

GCS JR/SR HIGH SCHOOL – ATHLETIC HANDBOOK

Preface

Every aspect of GCS must have as its purpose to train young people to be like Christ. Athletics is an integral part of the process of training students for Christ. Many invaluable lessons will be learned by both athletes and fans. It is our purpose to work together to make the GCS athletic program a tool in the hands of Christ – for His honor and glory. This handbook is written to clarify the policies of the athletic program of Grace Christian High School and Junior High School. Both programs are within the same organization and administration. Some of the information is aimed specifically toward the High School program but each of the principles contained within this document are also designated for the Junior High program. Any reference to the ASAA applies only to the High School program because ASAA does not sponsor or regulate our Junior High program.

I. INTRODUCTION

A. To the Parent

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics. Your family interest in this phase of our school program is important. We believe that participation in sports provides a wealth of opportunities and experiences for the student. It is our hope to maintain a program that is sound in purpose and will further each student's educational, physical, and spiritual maturity.

A student who participates in athletics is voluntarily making a choice of self-discipline and self-denial. Failure to comply with team or school rules of training and conduct, or failure to maintain academic requirements may mean exclusion from a squad. There is an expectation that each participant will discipline their mind and body for rigorous competition. We believe God calls us to strive for excellence and we do not want our athletes to compromise or accept mediocrity.

Parents play a key and critical role in the overall success of their young person's involvement in athletics. It is important that all parents realize the importance of their role in this area of their student's life. Some do not and as a result the athlete may experience difficulty and frustration. There are some key ingredients in the recipe of success in athletics that need to be provided by parents.

1. Support and Cooperation

- a. Attend every contest that is feasible. Being at the game is important to your athlete. However, do not try to live through your child. Be positive and supportive without adding undue pressure and unrealistic expectations. Try to be objective. Avoid the temptation of seeing your young person as the best player on the team or as faultless. All players, no matter how capable, need correction, redirection, and occasional chastisement.
- b. Belief in and support of the coach's judgment, character, actions, strategy and overall philosophy will help your child do the same. In contrast, criticism and constantly questioning a coach's actions and overall program will likewise lead the student/athlete in that way. The attitudes and ideas communicated in the home will often be carried out in the heart and mind of the athlete.
- c. To question is not necessarily to criticize. It is all in the frame of mind and the approach. Be tactful and positive.
- d. Confrontation is sometimes necessary and can be healthy if timing and method are appropriate. It is better to confront an issue in love than to let it go and build up into unnecessary hard feelings.

- e. Let your young person know that you are supportive, that you believe in them regardless of the individual or team performances in a contest.
- f. Be flexible whenever possible. As carefully as planning is done, changes in times and schedules sometimes need to be made.
- g. Build up, rather than put down other team members. It is important that each one sees the other team members as a vital part of the team, regardless of their role or skill level.
- h. Be sensitive to those around you as you watch the contest. Being a parent of an outstanding player or a parent of a player who plays less often each holds its share of joy and pain.

2. Communication

- a. If your young person must miss a practice or contest for family reasons that are unavoidable, let the coach know as soon as possible.
- b. If you have a valid question or comment, verbalize it to the appropriate person (most often the coach). Choose an appropriate time and place and do so in a positive way.
- c. Remember that the coach is the designated person in charge. You may not understand or agree with some of his/her philosophies or decisions, but be willing to give the benefit of the doubt and show your support.
- d. **Guidelines for handling parent/coach concerns.** The first responsibility is for the athlete to work with the coach. A coach appreciates communications from the athletes regarding team or individual situations. A coach will not “hold it against” an athlete for wanting to talk about a situation. If a parent wants to speak with a coach about a concern it should be done at a suitable time or via an appointment. Confronting a coach before or after a contest is not an appropriate time. If the concern still exists after meeting with a coach the concern should be taken to the AD
 .(see Parent/Coach Communication handout)

In Summary:

It is the role of the Athletic Department in conjunction with Administration to make rules that govern the spirit of competition for the school. These rules need a broad base of support, which is achieved through communication to the parent, coaches and student-athletes. It is our hope to accomplish this objective through this publication.

Your role as a spectator is important. Support your athlete, your team and your school in a positive manner. There are certain things that have become common in some sport venues that are not acceptable at Grace Christian. Please refer to “The Profile of the Ideal Grace Parent” for more specifics. (Appendix A)

You can see how critical and important your role is in the success of your young person’s athletic involvement. Please take the time to carefully consider and evaluate how your attitudes and actions are presently influencing your child. Most parents desire to enhance the athletic experience of their children. This can best be done with attitudes that are consistently Christ like.

