

# **Athletic Handbook**

## **Covenant Day School**

**COVENANT DAY**



**ATHLETICS**

2009-2010

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As of 6/22/09

## **Athletic Mission Statement**

The purpose of athletics at Covenant Day School is to fulfill the ultimate mission of CDS, equipping students to be salt and light for God's glory, by developing Christ-like character throughout the entire CDS community through the pursuit of excellence in competitive athletics.

The following key principles of the CDS Mission statement will be incorporated across all athletic programs:

**BIBLICAL WORLDVIEW:** CDS athletic programs will promote an environment where the entire CDS community, on the field of play as well as on the sidelines, demonstrates Christian character and conduct. We seek to integrate a biblical worldview on the athletic field as much as in the classroom.

**EXCELLENCE:** CDS will pursue excellence in the athletic programs as a means of giving honor to the Creator of our physical bodies. We express "excellence" by maximizing individual and team performance and not necessarily results.

**AFFORDABILITY:** CDS athletic programs will practice good stewardship of the resources available within the overall priorities of the school.

## **Athletic Vision**

**In accordance with our mission statement, CDS will engage its entire community in the following ways in order to achieve its purpose in all existing and future athletic programs and facilities.**

### **Athletes**

The goals for the student athlete should be built upon a biblical foundation and include reaching the highest level of individual and team performance while maintaining a primary focus on academics. Athletes are expected to exercise their God-given talents to the best of their abilities, in both practice and play, in order to bring glory to the Creator. Specifically, the desire is for athletes to develop and display Christ-like qualities such as godliness, obedience, humility, servant leadership, perseverance and self-control, while on and off the field, for the purpose of advancing the gospel.

### **Coaches**

At all times, coaches are to represent Christ, themselves, and the school in a God-honoring manner and to train their athletes to do the same. Coaches for Covenant Day School must have a credible profession of faith in Jesus Christ and a view of athletics that is consistent with the mission of the program. The athletic program will be staffed with personnel who are gifted in their field and can skillfully prepare the students to compete at their highest level of play. Furthermore, coaches should, within the context of a mentoring relationship, teach their athletes to apply biblical principles in the competitive environment.

### **Staff (Athletic Director)**

The Athletic Director ensures that the athletic program maintains the proper biblical perspective and serves its intended role as an extra-curricular means of support for the overall mission of the school, which is to train students to be salt and light for God's glory. The Athletic Director oversees the development and implementation of the athletic program in accordance with the vision and long-range plans set forth by the leadership of the school. He must articulate and promote the mission of the program as he serves as an ambassador of the school within the conference and community. The Athletic Director is accountable for hiring and developing the coaching staff, scheduling, and operational tasks that create a strong, competitive program consistent with the school's standard of excellence. Additionally, he manages the resources available for use by the athletic department, including budgeted funds, donations and Booster Club contributions, using principles of biblical stewardship.

### **CDS Community**

Covenant Day School seeks to apply the benefits and responsibilities of the athletic program to the entire CDS community. The competitive environment is seen as an opportunity for growth, both individually and corporately, in Christian character as teams experience testing and adversity, as well as triumph. As families and fans support the program through attendance at athletic events, they are expected to display, in action and in speech, attitudes that are gracious, hospitable and honoring to the Lord, making the most of every opportunity to proclaim the gospel of Jesus Christ. Staff, students and families are encouraged to join together in support of athletics in order to promote a sense of school-wide unity and spirit.

### **Facilities**

Covenant Day School desires to build and maintain, within its means, facilities to support its athletic program. The infrastructure of the athletic program must reflect good stewardship practices and be in line with the school's mission of affordability and excellence. In each sport offered, the school will provide, through use of its own facilities or utilization of community venues, space for play that meets the state and conference specifications, including safety standards, for that event. In addition, Covenant Day must ensure that teams have adequate areas and times for practices, as well as spectator seating and parking when hosting an event.

### **Athletic Programs**

Covenant Day School believes that all students should be given an opportunity to join an athletic team. Team selections will be conducted in a fair and godly manner. Players will be chosen based on attitude, grades, athletic ability, game skills and potential. Covenant Day School will consider expanding its program to include all levels of teams and sports offered by schools within its conference. The addition of any team to our program will be based upon the following criteria:

Mission appropriateness – As with all extra-curricular activities, team goals and behaviors must uphold the mission of CDS.

Interest – Students must demonstrate an eagerness to participate as assessed by the Athletic Director.

Size of student population – Numbers, as determined by the Head of School and Athletic Director, must support the sustainability of the sport without negative impact on existing programs.

Resource availability – Resources, including staff, funding and facilities, must be available as assessed by the Board of Directors, Head of School, and Athletic Director.

Existing programs will be reviewed periodically to evaluate their conformance with the above criteria.

### **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

## ***Athletic Program Policies***

### ***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.

### ***Expectations***

#### ***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 offend, 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.

### ***Team Commitment***

CDS recognizes that it could be difficult for some athletes to participate in two team sports (ex. CDS/Club) in the same season. Therefore, should an athlete commit to play on two teams it will be necessary for the CDS coach, student, and parents to meet and agree to team commitment terms.

### ***Athletes at practice will:***

1. Give the coach his/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

### ***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 before any other action is taken. (Matthew 18:15 ff) 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.

### ***In 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 coaches 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 boastful.
5. In loss, do not demean the achievement of the opponent nor criticize the coaches or officials.

### ***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. HS athletes can expect to meet 5 times/week.
2. Recognize that unexcused absences from games and/or practices 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 coaches.
4. Academic responsibilities take priority over extra-curricular activities. Therefore, students are expected to attend every designated period during the school day. **If students are absent from any period, they are excluded from participating in ALL extra-curricular activities for that day.** Doctor's notes are permitted, but students are expected to be in school except for the length of the appointment and reasonable travel time.

