

# SJCS Athletic Handbook

## 2025-2026



## San Jose Christian School Athletics

San Jose Christian School is a member of the Bay Area Christian School Athletic League (BACSAL). BACSAL consists of Christian schools from all over the Bay Area. It is divided according to geographical location into four divisions.

<u>North</u>	<u>East</u>	<u>West</u>	<u>South</u>
1. CCC	1. NorthCreek Academy	1. Prince of Peace	1. Campbell Christian Schools
2. Tabernacle	2. Cornerstone	2. Fremont	2. Baymonte Christian
3. SRVCA	3. WCCA	3. Redwood Christian	3. San Jose Christian School
4. Kings Valley	4. Bay Christian	4. Coastline Christian	4. Calvary Christian Academy
5. Valley Christian Schools	5. North Hills Christian Schools	5. CA Crosspoint Academy	5. Venture Christian Academy
6. CHD-Academy	6. Golden Hills Christian School	6. Our Savior Lutheran	6. Legacy Christian School

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 a number of sports for both boys and girls, including cross country, basketball, soccer, and volleyball. Flag football is offered for boys and softball is offered for girls.

### ***Goals***

- Coaches and athletes serve as a witness for Christ through participation in sports.
- Athletes will use the talents and abilities God has given them to the best of their ability.
- Athletes further develop and use those talents in a competitive atmosphere.
- Athletes will develop positive Christian relationships with teammates and opponents.
- Athletes will grow spiritually, socially, emotionally, and physically.
- Coaches and athletes serve as a witness for Christ through participation in sports.

### ***What We Believe***

- 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.
- We believe that middle school sports are both a benefit and a privilege for the students.
- We believe that students can learn lifelong values and skills through competition.

- We believe that a successful athletic program requires good communication and mutual respect between coaches, parents, and athletes.
- We believe that an excellent athletic program increases community and school pride.
- We believe that qualified coaches and athletic directors are essential to a successful and excellent program.
- We believe that a successful team must develop team unity that promotes a sense of morale, satisfaction, and excellent performance.
- We believe that the dignity, worth, and self-esteem of each participant in each sport must be protected.
- 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 for the athletes, the coaches, and the fans. At San Jose Christian we want to build and maintain excellence in this important area.

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.
7. Participate and give full effort in practice and games.

Fans – 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 Eligibility***

Athletes are required to meet and maintain several eligibility standards, including necessary paperwork, 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. All required forms are available for download on the SJCS website and the FACTS Parent Portal.
  - a. Student Athlete Contract: The student signs this form, affirming his/her commitment to participate fully and maintain eligibility.
  - b. Parent Athletics Contract: This contract includes three components—Parent 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 school's optional accident policy.
  - c. Preparticipation Physical Evaluation Form: The Physical Examination Form must be on file in the Athletic Director's office. Physicals must have been completed within the previous 12 months of the given sport prior to participating in any sport's practices or games.
2. Academics: Athletes are expected to maintain academic eligibility according to the policies in the SJCS Parent Student Handbook (See Section 5, *Academic & Behavioral Discipline in the Middle School*)

Academic ineligibility: Students / athletes are expected to maintain academic eligibility by maintaining a "C" (73% or higher) in core courses (Bible, History, Math, Language Arts, Science) and a "C-" (70% or higher) in all other graded school courses. For students on official SJCS academic accommodation plans approved by the Middle School Student Advocate and Teaching Principal, a D (63%) or higher will be required for all courses in order to be eligible in a given week, pending there is no missing work and the student is working to the best of his or her ability. SJCS administration will notify ineligible students and their coach(es) the first day of a given school week; ineligibility will be in effect starting the day after notification through Saturday of the given school week. These consequences are in addition to any others such as one-hour detentions administered by SJCS staff. Parents have the option to bring academically ineligible students to PRACTICES even though ineligible students will not be able to participate in GAMES. Parents who send their ineligible student to practices during a week of ineligibility understand that academically ineligible students need specific time and intention to complete missing or difficult work. (Note that eligibility will not be checked the first two weekends in a new quarter.)