Your efforts of support, communication and sportsmanship are appreciated by the administration, coaching staff, and most of all the athletes – the chief beneficiaries of parental involvement.

B. To the Athlete

Being a member of a Grace Christian athletic team is the fulfillment of an early ambition for many students. This accomplishment carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad at Grace Christian you have inherited a wonderful tradition, a tradition you are challenged to uphold.

Our tradition has been to glorify God by winning with honor and losing with grace. We win when we do our best where we are with what we have to the glory and honor of God. Our desire is to win, but only if in so doing we honor God. Such a tradition is worthy of the best efforts of all concerned. Our teams have achieved their share of region and state championships. Many individuals have won All-Region and All-State honors. Graduates have gone on to play in college at the NCAA DI, DII, DIII and NAIA levels.

It will not be easy to contribute to such a fine athletic tradition. When you wear the Maroon and Gold of Grace, we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them. The contributions you make should be a satisfying accomplishment to you and your family.

1. **RESPONSIBILITIES TO GOD:** Christians are Ambassadors for Christ and the Light of the World. As a member of an athletic squad from Grace, the most important responsibility an athlete has is to be a good representative of God.
2. **RESPONSIBILITIES TO YOURSELF:** You have a responsibility to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your school experiences. Your academic studies, your participation in other extracurricular activities as well as sports, help to prepare you for your life as an adult.
3. **RESPONSIBILITIES TO YOUR SCHOOL:** Another responsibility you assume as a team member is to your school. Grace Christian cannot maintain its position of having an outstanding school unless you do your best in whatever activity you wish to take part. By participating in athletics to the maximum of your ability, you are contributing positively to the reputation of Grace. You assume a leadership role when you are on an athletic team. You are on stage with the spotlight in your direction. The student body, the community and other communities judge our school by your conduct and attitudes, both on and off the playing field. Because of your leadership role, you can contribute greatly to school spirit and Grace pride. Make Grace Christian proud of you and others proud of your school, by your faithful exemplification of these ideals.
4. **RESPONSIBILITIES TO OTHERS:** As a team member you also bear a responsibility to your family and friends and others around you. As an athlete you will be watched by the younger students and they will copy you in many ways. Work hard to set a good example for them.

II. PHILOSOPHY OF ATHLETICS AT GRACE CHRISTIAN

The challenge before the coaches, athletes and fans is to understand how God's word applies to this area of life and to learn how to apply the biblical principles in a practical, life-changing manner.

School Mission Statement:

Grace Christian School working together with the home and church provides a Christ-centered spiritual, academic, and physical foundation in a nurturing environment to produce citizens who will be a transforming influence in their world.

Athletic Mission Statement:

It is the mission of the athletic department of Grace Christian School to provide opportunities for students to be a transforming influence through the vehicle of athletic competition while building a Christian view of the physical gifts that God has given them.

Grace goals are three fold:

Christ-centered spiritual foundation
Christ-centered academic foundation.
Christ-centered physical foundation.

A Christ-centered spiritual foundation: Participating in athletics at GCS should enhance and solidify the spiritual foundation of our student athletes. Student-athletes are encouraged to let their light shine before men. (Matthew 5:16) Coaches should claim as their primary responsibility the spiritual training of the young people involved in their sport.

A Christ-centered academic foundation: School work should not be sacrificed due to athletic participation. Coaches should make sure the athletes are doing their school work in a manner glorifying to God.

A Christ-centered physical foundation: Getting in shape physically reveals profound truth about getting in shape spiritually. Athletes should receive new, different and sometimes deeper insight into the Word of God because of the training which coaches demand of them. Coaches should be continually educating themselves in all areas of athletics.

Athletics plays a big role in much of today's society. The emphasis heard most is the importance of winning. What does it mean to win or lose? At Grace our perspective of winning and losing is based on biblical principle. Wes Neal in his booklet, **Total Release Performances**, defines winning as "*the total release of all that you are toward becoming like Jesus Christ in each situation. Conversely, "losing is not releasing your entire self toward becoming like Jesus Christ in each situation."* We can use two biblical passages together in an athletic paraphrase to illustrate how God sees winning.

