

Parent/Student Athletic Handbook

of

**San Jose
Christian School**

August, 2009

San Jose Christian's Athletic Profile

San Jose Christian School is a member of the Bay Area Christian School Athletic League (BACSAL). BACSAL consists of 19 Christian schools from all over the Bay Area. It is divided according to geographical location into three divisions. San Jose Christian is part of the South division. Other schools in our division include: Achiever Christian, Baymonte Christian, Liberty Baptist, Los Gatos Christian and Milpitas Christian. Schools in the other two divisions include: Calvary Temple, CCS Fremont, North Creek Christian, Cornerstone Christian, Contra Costa Christian, Fremont Christian, Kings Valley Christian, North Creek Christian, Redwood Christian, San Ramon Valley Christian Academy, Tabernacle School, Valley Christian of Dublin, and Walnut Creek Christian Academy.

It is the goal of both our school and our league to use sports in a positive way to promote Christian leadership, sportsmanship, and Christian education in our schools. We also hope that through athletics our students will be able to develop positive Christian relationships with other athletes from our school as well as the other schools in our league. Our league sanctions four sports for both boys and girls: softball, basketball, soccer, and volleyball. Additional information about the sports calendar and teams we plan to field may be found on the "Sports Information Sheet" near the back of this Handbook.

Goals:

1. That coaches and athletes be witnesses of Christ through participation in sports.
2. To use the talents and abilities God has given us to the best of our ability.
3. To further develop and use the talents we have in a competitive atmosphere.

What we believe:

1. We believe that each athlete possesses at some level the skills needed to play the sport of their choice, and it is our responsibility to aid that child in improving those skills.
2. We believe that middle school sports are both a benefit and a privilege for the students.
3. We believe that students can learn lifelong values and skills through competition.
4. We believe that a successful athletic program requires good communication and mutual respect between coaches, parents, and athletes.
5. We believe that an excellent athletic program increases community and school pride.
6. We believe that qualified coaches and athletic directors are essential to a successful and excellent program.
7. We believe that a successful team must develop team unity that promotes a sense of morale, satisfaction, and excellent performance.
8. We believe that the dignity, worth and self-esteem of each participant in each sport must be protected.
9. We believe that parental support and involvement is necessary in order for a sports program to grow and be of good quality.

Sportsmanship:

The understanding and practice of good sportsmanship is a vital part of any successful athletic program.

Sportsmanlike conduct is important to both the athlete and the fan/supporters. At San Jose Christian we want to build and maintain excellence in this important area.

A. Athletes: San Jose Christian athletes will be expected to obey the following rules:

1. Respect themselves, teammates, opponents, staff, coaches, referees and parents.
2. Exercise care with all uniforms and sporting equipment.
3. Play hard and fair while obeying the rules of the game.
4. Accept the decisions of referees.
5. Avoid negative comments and conflicts with opponents.
6. Support and encourage athletes from other schools as well as athletes from our school.

B. Fans/Supporters: The conduct of parents, family and other supporters of San Jose Christian athletics is an important part of the overall success and enjoyment of the program by the athletes. Our goal is that all SJCS supporters behave as model spectators. There are many examples of negative sportsmanship in today's world. It is expected that SJCS fans maintain the high level of sportsmanship displayed in the past and refrain from negative comments toward officials, coaches or players involved in the game.

ATHLETIC POLICIES:

Eligibility

Athletes are required to meet and maintain several eligibility standards, including necessary paper work, academics, attendance, behavior, and commitments. Eligibility standards are as follows:

1. **Required Forms**: All forms must be completed and on file with the Athletic Director before an athlete is eligible to participate in any practice or game. These forms are required once each year and are valid for all sports. Required forms are included at the end of this Handbook.
 - a. Sports Information Sheet: The intent to participate is critical for the program to run smoothly. It provides the necessary information for arranging coaching staff and parent volunteer resources.
 - b. Athletic contract: This is signed by the student, affirming the athlete's commitment to participate fully and maintain eligibility.
 - c. Parental Sports Contract: This includes three components: Parents Contract, Waiver & Consent Statement, and Proof of Accident Insurance. Proof of insurance may be met through the family's health plan or by purchasing coverage through the schools optional accident policy.
2. **Athletic Physical**: This is to ensure that an athlete is in good health and physically able to participate fully in the sports program. A physician's statement must be on file in the Athletic Director's office. The exam must be completed one time for Middle School years prior to participating in any practice or game. The exam may be completed up to one year prior to participation in the athlete's first Middle School sport. A suggested health screening form is provided at the end of this Handbook.
3. **Academics**: Athletes are expected to keep all assignments current and maintain a "C" average. Failure to meet these requirements will result in ineligibility for games until eligibility requirements are met. (Exceptions may be made at the discretion of the student's teachers and coach.)

