

Athletic Handbook

Covenant Day School

COVENANT DAY



ATHLETICS

2007-2008

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Covenant Day School Mission Statement

The mission of Covenant Day School is to assist the Christian family by providing an education marked by a biblical world view, academic excellence, and affordability so that students are equipped to be salt and light for God’s glory.

Bible Verse

“For bodily discipline is only of little profit, but godliness is profitable for all things, holding promise for both the present life and the life to come.” 1 Tim. 4:8

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Athletic Program Policies

1. Philosophy

We are instructed in I Timothy 4:8 that the development of the body without regard to godliness is of little value. The purpose of the athletic program at Covenant Day is to help in the development and exercise of Christ-like behavior including self-discipline, obedience, discipleship, stewardship, grace and compassion. The athletic program seeks to develop these spiritual characteristics while developing the physical body in a competitive environment. Participation on any athletic team at Covenant Day is considered a God honoring privilege.

2. Expectations

A. Athletics- General

Student athletes will be expected to train conscientiously, practice diligently, and play every game to the best of their ability.

Athletes will be quick to encourage and build up their teammates.

All CDS student athletes commit to:

1. Teamwork as an essential to being a good teammate.
2. Being leaders in living Christ-like lives on and off the field.
3. An entire season if selected to play on a CDS team.
4. Apologize to anyone they have offended, whether the offense is intentional or unintentional.
5. Abide by the rules and regulations of the game.
6. Pray for the team and coaches on a regular basis.

B. Team Commitment

CDS discourages student athletes from participating in two team sports in the same season; however, should an athlete commit to play on two teams it will be necessary for the CDS coach, student and parents to conference and agree to team commitment terms.

C. Athletes- at practice will:

1. When the coach is speaking, give him/her undivided attention and respond immediately.
2. Work diligently to improve personally and contribute to improving the team.
3. Be serious and exercise proper self-control.
4. Listen to and receive correction and instruction from coaches.

D. Parents agree to:

1. Instruct their children to respect their coach as an authority over them.
2. Be responsible to get their children to and from practice on time.
3. Resolve concerns, questions and problems by talking with the appropriate coach (please note that discussion of playing time will be at the complete discretion of the head coach). **It is strongly suggested that concerned parents wait 24 hours before approaching the coach with their concerns.**
4. Encourage their child's positive contribution to the team.
5. Make every effort to participate and contribute to team responsibilities (which may include gate, concessions, etc.).
6. Exercise discernment, sensitivity, and self-control in offering advice to players (we ask that parents leave the coaching to the coaches during the games).
7. Support and adhere to the decisions of the coaches in team related matters.

E. General - Athletes, Coaches, Parents, and Spectators agree to:

1. Be an encouragement to CDS teams, players, coaches and officials.
2. Not boo, yell, or criticize the officials. The officials' decisions may only be questioned by a coach who will do so in an appropriate manner.
3. Respect all opponents and treat them as we would have them treat us. Consider every visitor, opponent, or official as a partner in Christ or potential partner in Him.
4. In victory, be gracious to the loser, and not be boastful.
5. In loss, do not demean the achievement of the opponent nor criticize the coaching or officials.

F. Attendance- Athletes agree to:

1. Attend every practice session and game unless excused by the coach. MS athletes can expect to meet 4 times/week including games and practices. However, during pre-season training, 5 times/week is permissible.
2. Recognize that unexcused absences may result in disciplinary action and recurrences may lead to dismissal from the team.
3. Be dressed and ready for practice on time. Tardiness may result in disciplinary action at the discretion of the coach.
4. Academic responsibilities take priority over extra-curricular responsibilities. Thus, if a student is absent from school, they are excluded from participating in ALL extra-curricular activities for that day (absent means arriving after 9:00 AM; therefore, if a student arrives after 9:00 AM, they must have a note from a doctor). If a student arrives with a doctor's note, they must still arrive by 11:30 AM to participate that day.

G. Behavior

1. Athletes are not to participate in the use of illegal drugs, alcohol, or tobacco at any time. This includes steroids and any other illegal substances or performance enhancing drugs. Use of any of these substances will result in dismissal from the team and could result in school disciplinary action according to the CDS Student Handbook.
2. Athletes' language should be free from improper or questionable speech, including cursing, negative or hurtful comments and taunts.
3. As representatives of Christ and CDS, athletes should not engage in fighting, hazing, bullying, or other improper activities.

H. Observance of the Lord's Day

No practices or games will be held on Sundays. Players are encouraged to rest and be with their families and attend church on the Lord's Day.

3. Competition/Playing Time

Varsity/JV

A. Coaches will use their best judgment in utilizing players to compete at the highest level during games. Some players will start; some will be subs; and, some may not receive much playing time. It is important to note that playing time does not reflect negatively on the character of any student athlete. All players contribute to the team even if it is only during practice where they make their major contribution to the team.

Middle School

B. The emphasis is on skill development at this level. Coaches will make every effort to allow game opportunities for all athletes. Equal playing time for all participants is not guaranteed.