Conduct yourself in word and action the same way as Jesus Christ would conduct Himself.
(Col. 3:17 NIV)

Do whatever you do with a TOTAL RELEASE of your mental and physical abilities and your emotional energies toward performing like Jesus. Have in mind that He is your only audience.
(Col. 3:23 NIV)

This puts winning in a proper perspective and yet does not diminish the importance of the outcome. If the objective of a contest is to defeat the other team, it would not be honoring to God as a coach or an athlete to enter that contest and not give one's best to try to win. The responsibility of coaches is to provide the proper balance at each level of competition. For example, one objective for coaches coaching below the varsity level is to provide game experience for each participant.

The athlete is the one in control of his/her own behavior and attitude and is the one who determines his/her relationship to God. Efforts, teamwork, enthusiasm, compassion, and humility, all are positive reflections of God working through one's life. If one's goal is to honor God, what kind of effort will that person give in practice and games? What will the reaction be to an incorrect call by an official or an unkind action by a teammate or an unfair decision by a coach? What will the reaction be to lack of playing time or a tough loss? These are areas of life over which the athlete has control – effort, reaction, attitude.

Circumstances beyond one's control can prevent the best team from defeating another in some situations. The desire to win is very strong. Winning games, region championships and state titles should be the desire of every athlete. Individual success at the team, region and state level is a dream of most athletes. As long as all the desires involved with athletic competition are brought under the tent of the goal – to honor and glorify God – then they are kept in proper perspective. A balance is there which allows the athlete to compete at his/her best.

It is the desire of the athletic department that every team or individual that competes for Grace Christian experiences the thrill of winning games and rising to one's full potential. More importantly, the goal of the athletic department is that everything that is done be honoring and glorifying to God. *We win when we do our best, where we are with what we have to the glory and honor of God.*

II. GOVERNANCES

A. GRACE CHRISTIAN SCHOOL

1. The School Board is responsible for all school policies and delegates their fulfillment to the administration. The head administrator delegates the responsibility of the high school program to the High School Principal and likewise the junior high program.
2. The day to day responsibility for overseeing the athletic program is assigned to the Athletic Director. Each participant is directly responsible to his/her own coach who is responsible to the Athletic Director who in turn reports to the Principal.

B. THE ALASKA SCHOOLS ACTIVITIES ASSOCIATION

All member schools voluntarily join the Alaska Schools Activities Association and compete only with other member high schools in Alaska or high schools of other states that are members of their state association. As a member school, Grace Christian School agrees to abide by and enforce all rules and regulations set forth by ASAA. The Association has specific rules regarding individual eligibility including attendance, grades, age, awards, school representation, and transfers between schools.

The primary role of ASAA is to maintain rules and regulations that ensure equity in competition for the student athletes and a balance with other educational programs. ASAA solicits input and is responsive to requests for rule modifications from member schools, appointed committees, and the athletic directors' association. ASAA attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner. ASAA is also responsible for all state playoffs and tournaments beyond region play for athletics and activities.

A complete summary of all ASAA rules can be reviewed in the Athletic Office.

C. THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

The National Federation consists of the fifty individual state high school athletic and/or activities associations, and its purpose is to coordinate the work of all of its members. The National Federation is both a service and a regulatory agency. Cooperation between the state associations and the National Federation ensures some degree of teamwork on the part of more than 20,000 schools and enables them to formulate policies for the improvement of interscholastic activities.

D. HIGH SCHOOL REGIONS (Classifications/Conferences)

Grace Christian High School is a member of Region III that consists of Class 3A and Class 4A schools assigned by ASAA. Within Region III we are classified into conferences according to sport and size if it is a classified sport. At this time our Region III classification/conferences are as follows by sport:

Cross Country Running: 1A-2A-3A Boys, Girls; two Classifications, no Conferences;
Volleyball 3A, Southcentral Conference; Wrestling 1A,2A,3A, Kachemak Conference;
Nordic Skiing, one Classification no Conferences; Basketball 3A, Southcentral Conference; Cheerleading all Classifications, no conference; Soccer one Classification, Northern Lights Conference; Track and Field, no Classification, no Conferences.

E. **JR HIGH**

The teams representing Grace Christian Jr High compete with the Jr High teams from Region III in greater Anchorage and the Valley.

