B. The team will be my number one extra-curricular activity. When conflicts arise, I realize the team comes first.
- C. I will attempt to be ready mentally for every practice and every game.

If this contract is broken, the coach and athletic director will together decide, from the following options, as to the action taken with the athlete.

- 1. Dropped from the team
- 2. One or more game suspensions from the team
- 3. Dropped from the traveling squad
- 4. Sit out portions of the game
- 5. Public apologies to team and coaches
- 6. Any other action the coach and/or athletic director deems necessary

**Parent Agreement (Sample)**

I/We the parent(s) agree to encourage my student athlete to follow the Student Athlete Handbook, and also to encourage 100% commitment and good sportsmanship from my child.

I/We also agree to show partnership with the Athletic Department through attendance at games whenever possible, good sportsmanship, godly conduct and volunteering to help at athletic events at least once during the season.

Signature \_\_\_\_\_ Signature \_\_\_\_\_

**Release from Liability and Assumption of Risk Agreement**

I/We are aware that \_\_\_\_\_ (“Student”) may participate in one or more intramural, club sports athletic programs, and other athletic events and activities at or of Jackson Christian School, and ministry of Royal Ministries, Inc. (“JCS) or in which JCS students, staff, and others participate (all such programs, events, and activities, collectively “Athletic Programs or Events”) at my/our and the Student’s own risk and I/we irrevocably assume all risks of harm, damage, liability, injury, and loss associated with, related to, or potentially arising from or related to such participation. I/We understand that participating in any Athletic Program or Event can be a dangerous activity involving risk of injury and even death. I/We understand that I/we are responsible for the cost of any and all medical services that the Student may require as a result of participating in Athletic Programs or Events.

In consideration of JCS’s permitting the Student to try out and engage in Athletic Programs or Events, including but not limited to, practicing and competing in such activities and traveling to or from such activities (hereinafter “participation” or “participating” in Athletic Programs or Events), I/we hereby fully and irrevocably release, waive and discharge JCS and its officers, directors, coaches, employees and volunteers (“Released Persons and Entities”) from all liability to me/us and the Student or his/her personal representatives, assigns and heirs for all loss, liability damages or expense, whenever arising or discovered, and any claim or demands therefore, on account of, or related to, any injury to person or property or resulting in death of the Student while the Student is participating in an Athletic Program or Event, including injury, loss or damages caused in whole or in part by the negligence of the Released Persons and Entities, excepting only injury or death caused by intentional or reckless acts of the Released Persons and Entities.

I/We authorize JCS to provide and secure medical assistance needed on behalf of the athlete above mentioned.

I/WE HAVE READ THIS DOCUMENT AND AGREE TO BE BOUND BY THIS DOCUMENT. I/WE UNDERSTAND THAT THIS DOCUMENT BARS ANY RECOVERY FROM THE RELEASED PERSONS AND ENTITIES FOR INJURY, DAMAGE, OR DEATH TO THE STUDENT WHICH RESULTS FROM OR IS RELATED TO THE STUDENT’S PARTICIPATION IN OR AT ATHLETIC PROGRAMS OR EVENTS AS SET FORTH ABOVE