4. Team/Player Selection

All teams shall have a published tryout period to be determined by the head coach. A coach will decide the method of communicating the final team roster. The coach will follow up personally with those that did not make the team. Players will be selected based on attitude, grades, athletic ability, game skills, and potential. The number of players on a team will be determined by the coach in consultation with the CDS Athletic Director.

Full Participation Program

Athletics is an important element in the education of young people, and the athletic programs at Covenant Day School are an integral part of our educational process. Properly conceived, directed, and coached, interscholastic athletics provides experiences and lessons one cannot duplicate in the classroom. Participation in athletics promotes a positive self-image, development of physical, mental, and social skills, understanding of team cooperation, and a sharing of personal experiences.

Covenant Day School believes that the opportunity to join an athletic team should be afforded to all students. Each season, at least one sport for boys and one sport for girls does not have a roster cap. If a student does not make a team in his or her sport of choice, an opportunity is still afforded the student to join an interscholastic team.

In selected sports where space and participation opportunities are limiting factors, roster caps will be placed in order to limit these team rosters to realistic numbers.

<u>Team</u>	<u>Varsity</u>	<u>MS</u>
Baseball	16-18	14-16
Girls Basketball	12	12
Boys Basketball	12	12
Cheerleading	10-14	10-14
Cross-Country	no cut	no cut
Golf	6-8	N/A
Soccer (boys and girls)	18-20	16-18
Softball	16-18	N/A
Swimming	no cut	no cut
Tennis (boys and girls)	12	N/A
Track and Field	no cut	no cut
Volleyball	10-14	12-14

5. Quitting a Team/Squad

1. No athlete is allowed to quit a team or squad once he/she has been selected without a parent conference with the coach. Once a team is selected the coach plans his/her season based on a complete team. All coaches expect each athlete selected to play the entire season.
2. A player is permitted to drop off a team if a serious injury dictates or if it is the best interest of his/her academic success. No athlete who quits will be allowed to rejoin the team that season.
3. If an athlete quits without the consent of the coach and Athletic Director, he/she will not be eligible to play a sport in the following athletic season. The athlete also forfeits all awards and/or letters for that sport. (Failing off of a team is not considered quitting.) See point #7 - Academic Eligibility.

6. Uniforms/School property

School property, facilities and equipment belong first to the Lord and He has provided them to CDS. Good stewardship is required regarding the care of all facilities. Facilities and equipment are to be used only with permission and/or supervision of the CDS Athletic Department, coaches or staff.

School team uniforms will be distributed at the beginning of the season. It is the responsibility of the player to properly clean the uniform (wash colors separately in cold water and hang dry) and to bring designated uniform colors to games. All school team uniforms must be cleaned and returned at the end of the season. **A team uniform may only be worn during the game or to school on game day. Athletes may not wear the uniform around the house, to restaurants, PE class, etc.**

7. Academic Eligibility

A CDS student athlete must be a full time student enrolled at CDS for the semester in which they wish to participate on a CDS team. To remain eligible to participate on a CDS athletic team, high school athletes must have no grades below 65 and no more than one grade below a 70 on their prior quarter grades. Middle school athletes must have no grades below 65 and no more than two grades below a 70 on their prior quarter grades. Special exception may be made for a student who received academic accommodations through CDS. This student will have no grades below 60 and no more than two grades below a 70.

The Principal, Athletic Director, and coach will be made aware of any academic difficulties of student athletes on a school team. The coach will contact the student-athlete and his or her parents to inform them of any eligibility issue that may arise during a sports season.

The student athlete who has been removed from athletic competition may be reinstated if the student's grades are brought to eligibility standards by mid term or end of the quarter. (It will be the student's responsibility to bring all his or her most recently published grades to the Athletic Director, not just the coach, before being reinstated on the team.) Student-athletes who have been removed from a team and anticipate improving their grade standing should continue to practice with the team so if reinstated their skills will not have diminished during the ineligible period.

NCISAA Eligibility Policies

- A. To be eligible for any level of NCISAA competition, a student must be enrolled as a full-time student in a NCISAA member school.
- B. To be eligible to participate in interscholastic varsity competition, students must be enrolled in grades 7 through 12. **EXCEPTION:** Varsity football players must be enrolled in grades 9 through 12. Individual conferences may further restrict eligibility.

- C. No player shall have reached his/her 19th birthday on or before August 1 of the current school year.
- D. No player may receive any form of financial aid for athletic participation.
- E. No student who has received a diploma or its equivalent from a school in the United States is eligible unless every team in any conference in which that student competes endorses his/her eligibility.
 - a. The student must be successfully progressing toward graduation with the expectation of meeting all graduation requirements.
 - b. Under special circumstances, a student may also take college courses while pursuing his/her high school diploma.
 - c. Home schooled students are not eligible for NCISAA competition.
- F. **SIX SEMESTER RULE.** Students may participate in athletics in no more than six consecutive semesters or nine trimesters after enrolling in the 10th grade of any NCISAA member school, no more than four consecutive semesters after enrolling in 11th grade of any NCISAA member school, and no more than two consecutive semesters after enrolling in the 12th grade at any NCISAA member school, regardless of whether he/she remains continuously enrolled. A student transferring from one NCISAA school to another mid-year would be considered to have used up one semester of athletic eligibility for that school year.