### ***Behavior***

1. Athletes are expected to abide by all standards that are outlined in the CDS Student Handbook. Violations of the standards may result in dismissal from the team.
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.

### ***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.

### ***Competition/Playing Time***

#### ***Varsity/JV***

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***

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

## ***Team/Player Selection***

All teams shall have a published tryout period to be determined by the head coach. Players will be selected based on attitude, grades, athletic ability, game skills, and potential. A coach will then decide the method of communicating the final team roster. After the final roster is determined, the coach will follow up personally with those that did not make the team. The number of players on a team will be determined by the coach in consultation with the CDS Athletic Director. A younger player may play up if it is determined that it is in the best interest of the athlete and the program. This decision will be made by the Athletic Director, Coaches, Parents, and the Athlete.

## ***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 will 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.

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

### ***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's plan their seasons based on complete teams. 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. Athletes who quit without the consent of the coach and Athletic Director will not be eligible to play a sport in the following athletic season (For spring athletes this will carry over to the fall of the following school year) The athlete also forfeits all awards and/or letters for that sport.
4. A captain who is in grades 9-12 and quits a team will not be able to serve as a captain for the rest of their high school athletic career.
5. An athlete who becomes ineligible for academic reasons will not be viewed as quitting the team. See point #7 – Academic Eligibility.

### ***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.

Please adhere to the following policies in regards to student athlete's uniforms:

1. Athletes will be assigned a specific uniform that they are responsible for during the course of the season. This uniform is numbered and athletes are expected to return the exact uniform that they are assigned.
2. Athletes are not to exchange or borrow another teammate's uniform without permission from their coach.
3. Uniforms are to be returned in the same condition that it was received excluding normal wear and tear.
4. Laundry instructions – Turn garment inside out and wash in cold water with like colors. Hang to dry (CDS preference). If using the dryer, please use low heat. **DO NOT USE BLEACH OR BLEACHING AGENTS.**
5. Uniforms should only be worn during games or matches. They may not be worn for P.E., practice, everyday wear, etc.
6. A replacement cost will be assessed to the athlete who has lost or damaged a uniform. This cost could be very high due to only ordering one item as opposed to bulk pricing.
7. Uniforms must be turned in at the end of the season in a timely fashion according to the coach's instructions. Failure to do so could result in report cards or progress reports being held.

## ***Fundraising***

Individual teams may not hold fundraising events, sales, etc. without prior approval from the Athletic Director.

## ***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-athletes and their parents to inform them of eligibility issues 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 students' responsibility to bring their 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***

1. To be eligible for any level of NCISAA competition, a student must be enrolled as a full-time student in a NCISAA member school.
2. 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.
3. No player shall have reached his/her 19<sup>th</sup> birthday on or before August 1 of the current school year.
4. No player may receive any form of financial aid for athletic participation.
5. 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.

6. **SIX SEMESTER RULE.** Students may participate in athletics in no more than six consecutive semesters or nine trimesters after enrolling in the 10<sup>th</sup> grade of any NCISAA member school, no more than four consecutive semesters after enrolling in 11<sup>th</sup> grade of any NCISAA member school, and no more than two consecutive semesters after enrolling in the 12<sup>th</sup> 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.

### ***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 length of 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 excluded from a contest by an official will be suspended from the following contest.
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.

### ***Physicals/ School Insurance***

All student-athletes are required to submit a current annual physical examination by a medical doctor at the beginning of the school year or prior to trying out for a team. A current physical is good from one year from the date of the exam. The physical must remain current during the entire season. (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).

### ***Athletic Injuries and Illnesses***

If an athlete is seen by a physician, they may not return to practice/games until given written clearance from that physician (injuries sustained outside of school need to be reported to the Athletic Trainer). The Certified Athletic Trainer (ATC) cannot override a physician's order.

### ***Away Games & Practice Transportation***

Parents are responsible for the transportation of their students to and from extra-curricular activities. (including travel to practices and off campus venues) 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.

***Requirements for Approved 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.

***Dress Policy for Athletic Events***

***High School Students***

For all home and away events or travel to an event the following dress code will be required unless you are in your team uniform:

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.**

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

***Middle School Students (including those playing on JV/V teams)***

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. A team t-shirt may be worn in lieu of a jersey or uniform top.

**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.**

***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 will be voted on by the coaches or teammates.
3. The Coaches Award will be selected by coaches.

***Athletic Letters***

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

## ***Athlete of the Year***

This award is designated for the senior athlete who best displays his/her faith in Christ through both word and deed. This athlete combines talent and the ability to hold nothing back in effort or attitude and can be put up as an example of what Covenant Day desires each of our athletes to be. This award will be given based on a point system. The points will be accumulated during the athletes' high school years (9-12) playing on any varsity team. The 2009-2010 school-year award will be based on the athlete's senior year accumulated points. The 2010-2011 school year award will be based on the athlete's senior and junior year. For each subsequent year, another year's points will be added into the total until all four years are counted (2012-2013 school year).

The point system is based on the following accomplishments:

Team Participant	1
CDS MVP, Christian Character, or Coach's Award	2
Captain	2
MAC All-Conference	3
Christian Character (voted on by coaches and faculty)	3
NCISAA All-State	4

## ***Game Schedules***

Game schedules will be published prior to the start of every season. While 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](http://www.covenantday.org) (click on the "Athletics" tab and "Athletic Calendar")

## ***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)

### ***Winter***

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

### ***Spring***

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

## ***Directions to Away Games***

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

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