

# Meadowbrook Christian School

## ATHLETIC HANDBOOK

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## Foreword:

The responsibility of the Athletic Department at Meadowbrook Christian School is to provide an environment in which a student athlete has the opportunity to develop educational and spiritual values. It exists as a part of the overall ministry of Meadowbrook Christian School and promotes both its' mission and objectives. The following represents the core principles driving the Athletic Department:

- We believe athletics are an integral part of the educational system
- We believe athletes to be an integral part of the student body
- We believe student athletes must be the focus of the athletic program
- We believe in the character building qualities of athletic participation
- We believe in the ability to share and model Christ through athletic participation

This manual attempts to outline basic policy and procedures that govern the Athletic Department at Meadowbrook Christian School as it strives to model its' above mentioned principles. Changes to current policy and the addition of new policy will be made as the need arises.

## Philosophy of Athletics:

To place Christ at the center of our lives both on and off the field of play

*“For physical training is of some value, but Godliness has value for all things, holding promise for both the present life and the life to come”*

1 Timothy 4:8 (NIV)

Recognizing athletics as part of the ministry at Meadowbrook Christian School is key to understanding its' role. Athletic participation is of some value, but if our time in athletics is without training in Godliness, it has failed to function effectively.

*“Whatever you do, work at it with all your heart, as working for the Lord, not for men.”*

Colossians 3:23 (NIV)

**The Athletic Department at Meadowbrook Christian School desires to present itself to God and not to man. Our coaches, staff, and student athletes should strive to give their all as they represent MCS and Jesus Christ. Whether in the classroom or on the field, all abilities; mental, emotional, physical, and spiritual, should be used for the Lord. This requires a commitment to excellence in all we do.**

## Objectives:

The following represent the objectives of the Athletic Department at Meadowbrook Christian School. The objectives involve all athletes, coaches, and staff members of the program.

- To model Christ in both actions and words.
- To strive to grow in our relationship with Christ through times of devotion and prayer.
- To use the God given talents and abilities, not for personal glory, but for His glory.
- To develop and nurture the God given talents and abilities.
- To develop socially as we interact with both our team and other teams.
- To take seriously the life lessons found in athletics such as responsibility, commitment, dedication, adversity, and honest play.
- To strive for excellence in our playing.
- To recognize and seize the opportunities to share Christ by word and example.
- To develop the athletic program as part of the overall ministry of Meadowbrook Christian School.
- To develop community awareness of Meadowbrook Christian School and its' mission.

## Core Values:

The athletic program exists as support of the mission and purpose of Meadowbrook Christian School and not in and of itself. Therefore, its' core values and governing principles should support the goals of citizenship and striving for excellence in faith and learning.

### Integrity:

- ☞ **Purity of Intentions** – desire to do what is right all of the time– Matthew 22:16
- ☞ Authenticity in relationships, dedication to Christian principles lived out in our daily walk.

### Unity:

- ☞ To work toward a combination or arrangement of parts into a **Singleness of Purpose**. – Colossians 3:23
- ☞ Open communication (shared expectations), genuine concern for others (shared emotions), and common goals (shared purpose).

### Discipline:

- ☞ To develop and demonstrate **training** that leads to proper behavior and **for moral improvement**. – I Corinthians 9:24-27
- ☞ Hard work, punctuality, coachable spirit, and taking care of the “little things.”

## **Super Seven Principles:**

(Our athletic program should be an offering to the Lord and offer us life skills for our future)

1. **Be Fully Present:** Colossians 3:23
  - ☞ **Offering our full attention**
  - ☞ **Life Skill:** Learn to give full attention and benefit to the matter at hand.
2. **Be Coachable:** Hebrews 12:11
  - ☞ **Offering due respect to those in authority**
  - ☞ **Life Skill:** Excelling at any task requires criticism and evaluation, learn not to mistake such input as dislike or personal failure.
3. **Learn to be a Great Communicator:** Ephesians 4: 25
  - ☞ **Offering the truth in love**
  - ☞ **Life Skill:** Learn how to lead others through direction and encouragement, how to effectively hold one another accountable, and how to resolve conflict in a biblical manner.
4. **Make Hard Work Your Passion:** Proverbs 14:23
  - ☞ **Offering our all in effort**
  - ☞ **Life Skill:** Learn to make the most of every opportunity, giving the best you have leaving no regrets.
5. **Develop and Demonstrate Loyalty:** Romans 14:19
  - ☞ **Offering up our own agenda**
  - ☞ **Life Skill:** Loyalty leads to unity. Learn to work together without concern over who gets the credit. Point the spotlight to others.
6. **Make Winning an Attitude:** Philippians 4:13
  - ☞ **Offering our confidence in Christ**
  - ☞ **Life Skill:** Learn to develop a winning attitude through consistent winning effort and positive speech.
7. **Handle Success Like You Handle Failure:** Philippians 2:14-16
  - ☞ **Offering a consistent testimony**
  - ☞ **Life Skill:** One display of poor testimony can erase years of positive testimony.