8. Technical Fouls/Cautions/Ejections

- 1. Any athlete receiving a conduct technical foul in basketball, a caution (yellow card) in soccer, or a caution (yellow card) in volleyball will be removed from that game/match and will remain out of that game for any time deemed necessary by the head coach. Any athlete receiving a caution or technical in two consecutive games will be removed from the remainder of that game and suspended from the following game.
- 2. Any athlete receiving two technical fouls in one game, an ejection (red card) in soccer or volleyball, or an ejection in baseball will be suspended from the following game.
- 3. Any athlete who is suspended from two games for cautions or ejections will be removed from the team for the remainder of the season.
- 4. Disqualifications by an official in any sport will follow the above procedures.

9. Physicals/ School Insurance

All student-athletes are required to have an annual physical examination, valid for one calendar year, by a medical doctor at the beginning of the school year or prior to trying out for a team. (No exceptions). In addition, team physicals will be offered at CDS once a year before school starts. **The results of the student-athlete's physical must be submitted on the official CDS form available on the school's website.**

Each player must purchase supplemental insurance coverage from the source designated by Covenant Day School (checks made payable to CDS for \$10.00). Proof of Insurance must be submitted to the Athletic Director before a student-athlete will be allowed to try out, practice or play in games.

10. Away Games & Practice Transportation

Parents are responsible for the transportation of their student to and from extra-curricular activities. The school may, at times, make transportation available for extra-curricular activities, and parents are welcome to take advantage of this provision. If the school does provide transportation, it will be on one of the school buses with an appropriately-licensed driver. Please speak with your coach about the availability of school-provided transportation opportunities. Any student-athlete leaving an away game or practice with their parents or other approved drivers must notify their coach prior to leaving.

Other Requirements for Drivers (parents and coaches)

Since the safety of employees, students, and volunteers is our first priority, drivers operating a motor vehicle in the conduct of school-authorized business are prohibited from employing mobile communications or computing equipment while the vehicle they are operating is in motion. If such use is required by circumstances, the vehicle must be first brought to a full stop safely out of the way of hazards prior to operating such mobile equipment.

11. Dress Policy for Athletic Events

A. JV/Varsity

For all home and away games, matches and meets, athletes will be required to wear the following dress while on campus and/or at school:

Boys: A dress shirt and tie with slacks (no cargo pants or shorts)

Girls: A dress or skirt with appropriate top

No flip-flops will be allowed.

For all away events or travel to an event the above dress code will be required unless you are in your team uniform.

All clothing must be modest and meet all school dress code rules and regulations.

B. Middle School

For all home and away games, matches and meets, athletes may wear uniform tops with sleeves along with their school uniform pants, shorts, skirts or skorts.

No flip-flops or sandals will be allowed.

For all away events or travel to an event the above dress code will be required unless you are in your team uniform.

All clothing must be modest and meet all school dress code rules and regulations.

12. Awards

Team awards will be presented at the end of each season in a designated team party.

Three special awards will be given:

1. The Christian Character will be voted on by the teammates.
2. Team MVP voted on by the coaches or teammates.
3. The Coaches Award – selected by coaches.

Athletic Letters

Varsity letters will be awarded at the discretion of each head coach.

13. Game Schedules

Game schedules will be published prior to the start of every season. Some changes will occur from time to time. We will try to avoid changing games as much as possible. We will make every effort to keep parents and players informed of all changes as soon as possible. You may find a more complete game schedule online at www.covenantday.org (click on the “Athletics” tab)

14. Sports Offered

Fall

Varsity, JV, & MS Soccer (boys)
Varsity & MS Tennis (girls)
Varsity, JV, & MS Volleyball (girls)
Varsity & MS Cross-Country (boys)
Varsity & MS Cross-Country (girls)

Spring

Varsity & MS Baseball (boys)
Varsity Softball (girls)
Varsity & MS Soccer (girls)
Varsity & MS Tennis (boys)
Varsity & MS Track and Field (girls)
Varsity & MS Track and Field (boys)
Varsity Golf (co-ed)

Winter

Varsity & MS Cheerleading
Varsity & MS Basketball (girls)
Varsity, JV, & MS Basketball (boys)
Varsity & MS Swimming (boys)
Varsity & MS Swimming (girls)

15. Directions to Away Games

Directions can be found on the CDS website under the “Athletics” tab.

16. Statement of Agreement

*Please check with your in-season coach to sign a Statement of Agreement that you have read and agree to abide by the Covenant Day School Athletic Handbook. Students and parents will be asked to sign the Statement of Agreement for each season in which the student competes.