III. **ATHLETIC DEPARTMENT POLICIES**

A. **REQUIREMENTS FOR PARTICIPATION**

1. **A Summary of the Minimum Requirements of ASAA**

Academics – must have passed at least five semester credits during the previous semester, and must be currently enrolled and passing in at least five semester credits.

2. **Minimum Requirements of Grace Christian High School & Junior High**

- a. **Academics** – in addition to the requirements of ASAA, student-athletes at Grace Christian are expected to maintain a GPA of 2.0 and no F's for the previous quarter or at the semester. Students failing any class at any quarter or at the semester will be automatically ineligible for three weeks. A student failing below that standard at the grade check will be ineligible for that week and will have one week to become eligible. If the student is unable to bring his/her grades to an acceptable level after the one week, the student will be ineligible until the next scheduled grade check. The eligibility week runs Monday through Sunday following the Friday grade check. Ineligible student-athletes may practice, but may not complete or travel. See Eligibility Handout for complete details. (Appendix B)
- b. **Conduct** – Any student who receives a suspension from school for behavior, attitude, or absences shall be ineligible for at least one week, usually starting from the first day of suspension or the day of infraction per administrative decision. Suspended students cannot participate in activities during their suspension. See Eligibility Handout for complete details.
- c. **Attendance** – Students participating in athletics are required to be in attendance at school for the full day that their activity is to take place or the full day prior to a morning departure for an activity. (THIS INCLUDES PRACTICES AS WELL AS COMPETITIONS.) Reasonable time for doctor or dental appointments is the only exception. Prior notification when possible and a written notice is needed for verification of an appointment and permission to participate in practice or competition must be obtained from the Athletic Director.
- d. **Physical Examination** – Record of a physical examination must be on file with the athletic director completed by a physician, advanced nurse practitioner, physician's assistant, or a military medical examiner, and signed by student's parents or legal guardians, certifying that he or she has submitted to a physical examination within the prior 12 months.
- e. **Athletic Participation Permit** – completed by the parent/guardian for each sport that the student-athlete participates – includes permission to

participate, travel, assumption of risk, insurance information, and emergency information.

- f. Athlete/Parent Acknowledgment of Athletic Policies** – annually a copy of this handbook will be given out to each school family. Each parent/guardian and athlete shall read the material and certify that they understand the athletic eligibility rules and policies of the school and agree to abide by them. The signature of each is required to be on file with the medical and participation forms before participation in practice or competition.
- g. Insurance** – the school carries insurance as a minimum secondary coverage to your own in case of student athletic injuries.
- h. Risk of Participation** – All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. Grace Christian will use the following safeguards to make every effort to eliminate injury.
 - Conduct a parent/athlete meeting prior to the start of each season to explain the athletics policies and to advise, caution and warn parents/athletes of the potential for injury.
 - Instruct athletes about the dangers of participation in the particular sport.
- i. Financial Obligations and Equipment**
 - The athletic department at Grace is not funded through tuition. Grace does not charge a sports fee for participation. Through concessions/gate fees/ Grace Sports camp/ and the hot lunch program, Grace has been able to offer a top quality Interscholastic sports program.
 - Uniforms – in several sports, athletes will be required to purchase a portion of the game uniform, which will become their property. School issued uniforms are to be worn only for games/competition or as designated by the coach. Failure to return school issued uniforms in good condition and at the end of season of play will result in a suspension for future participation and/or a monetary fine to be assessed to the parent/guardian.
 - Equipment/Practice gear - athletes are responsible for the proper care and security of equipment issued to them. School furnished equipment is to be worn or used only for contests and practice. All equipment not returned in good condition at the time requested at the end of the season will be subject to a financial penalty no higher than replacement value.

B. ATHLETIC CODES OF CONDUCT

1. Sportsmanship

- a. Athletes** All athletes shall abide by a code of ethics which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. Intimidation or forms of “trash talk” will not be tolerated. A GCS athlete should be diligent in preparation, relentless in effort, disciplined by nature, respectful in actions, self-

controlled with words, humble in spirit, and aggressive in pursuit of excellence, without regard to the score, opponent, time, referee, etc.... As Christian athletes display these characteristics, good things usually happen: teams are successful; players are motivated; fans are supportive and enthusiastic; parents are proud; perspective athletes want to participate, and very often non-believers are drawn to Christ.

b. Parents and Spectators It is important to make guests to our school activities feel welcome. All visitors should feel as though they have been treated fairly and dealt with in a sportsman-like way. The skills of the visiting team should be recognized and appreciated during events at Grace. The following behavior is not acceptable at any contest: booing or jeering, mocking or taunting, yelling negative comments to officials. Refrain from confronting officials or other participants during or following a contest. If a problem occurs, inform the school administration and allow them to deal with the situation. A game official or school administrator (or their designee) has the authority to remove any person from the confines of an athletic contest for unsportsmanlike behavior. The school may also deny the privilege of attending future contests.