**All Meadowbrook Christian School athletes will be responsible for knowing and, to the best of their ability, demonstrating these characteristics. And therefore, our program might be described using these values and principles.**

## **Booster Club:**

The Booster Club was established to give support to the Meadowbrook Athletics Program primarily through fundraising, such as concessions at games, Little League World Series fundraiser, and any other fund raisers. Any parent, whose child participates in any of the sports teams, is considered a member of the Booster Club. Parents will be asked to support the booster club by volunteering in the concession stand, gate, food donations and any other fundraisers. Parent support is very important to the athletic program.

## **Sportsmanship Standard:**

**Meadowbrook Christian School athletics is an opportunity to provide a positive influence towards opponents, officials, coaches and teammates. It is a time where we can set ourselves apart and share the light of Christ towards others.**

### **Our relationships with Opponents**

- **Demonstrate self control and respect others.**
- **Avoid words or actions that offend opposing teams, players, coaches, officials or spectators.**
- **Treat opponents as we would like to be treated.**
- **Avoid booing, taunting, and personal comments.**
- **Accept victory with grace and defeat with dignity.**

### **Our relationships with Officials**

- **Learn the rules of the game in order to be a more intelligent spectator.**
- **Accept and respect the integrity and authority of the officials.**
- **Avoid personal comments and sarcasm towards officials.**
- **Have your goal to make the official's work a joy, not a burden.**

### **Our Relationship with Athletes and Coaches**

- **Support our athletes by positive encouragement.**
- **Do not expect athletes to be perfect. They are not professionals.**
- **Keep a proper perspective. Remember that our student's spiritual and academic progress is much more important than their athletic achievement.**
- **Respect the integrity and judgment of the coaches. If you have legitimate concerns, deal with them in proper forum and manner, as would be appropriate between fellow Christians. Before, during and after a game is not an appropriate time.**

## Policy and Procedure

The following policies and procedures have been established to govern the affairs of the Meadowbrook Christian School athletic program.

### Athletic Eligibility for Tryouts and Participation Policy:

#### **Students wishing to try out for an athletic team must:**

- Be enrolled as a full time student.
- Adhere to any published pre-season criteria established for the sport by the coach or Director of Athletics.
- Submit a Health Record & Travel Waiver form and have a PIAA approved athletic physical form on file to the Athletic Office **prior to the first scheduled practice date**. The physical is valid for one school year for all sports that the athlete is participating in. **Forms can be obtained through the receptionist, athletic office, or website**
- Pay the designated Athletic Fee. Athletic fees are non-refundable (unless player does not make try-outs) **and are due prior to the first scheduled practice date of each sport.**
- Have demonstrated academic eligibility as stated under academic eligibility.

#### **Students must adhere to the following to remain eligible for participation:**

### Attendance Policy

- Adhere to any school policy governing participation.
  - Students must arrive at school by 10:30 am on full days or 8:00 am on half days to be eligible to participate in any game that afternoon or evening.
    - Students not able to arrive at school by the designated time or leave school early due to an approved college visit, physician appointment, or director of athletics approved event (such as attending a funeral) are still eligible to participate in a game that afternoon or evening. Please communicate with the Athletic Director prior to the situation.
  - Students leaving school due to an illness can not return for participation in any game that afternoon or evening.
  - In case of a snow day situation when MCS has school but a students' school district is closed – if the student is a regular bus rider and no transportation is provided by the district, they may still participate in a game that afternoon or evening.

## Discipline Policy

- Any student disciplined in other areas of school life is subject to suspension from the athletic program to be determined by the Director of Athletics and the Administrator.
  - If a student receives a detention of any kind, the serving of that takes precedence over attendance at practice and/or games.
  - Students serving suspension will be **ineligible** for any practice or game held on that day.
  - Any student using profanity or abusive language, or demonstrating unacceptable behavior will be subject to suspension to be determined by the Coach, Director of Athletics, and Administrator.
  - Any student found to be using tobacco, alcohol, or drugs will be automatically subject to dismissal from all athletic teams for the current academic year.
- Demonstrate team commitment.
    - If a player earns a position on the team, they are expected to remain on the team throughout the season.
    - If a player experiences some difficulty which affects them remaining on the team, a conference with the coach, the parents and the player must be held prior to the players' leaving the team.
    - In the event of an unexpected medical condition which impacts a players' ability to participate, a conference with the coach, the parents and the player will be held to identify the level of participation which is reasonable.
    - Players are strongly encouraged to participate in off-season workouts, clinics and camps to improve their skills.
    - Players and parent must participate in any fund raising done for the athletic program through the Booster Club or Athletic Director.