4. Attendance: Athletes must be in attendance for 4 of their 7 classes on game day to be eligible for participation in games.
5. Discipline: An athlete who receives three faults will receive a warning in the form of a written notice sent home which must be signed by the parents and returned to school. An athlete who receives four faults will be ineligible to participate in sports.
6. Practice: An athlete who misses practice must provide a written explanation signed by the parents before returning to practice. Failure to provide this note from the parents gives the coach adequate reason to bench the player for the next game.
7. Commitment: An athlete who quits a sport in the middle of the season will need to have a conference with the coach and AD before being allowed to participate in the next sport. The purpose of the conference is to discuss the reason(s) for quitting the previous sport and to agree upon necessary commitments.

Participation Fee

Each athlete will be assessed a participation fee of \$40 at the beginning of each sport season. This participation fee helps cover the cost of a snack for athletes after each game, uniforms, and equipment.

Practice

1. The choice to participate in SJCS sports involves a commitment. Athletes must be at all practices and games unless excused by the coach. Parents must give notification to the coach prior to an athlete missing a practice. Missing a practice, unless excused, may mean no playing time in the next game.
2. Appropriate and proper-fitting apparel including shorts, sweat pants, athletic shoes and shirts will be worn at all practices.
3. Practices will end no later than 4:45 PM unless coaches inform otherwise. The school is not responsible for the care of athletes after 5:00 PM on practice days. Arrangements may be made to enroll your child in daycare. Athletes on campus after 5:00 pm on practice days must sign into Daycare.
4. Once an athlete shows up for practice, s(he) is expected to participate in practice. If the athlete comes to practice, does not participate, and does not have an excuse that the coach feels is excusable, the athlete will be asked by the coach to leave practice and call home.

Games

1. Coaches at SJCS will do their best to give everyone a chance to play. Decisions on playing time will be influenced by ability, effort, knowledge, competitiveness, commitment and grade level.
2. Athletes must be at all games unless excused by the coach. Parents must give notification to the coach prior to an athlete missing a game. Failure to do so may be adequate reason to bench the player for the next game.
3. All equipment must be returned to the school within 1 week after the last game. If not returned after one week, it is a demerit. If not returned by the end of the year, report cards will be held. Those who ruin or lose their uniforms will be charged a replacement fee for the uniform.

PARENTAL SUPPORT

The goal of the athletic program at SJCS is to stress a Christian perspective on teamwork, fair play and good sportsmanship. While winning is important – it is not the most important thing. Our program will be conducted in a manner that stresses participation and displays the proper attitude towards winning and losing. Parents can play a vital role in this area.

All parents should be proud and positive supporters of their student athletes – and the school. Supporting your child in the pursuit of improved skills and athletic enjoyment is important. Towards that end, parents are asked to support a coach's judgment regarding playing time, level and position placement. When there is a conflict – please refer to Conflict Management.

Support is also needed in the form of volunteers. Every game requires drivers. Help during practice is another way to lend support. This helps the program run smoothly – and allows the coaches to concentrate on the sport itself. Thank you so much for your continued support of the SJCS Athletic Program. Go RAMS!

Conflict Management

It is understood that all parties may not always agree with a coach's decision. . We at SJCS trust that you will do your utmost to trust and abide by the coach's decision. If, however, you find that a particular decision is really troubling you, guidelines for conflict management outlined in Matthew 18 should be followed.

1. Always talk to the coach first. Going to the athletic director or principal first does not create a situation that works very well. Do not approach the coach right away, but instead wait awhile and think through the situation thoroughly. This gives time to cool off and decide if the problem is really worth pursuing. If you still want to pursue it, then call the coach and make an appointment to meet.
2. If the situation still has not been resolved, then call the Athletic Director and set up an appointment to meet with the coach and the Athletic Director.
3. If the problem still is not resolved, perhaps a meeting with the principal will help solve the matter.
4. Do not talk about the situation with other parents or try to stir things up in the stand.

San Jose Christian School Athletic Contract

It is a privilege to participate in the athletic program at San Jose Christian School. It is understood that you are to train and perform to the best of your ability. You must remember that you are a representative of our school and should demonstrate Christ-like conduct.

I, _____, understand that by signing this contract I will abide by the following rules in order to continue athletic participation. *(Initial each blank to indicate that you have read and understand the statement.)*

- _____ 1. Athletes will respect themselves, teammates, opponents, parents, coaches, school staff, school equipment, and the facilities being used.
- _____ 2. Athletes will be ready and on time to all practices and games. They must wear properly fitting apparel, which includes shorts, shoes, and shirts for practice. Notification in writing of an absence must be given by the athlete to the coach prior to the absence.
- _____ 3. Athletes will obey the instruction and direction of the coach and staff. If there is any conflict, the athlete or their parent should talk to the head, coach about the incident as soon as possible.
- _____ 4. Athletes will keep a check on their behavior in the school atmosphere, while being transported to and from games, and while on the sidelines or in the dugout.
- _____ 5. Students are expected to keep all assignments current and maintain a "C" average. Failure to meet these requirements will result in ineligibility for games until eligibility requirements are met. (Exceptions may be made at the discretion of the student's teachers and coach.)
- _____ 6. Athletes must be in attendance for 4 of their 7 classes on game day to be eligible for participation in games.
- _____ 7. Athletes must have a Waiver and Consent form on file before they can participate in practices or games at SJCS.
- _____ 8. Practices will be over no later than 4:45 PM unless the coaches inform you otherwise. The school will not be responsible for student athletes after 5:00 PM on practice days. Arrangements may be made to be enrolled into Extended Care.
- _____ 9. I understand that after four faults I will no longer be eligible for sports for that semester.
- _____ 10. The coaching staff at San Jose Christian will do their best to give everyone a chance to play. The coaches will consider several factors including: ability, effort, knowledge, competition, commitment, and grade level.