2. **Hazing / Harassment** is not to be a part of the Grace Christian athletic program. Hazing is defined as an initiation process conducted against a player of a team. Any behavior directed toward another student that denigrates or endangers the mental or physical health or safety of the student for the purpose of initiation or admission into or continued membership on any such team is not acceptable behavior. This behavior will be handled per student handbook policy.

3. **Game Behavior** If a high school player is ejected by an official for an unsportsmanlike act (such as fighting), the Athletic Director will notify ASAA of the ejection and that player, at a minimum, will not be allowed to participate in the next scheduled contest. More severe consequences could be incurred depending on the infraction.

C. PARTICIPATION An athlete may participate in only one sport per season.

D. DROPPING OR TRANSFERING SPORTS It is highly recommended that each athlete finish each season. In the unusual case where an athlete and parent agree it need to happen, that athlete needs to consult with the head coach of that sport.

If an athlete drops a sport he/she may not begin another sport until the first season is complete. The final decision will be made by the AD and coaches involved.

E. MISSING PRACTICES/CONTESTS

1. When an athlete joins a team the commitment is made not only by the athlete but by the parents/guardians as well. It is hard work scheduling around an athlete's schedule for a season. An athlete is expected to attend all scheduled practices. If an athlete is going to miss a practice or contest, the coach should be consulted as far ahead as possible. If a family finds it necessary to be gone for an extended time during the season it is important to work with the coach so he/she can plan also. Missing a practice or contest will generally result in some team specific consequences.

2. At times parents may deem it necessary to remove their student from an athletic team on a temporary or permanent basis. It must be realized that these actions penalize the entire team in addition to the removed athlete. It is

suggested that this course of action be viewed only as a last resort and used only when other disciplinary methods have been exhausted. Regular consultation should be maintained with the coach if removal from the team is a consideration

F. EQUIPMENT School equipment checked out to the student-athlete becomes his/her responsibility. The athlete is expected to keep it clean and in good condition. Equipment/practice gear/uniforms are to be used only in practice or contest or as directed by the coach. It is not to be worn in PE class or at other times unless directed by the coach. Loss of any equipment is the financial obligation of the athlete up to full replacement value. Fees may be charged for late return of equipment/uniforms. No athlete will be allowed to participate in a sport until previously issued athletic equipment/uniforms have been returned or proper restitution is made.

G. TRAVEL

1. All team members are expected to travel to away contests in transportation provided by the school. (On occasion, when competing at a school near GCS, teams may be directed to meet at that site.) Each member is also expected to return back to school on the same transportation. However, if a parent/guardian is at the site of the contest, they may take their student after checking out with the coach. Any other plans must be **pre-arranged in writing** with the Athletic Director. Athletes will not be given permission to ride home with other athletes.

2. Grace transports their teams by way of bus and vans. Students are responsible to the coach, van driver, and the bus driver on the bus. It is expected that Grace Athletes will obey the laws relating to school busses when being transported by the bus. In all modes of transportation Grace Athletes will keep the vehicles clean, remain seated and seat belted when applicable, maintain an “inside voice” in conversation and show the drivers appreciation for driving.

3. When traveling to sites off campus athletes must have on their person gear that will keep them protected in case of an emergency stop. This means appropriate dress in winter including protection for hands and head.

4. Food Stops – the coach may decide to stop at a restaurant before or after an event. Appropriate dress and behavior is expected.

5. The estimated return time from trips is usually given to the team members before the trip. A coach must wait with the students until all students have rides, so when the team returns late at night it is important to arrange transportation on time. Coaches have already put in a long day and are ready to go home, too.

H. COLLEGE RECRUITMENT Preparation for college athletics is a byproduct of participation in high school athletics and many Grace athletes have and will continue on to compete at the college level. It is important for an athlete to work with their coach and Athletic Director who will aide in making contacts with college programs. Any athlete who anticipates competing at an NCAA Division I or II college must register with the NCAA Clearinghouse through the counseling department or athletic department. It needs to be understood that a very small percentage of athletes in the entire state of Alaska will gain a “full ride” athletic scholarship to college.