## **Academic Eligibility:**

- Students must maintain an overall average of 71%.
- Students carrying an overall average above 71% and failing one subject will be considered on **restrictive eligibility (may not start)**. Student will be eligible to practice fully but will not be eligible to play as follows:
  - For soccer games, players may not enter the game until the beginning of the twenty-minute mark of a forty-minute first half.
  - For basketball games, players may not enter the game until the beginning of the second period.
  - For track and field, players may only compete in one less than the maximum allowed events in a single meet.
- Students carrying an overall average below 71% or failing two or more subjects will be considered **ineligible (may not play)** and will not be permitted to play in games, practice, or travel with the team.
  - At the time an **ineligible** student becomes eligible to play, they will be considered under **restrictive eligibility** for their first game back.
  - A student on **ineligible** status for three full weeks (not necessarily academic reports) will be dismissed from the team.
- Academic eligibility will be determined Friday afternoon of each week and determines eligibility for practices and games played the following Tuesday

through Monday. Students will be notified by the following Monday of their eligibility status.

- Once ineligibility has been determined, during the week, a student may, **by their own initiative**, improve the quality of their work to the level specified above. The player would be reinstated under the above mentioned guidelines by word from the senior high Head Teacher to the Director of Athletics.

### **Practice Policy:**

- Attendance at practices is required for participation.
- Coaches will be constantly adding and adjusting team strategies during practice sessions. Missing practice may result in students being unprepared for game situations.
- Missed practices will be classified and handled under the following two guidelines
  - 1) Unchangeable Family Commitments**
    - Defined as an absence outside of the control of the player due to family commitments.
    - These absences should be kept to an extreme minimum and will result in no mandatory loss of playing time.
  - 2) Player Chosen Activity**
    - Defined as an absence from practice due to a player's deliberate choice
    - These absences will result in a loss of playing time during the next scheduled game, the minimum being defined by restrictive ineligibility.
- Injured players are expected to attend practice to observe and learn new team strategies.
- Practice and event schedules will be provided by the Director of Athletics and may be held on Saturdays or school holidays. Wednesday's practices will end by 4:30 pm.
- If a student is participating in a practice not held directly after school and wishes to remain on campus, they must remain in a supervised study room until practice begins.
- **Dress Code- No cut off t-shirts or tank tops may be worn before, during or after practices. If not followed, you will not be permitted to practice for that day.**

### **Uniform Policy:**

- Uniforms will be distributed to athletes prior to their first game. All athletes will receive home and away socks.
- Athletes are responsible for the maintenance of their uniform throughout the season.
- Any damage, outside of normal wear and tear, will be the responsibility of the athlete.

- Uniforms must be turned in, to the coach or Director of Athletics, no later than two (2) weeks after the last game of the season. *If no arrangements have been made directly with the Director of Athletics, a \$10.00 late fee will be charged after that date.*
- Uniforms or uniform parts are to be worn ONLY during athletic games or approved athletic events, not for gym or general wear.
- **Game-Day Dress Code- Bras that are only black or white may be worn during competition. PIAA enforces that colors underneath the jersey must be similar. If not followed, you will not be allowed to compete.**

#### **Travel Policy:**

The following guidelines govern transportation:

- Students are expected to ride the bus to and from all away games unless prior arrangements have been made with the coach.
- A parent who is attending an away game must make verbal arrangements with the coach concerning transportation home.
- No student may ride with another student unless written permission from both parties has been given to the coach prior to the game, identifying the person who will be giving the ride.
- A student may not ride with another parent unless prior arrangements have been made with the coach or the parent is transporting players for the school.

The following guidelines govern travel conduct:

- Athletes must adhere to any seating arrangement designated by the coach, however, boys and girls should remain in separate sections of the bus, and there should be one empty seat dividing the sections when able.
- Athletes shall conduct themselves properly and follow the rules of the coach and bus driver, such as, fighting, horseplay, standing up, or yelling.
- Travel dress will be designated by the coach, yet should always be within the school dress code.
- Any athlete using electronic devices are expected to be listening to Christian music only, and using headphones.
- No trash is to be left at the bench, in the locker room, or on the bus; be sure to place all trash in the receptacle on the bus, or take it with you.

#### **Playing Time Policy:**

- Playing time is an earned privilege.