Student's signature

Date

Parental Sports Contract

Contract

As parent(s)/guardians of _____ (athlete), we have read and agree with the Athletic Contract. We will support our son/daughter and the coaches in both the eligibility and athletic areas. We note that a game schedule will be given out at the beginning of the season. Practices will possibly end earlier, but no later than 4:45 pm. Athletes not picked p by 5:00 pm must sign in to Middle School Extended Care. The coach will inform athletes of the expected time of return from games. I will be at school at that time to pick up my child, or I will make arrangements for my child to be picked up at that time.

We understand that our child must have a completed athletic physical and waiver form in the coaches' possession before they are allowed to participate in both practices and games. We understand that we are to have gone through and read with our child these forms. We understand that it is our duty to take care of any uniform or equipment issued to our child until it is to be handed in. We understand that there are rules and regulations to every athletic endeavor, and we will support the coach regarding decisions made about our son/daughter. We will discuss any disagreements directly with the coach. We understand that carpooling is necessary and because of this we may be asked to drive.

Waiver and Consent Statement

In consideration of my child participating in the activities of San Jose Christian School athletics, I do hereby affirm my child to be medically able to participate in the activities offered by San Jose Christian School athletics. I understand that there are risks, which may include disabling injury and/or death involved in all physical activities undertaken. I agree to hold free from all liability San Jose Christian School, its staff and volunteers, and do hereby for my child, heirs, executors, and Administrators waive, release, and forever discharge any and all rights and claims for damages, which may occur to my child during participation in any of the activities of San Jose Christian School. I acknowledge the particular hazard and potential danger involved in my child's participation in the sports program at San Jose Christian School.

Parent's Signature _____ Date _____

Proof of Accident Insurance

Athletes are required to have accident insurance coverage. This requirement can be met through the family's health plan or by purchasing coverage through the school's optional accident policy. A proof of insurance form is provided below and must be filled out in order to participate.

A. _____ is covered in our family medical plan.
Student Name

Insurance Company

Policy Number

B. _____ is covered by accident insurance available through SJCS.
Student Name

Parent Signature _____

**San Jose Christian School
Middle School Sports**

Sports participation requirements include several items, which must be on file in the office. It is helpful if these are completed as soon as possible, preferably turned in on the first day of school. Athletes may not participate in any practice or game unless all required forms are turned in.

Required/requested forms include:

1. Sports information sheet
2. Athletic Contract completed by the athlete each year.
3. Parent Contract, Waiver & Consent Statement, and Proof of Accident Insurance. Completed by the parents each year.
4. Health Screening. Completed by parents and physician one time for all Middle School sports. See Athletic Handbook for additional information.

Thank you for your cooperation and support. We are looking forward to a great year in sports at SJCS.

Sports Information Sheet

San Jose Christian is a part of the Bay Area Christian Schools Athletic League, (BACSAL). Both our league and our school use sports as a positive way to promote good Christian leadership, sportsmanship, and Christian education in our schools. We hope that through involvement in athletics our students will be able to develop positive Christian relationships with athletes from San Jose Christian as well as the schools in our league.

Our league sanctions five sports for the boy's athletics and five sports for girl's athletics. In order to give the coaches a better idea of the number of students interested in each sport and the grade level of the student; please check those sports in which your child is interested in participating. The sports and their season dates are as follows:

	<u>Boys</u>		<u>Girls</u>	<u>Dates</u>	<u>Tournaments</u>
_____	Flag Football _____		Softball	8/31-10/29	11/3 - 11/7
_____	Basketball _____		Basketball	11/9- 1/21	1/26 - 1/30
_____	Soccer _____		Volleyball	2/1 - 3/11	3/16 - 3/20
_____	Volleyball _____		Soccer	3/22 - 5/13	5/18 - 5/22

_____ will be entering _____ grade and is interested in participating in those sports marked above.

In order for the season to run smoothly, the coaching staff needs parental help. If you are willing to help us in any of the ways listed below, please mark the appropriate space and sign your name with your phone number. The coach will contact you during the season or seasons in which your child participates.

___ Coach a team: _____ sport.

___ Drive for games.

___ Help with pre-game setup when needed.

Signature _____

Phone Number _____