I. CONFLICTS IN EXTRACURRICULAR ACTIVITIES Inevitably in a school situation, scheduling conflicts will arise between athletic events and other school activities. When the athletic schedule is produced, care will be taken by the Athletic director to avoid conflicts if possible. In some instances, a student will have to choose prior to the season such as playing on an athletic team or

taking part in a drama production. Typical conflicts may involve musical performances/competitions with athletic practices or contests. A student who is participating on an athletic team is expected to attend all regularly scheduled practices and should not expect to miss practice to try out for another activity, unless prior permission has been given by in-season coach.

For students participating in a number of activity programs, scheduling conflicts will occur. It is important that the student keep a calendar of events for his/her activities and if a conflict is found, immediately inform the sponsors/coaches involved. In order to deal with each participant fairly, a consistent policy is necessary. If left unattended, unresolved and not discussed, the student-athlete is often placed in a difficult position between the athletic coach and activity sponsor. The decisions are difficult, but the following guidelines are presented as the method for dealing with activity schedule conflicts.

- a. ASAA sanctioned activity.
- b. Contests that are a criteria for advancement to a higher level of competition such as a state tournament.
- c. Major competitions and performances including contests or tournaments determining region championships.
- d. Includes regularly scheduled games, contests and major performances. An event previously scheduled and placed on the school calendar will take precedence over a rescheduled event or addition to the calendar.
- e. How important the student's participation is to the group's performance.

If after utilizing the prioritized criteria, all items remain equal, the final decision must be made by the student in consultation with the Principal. No penalty can be assessed the participant.

J. RELEASE FROM CLASS If a student athlete will be missing class he/she must obtain a pre-approved absence form from the secondary office. This form must be filled out by the student-athletes' teachers no later than the day before day of activity. The student-athlete is responsible to have all work due the day of competition turned in before leaving school. The student-athlete is responsible to have all work missed the day of competition turned in within a day of returning from competition. Scheduled tests and quizzes must be taken before leaving unless other arrangements have been made with the teacher. All coaches are responsible to check for pre-approved forms from their student athletes. No form, no travel.

K. SQUAD SELECTION/PLAYING TIME In our desire to see as many students as possible participate in the athletic program at Grace Christian, coaches are encouraged to keep as many students on a team as they can without compromising the integrity of their sport. Time, space, facilities, equipment, coaches' preference and other factors will place limitations on the most effective squad size for any particular sport.

Usually no limitations are put on the number of participants in Cross Country Running, Cross Country Skiing, Wrestling, and Track. Volleyball, Basketball, Cheerleading, and Soccer teams typically experience the most restrictions because of team size and indoor space

limitations. It is the decision of the coach and athletic director regarding the number of players to be named to a team in a given season.

It needs to be understood that students who make a team will not necessarily see equal playing time. No amount of playing time is guaranteed to any athlete. Playing time depends on the skill and experience of the athlete and the philosophy of the coach. Varsity will consist of the best team players, regardless of age. At all HS levels below HS varsity it is generally expected that an athlete will participate in each contest but there may be occasions when this does not happen. At these levels emphasis will be on the development of players in practice with a possibility of game time.

One exception is in the Junior High. Coaches at this level will be sure that student-athletes see playing time at every competition under normal conditions. The amount of time will not be on an equal basis but the student-athlete shall experience game situations. The coach on the Junior High level has the discretion to choose his/her team based on attitude and numbers.

- L. COACHES' POLICIES** Each coach may establish other rules or standards for the team or program in which they work which go beyond those listed in this handbook. The policies will be consistent with and not contradict other school practices and policies. The coach will file a copy of the rules approved by the Athletic Director.
- M. CONFLICT RESOLUTION** If a conflict or perception of a conflict arises between an athlete and a coach the first responsibility is for the athlete to discuss the situation with the coach. If no resolution is found, the next steps of appeal are to the Athletic Director and then the Principal in that order. Directly before or after ball games are not appropriate times for a parent to approach a coach to discuss a situation.
- N. SPECIALIZATION** The tendency for many athletes in schools today is to specialize in only one sport in high school. Some think that it will help their chances to play in college. Others say that they want to work on their grades. It is the recommendation of the athletic department that athletes not limit their participation to just one sport if they have the ability and are capable of participating more. If an athlete is truly a "blue chip" participant it may be to their advantage to specialize. However, for a majority of high school athletes, the most important thing to concentrate on in high school athletics is to work hard and have fun. Many studies show that multi-sport athletes maintain higher grades in high school.
- O. REPORTING OF INJURY** All injuries which occur while participating in athletics at Grace must be reported to the coach. If the injury requires medical attention by a doctor or emergency center, it will be necessary to have an injury report form completed. Also, before the athlete will be allowed to resume practice a note from the tending physician giving permission to participate must be on file in the Athletic Department.