3. Attendance: Athletes must be in attendance for 4 of their 7 classes on game day to be eligible for participation in games. This does not apply to field trips or shadowing at high schools.

4. Discipline: An athlete who is under administrative discipline will be unable to participate until cleared by the administration. Refer to the policies in the SJCS Parent Student Handbook (See Section 5, *Academic & Behavioral Discipline in the Middle School*)

Disciplinary ineligibility: Any student / athlete who accumulates three infractions (or a multiple thereof) in a given quarter will be ineligible for extracurricular activities / sports for one week. SJCS administration will notify ineligible students and their teacher(s) / coach(es) the first day of a given school week; ineligibility will be in effect starting the day after notification through Saturday of the given school week. Additionally, any student / athlete who earns two infractions in a given week will be ineligible to participate in any scheduled games / performances for the remainder of the week in which infractions occur. These consequences are in addition to any others such as one-hour detention administered by SJCS staff. Students who are behaviorally ineligible cannot attend practices or games during a week of ineligibility.

5. Commitment: An athlete who quits a sport in the middle of the season will need to have a conference with the coach and Athletic Director 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 \$100 at the beginning of each sport season. This participation fee helps cover the cost of facility rentals, coaches, uniforms, referees, and the SJCS Sports Awards Night. If parents would like to pay the fees for all the sports in which a student plans to participate for the year, they may do so with a single check at the time of the first fee's assessment (See SJCS Business Manager for details). If the participation fee is a financial hardship, please see administration.

## ***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 5:00 PM unless coaches inform otherwise. The coach is not responsible for the care of athletes after 5:10 PM (or 10 minutes after practice ends). Student athletes that are not picked up on time will be checked into Extended Care and will incur normal extended care charges.

4. Once an athlete shows up for practice, he/she is expected to participate in practice. If the athlete comes to practice, does not participate, and does not have a reason that the coach feels is excusable, the athlete may 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. Effort and attitude displayed during practice will be taken into consideration. It is our goal to have all athletes participate in every game, however, playing time is not guaranteed.
2. 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 game. Failure to do so may be an adequate reason to bench the player for the next game.
3. All equipment must be returned to the school within one week after the last game. 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 present 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 SJCS. Supporting your child's pursuit of improved skills and athletic enjoyment is important.

Toward that end, we ask parents to support a coach's judgment regarding playing time, level, and position placement. If there is a conflict, please refer to the Conflict Management section below.

Support is also needed in the form of volunteers. Almost all games require drivers to transport our athletes. Parents should plan to help with transportation for at least one game during the season. Assisting during practice may be another way to lend support. All volunteers must review and acknowledge agreement, by signature, with the SJCS Volunteer Handbook. A background check via fingerprinting is required to volunteer. Volunteering helps the athletic program run smoothly, and we thank you for your continued support of the SJCS Athletic Program. Go Tigers!

## ***Conflict Management***

It is understood that all parties may not always agree with a coach's decision, yet at SJCS we 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 Administration first does not create a situation that works very well. Rather than approach the coach when your emotions are running high, wait until you have time and space to think through the situation thoroughly. If at that point you decide the problem is really worth pursuing, contact the coach to set an appointment with the intent to work toward reconciliation and resolution.
2. Parents and/or players wishing to discuss game decisions (i.e. playing time or strategy) will refrain from doing so during or immediately following the game. Instead, players and/or parents will contact the coach the next day to schedule a conversation to discuss the concerns.
3. If the situation does not resolve at the agreed-upon meeting, you may contact the Athletic Director to set up an appointment with both the coach and Athletic Director.
4. If there remains an unsettled concern, the next step might be to meet with the Athletic Director and Administration to help solve the matter.
5. Talking about a conflict with someone other than the person the conflict is with, including other parents, leads to division. Rallying people to take sides on an issue detracts from team unity, often harming the hard work that the coaches and the school have put into building unity.

## ***End-of-Season Parties***

Strong team bonds are built during the season and an appropriate end to the season is a team party. These are done at the coaches' and parents' discretion. SJCS does not finance any part of an end-of-season party. End-of-season parties will be held on campus or at a public venue such as a park or restaurant.

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