- Playing time will be distributed at the discretion of the coach using the following guidelines based on level of competition:
  - For junior high teams, coaches are instructed to give each team member opportunity to play, based on practice attendance, effort, and attitude.
  - For high school teams (including junior varsity), there is no guarantee of playing time.
    - Coaches are instructed to use ability, effort, and attitude, to distribute playing time.
    - Evaluation of ability and game strategy is at the coach's discretion.
- Once rosters are set, players making the varsity roster will be ineligible to play on the junior high level (unless deemed necessary by both level coaches and the athletic director).
- Junior high players may be called up to the varsity team with the consent of parents, both level coaches, and the athletic director. Their eligibility for varsity teams will be as follows:
  - No junior high player will play before all eligible varsity players have played.
  - No junior high player will be eligible to play in the first quarter of a varsity contest, unless deemed necessary in order to field a full team.

**Gym and Playing Field Policy:**

- Athletes are expected to respect the facilities and fields afforded them for practice and competition.
- Athletes are responsible for all trash and equipment after games and practices
- All trash should be placed in proper receptacles.
- Proper shoes should be worn at all times. Non-marking shoes only should be worn on the gym floor. No cleats should be worn in the school building at any time.
- Locker rooms should be kept clean at all times.
- Athletes should report any damage as soon as it occurs.
- Athletes are not to be in the gym without proper adult supervision or approval.

**Communication Guidelines:**

It is inevitable that questions and concerns will arise throughout the course of an athletic season. In the hopes that they will all be handled appropriately, efficiently, and professionally, the following guidelines have been established.

1. Before, during and after a game is not an appropriate time to approach a coach. Take some time to think about what your question is before you address any concerns.
2. If appropriate, talk with your son or daughter about your question. What is your child's perspective? Can your child solve the problem him or herself?
3. Set up a meeting with the coach if you still have questions. This should be an informational meeting where parties ask questions, listen, and discuss.

Remember that the coach makes decisions for the good of the team based on practice, ability, attitude, and chemistry.

4. If questions remain, set up a meeting with the athletic director, coach and yourself.

#### ACCEPTABLE AND UNACCEPTABLE QUESTIONS:

##### 1. Acceptable Questions:

Those which deal with the treatment of the child, such as:

- What was your reasoning for doing what you did in this situation involving my child?
- Were there any situations or conditions that led up to this?

Those dealing with how the child can improve, such as:

- How would you evaluate my child in terms of his offensive or defensive skills?
- What areas does my child need to improve in?
- Those dealing with the child's behavior and attitude, such as:
- Does my child work hard and have a good attitude at practice?

##### 2. Unacceptable Questions:

- Those dealing with playing time – it is the coach alone that will determine playing time and the coaches' role is to do such things with thought and care.
- Those dealing with game strategy – it is the coach alone that will determine game strategy including substitutions and player positioning, and again the coaches' role is to do such things with thought and care.
- Those dealing with other players – it is inappropriate to discuss other players.

### Athletic Program Profile:

League Affiliation: Allegheny Christian Athletic Association – Eastern Division  
PIAA District IV Class A

School Colors: Forest Green and White

School Mascot: Lions

Program Offerings:

SPORT	GRADES	SEASON	GAMES	SIZE
Soccer – Girls Varsity	9-12	Aug – Oct	16-20	14-18
Soccer – Girls Junior High	7-9	Aug – Oct	8-10	12-17
Soccer – Boys Varsity	9-12	Aug – Oct	16-20	14-18
Soccer – Boys Junior High	7-9	Aug – Oct	8-10	12-17
Basketball – Girls Varsity	9-12	Nov – Feb	20-24	10-15
Basketball – Girls Junior High	7-9	Nov – Feb	8-12	10-15
Basketball – Boys Varsity	9-12	Nov – Feb	20-24	10-15
Basketball – Boys Junior Varsity	9-12	Nov – Feb	10-15	10-15
Basketball – Boys Junior High	7-9	Nov – Feb	8-12	10-15
Track and Field – Girls High School	9-12	Mar – May	3-6	Unl.
Track and Field – Girls Junior High	6-9	Mar – May	2-4	Unl.
Track and Field – Boys High School	9-12	Mar – May	3-6	Unl.
Track and Field – Boys Junior High	6-9	Mar – May	2-4	Unl.

# MCS Athletic Program

## Parent/Player Contract

I have read and accept the terms and policies of the Meadowbrook Christian School Athletic Handbook. Your participation in Meadowbrook Athletics as an athlete or parent further agrees that you will abide by the rules and regulations set forth in the handbook. **I will conduct myself in a Christ like manner before, during and after games towards officials, coaches, opponents and spectators.** I understand that anything other than cheering for our team is unacceptable and will not be tolerated. I understand that if the sportsmanship standards are not followed I may be asked to leave the athletic venue by the game manager. Athletics is an opportunity to share the light of Christ and to be a positive influence for others.

Print Player Name: \_\_\_\_\_ Sport: \_\_\_\_\_

Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_