P. PERSONAL BELONGINGS/VALUABLES It is the responsibility of the athlete to secure personal belongings at GCS or when traveling to other schools. Money and valuables should not be left unprotected. The school will not be responsible for loss.

Q. SPORTS SEASON/PRACTICES

1. High School – ASAA Regulations Each year ASAA establishes the starting and ending dates for sport seasons of which there are three, Fall, Winter, Spring. Within these seasons various sports are contested. For every sport an athlete must have ten physical practice days before the first competition.

2. Practices: Practice times are normally Monday-Friday. After school practices will end by 8:30PM. Practices held on Wednesday will end by 6:30PM. Due to the number of teams and facility restrictions, morning practices will also be scheduled. These practices will begin as early as 6:00AM and must end by 7:45AM. Occasional practices may be held on Saturdays with the approval of the Athletic Director. Teams may also practice off campus due to availability of gym/field facilities. Practices will be held for some teams during vacation time or days when school is not in session. There will be no practices on Sunday.

3. Coaches or another adult must be present at all practices. All adults leading practice must be cleared by the Athletic Director.

4. Weather Related Problems There are sometimes delays or cancellations due to weather conditions or circumstances. When school is canceled due to weather contests are automatically canceled. There are however times when conditions change significantly and practices can be rescheduled during the same day. Rescheduling can only be done with the approval of the Principal. If school is canceled due to other situations decisions may be made regarding playing of contests or practices throughout the day. If Region games are canceled they are usually rescheduled for the first available date after cancellation.

R. ADMISSION/ATHLETIC CLUB PASSES Typically, at Grace, no admission charges are made for Junior High contests. Admission charges are made for high school contests involving the Volleyball, Wrestling and Basketball teams. Expect to pay admission charges at other schools for sports contests. Grace offers an Athletic Club Pass to fans of Grace athletics. Depending on the pass level members receive, at a minimum, free admission to all home events.

S. ATHLETIC AWARDS POLICY

1. Varsity Letter Requirements The high school varsity award shall be presented to an athlete who satisfies the participation requirements as listed by the coach, completes all team obligations and receives the recommendation of the coach. Each sport has specific requirements set forth by the team coach. These requirements are on file in the athletic office.

2. Lettering Criteria That Pertains To All Varsity Sports

*An athlete who moves from one level of competition to another will receive their award at the higher level provided the athlete has met the combined requirements.

*A coach will have the prerogative to letter a senior who has

not met the seasonal requirements for lettering.

*Injury: Any athlete who plays regularly and was thereafter injured may be awarded a letter, if in the coach's judgment, the athlete would have met the lettering requirements.

*complete the season in good standing with the school and coach.

3. Awards

a. Varsity Awards:

1st award will be a chenille letter, certificate and sport emblem.

2nd and subsequent varsity letters earned will be a certificate and sport bar

b. All other athletes will be awarded a participant certificate.

INTERSCHOLASTIC ACTIVITIES AND TEAMS

A. High School

FALL-GIRLS

Cross Country Running JV, V

Volleyball JV, V

WINTER-GIRLS

Cross Country Skiing JV, V

Basketball JV, V

Cheerleading V

SPRING-GIRLS

Soccer V

Track & Field V

FALL-BOYS

Cross Country Running JV, V

Wrestling JV,

WINTER-BOYS

Cross Country Skiing JV, V

Basketball JV, V

Pep Band

SPRING-BOYS

Soccer V

Track & Field V

B. Junior High

FALL-GIRLS

Cross Country Running 7, 8

Basketball 7, 8

WINTER-GIRLS

Volleyball 7, 8

SPRING-GIRLS

Track & Field 7, 8

FALL-BOYS

Cross Country Running 7, 8

Basketball 7, 8

WINTER BOYS

Wrestling 7, 8

SPRING-BOYS

Track & Field 7, 8