

**EASTSIDE CHRISTIAN
HIGH SCHOOL
ATHLETIC HANDBOOK**



2019-20

*If you are a transfer student, you must set up an appointment with the Athletic Director **before** you participate in ANY practice and/or contest.

ATHLETIC DEPARTMENT PHILOSOPHY

The coaching staff of Eastside Christian High School has dedicated itself to the development of the total student athlete. Both the physical and psychological growth as well as the spiritual and emotional maturity of each person is conscientiously considered when planning and implementing our athletic program. Our coaching staff is aware of the individual needs of youth as well as the social implications of being able to work as a member of a team.

A great tradition is not built overnight. It takes the hard work of many people over many years. In our desire to build a winning tradition at ECHS, we recognize that Varsity level teams are designed to compete at the highest level attainable to win games. The design for each player on non-varsity level teams is to teach, develop, and experience each sport that the student athlete desires to be part of. Our number one goal at all levels to represent Christ in a way that pleases Him. Ultimately, coaches at all levels determine game playing time based on commitment to improvement, ability, competence in the sport, positive attitude, and attendance.

Student athletes at ECHS have a definite responsibility to contribute to a tradition which brings honor to the Lord, their team, their school, and community; thereby gaining personal satisfaction.

Our goal at Eastside Christian School is to:

- * Produce student athletes who exemplify Christlike attitudes.
- * Compete at the highest level possible.
- * Increase each student athlete's knowledge and ability in their chosen sport.
- * Give students an opportunity to be part of a team and understand their role as a team member to promote team success.



ATHLETIC PAPERWORK CHECKLIST

ALL OF THE ITEMS LISTED BELOW MUST BE COMPLETE AND TURNED IN TO THE ATHLETIC DIRECTOR BEFORE PARTICIPATION.

- ¥ ATHLETIC EMERGENCY FORM AND INSURANCE/WAIVER OF LIABILITY FORM
- ¥ CIF CODE OF ETHICS FORM
- ¥ PHYSICAL EXAM FORM (MUST BE COMPLETED BY A MEDICAL PROFESSIONAL. ATHLETE MAY NOT PARTICIPATE WITH THE TEAM UNTIL THIS IS COMPLETE AND TURNED IN TO THE ATHLETIC DIRECTOR)
- ¥ ATHLETIC PACKET SIGNATURE PAGE
- ¥ CONCUSSION FORM
- ¥ SUDDEN CARDIAC ARREST FORM
- ¥ ATHLETIC PARTICIPATION FEE
- ¥ DRIVERS FORM (FOR THOSE PARENTS/STUDENTS WHO WILL DRIVE TEAM MEMBERS TO/FROM ATHLETIC EVENTS)
- ¥ TRANSPORTATION / BUYOUT FEE

***ATHLETES WILL RECEIVE ZERO'S ON ALL OF THEIR FINALS IF THERE IS AN OUTSTANDING BALANCE DUE OR MISSING EQUIPMENT/UNIFORMS FOR ATHLETICS.**

STUDENT ATHLETE COMMITMENT AND RESPONSIBILITIES

Purpose

Participation in athletics is a privilege, not a right. The athlete must earn this privilege through dedication, desire, and discipline. Without the pursuit of those, the athlete can in no way do justice to himself/herself or the team. Athletes must discipline themselves to be good citizens and students in order to achieve athletic excellence. The faculty of Eastside Christian School believes that the tradition of winning is established and maintained upon these principles. In order for a determined course of action for the pursuit of athletic achievement and the character training of young persons, the following policies must be understood and agreed upon between the school, the athlete, and the parents/guardians. We expect our athletes to “Pursue Victory with Honor” as they represent Christ, the school, the CIF-Southern Section, and themselves.

Attendance

All team members of each sport **must attend** all scheduled practices and meetings. No practices should be missed. If circumstances arise whereby the student cannot attend a practice or meeting, the coach must be notified prior to the practice or meeting that will be missed. This contact shall come in the form of personal contact (phone call or written statement) from the parent/guardian. Without proper notice, the student will be marked down as an unexcused absence. Any athlete who cuts practice, fails to appear for a game, fails to appear for team meetings, or fails to attend school may not be allowed to participate for a period of time to be determined by the Athletic Director and coach. Excessive absences from team events may be cause for removal from the team. All athletes are required to attend classes regularly and conduct themselves in class in a way that does not put them in danger of being removed from the team. Athletes delinquent in class attendance or classroom behavior are subject to disciplinary action.

Eligibility

To be eligible for athletics, the athlete must be in compliance with Eastside Christian School Policies and the CIF-Southern Section concerning legal enrollment status. The athlete must maintain a minimum 2.0 G.P.A. on a 4.0 scale. If this minimum is not met, the student athlete will be put on academic probation for one semester. During that probationary time, the athlete may not be allowed to participate in games and/or practices. An Athlete may become ineligible for a period of time to be determined by Administration if the athlete does not conduct himself/herself properly in the classroom. NO athlete may participate with a team until they have been cleared to do so by the Athletic Director.

Personal Health Practice

Due to the harmful effect upon the health of the individual, and the moral and biblical standards that Eastside Christian School upholds, all athletes must refrain from the use of: tobacco, alcoholic beverages, drug abuse of any kind, and improper diet. Verification of drinking alcoholic beverages or the use of illegal or abusive drugs by the athlete will result in immediate dismissal from the team and expulsion from the school. All High School Athletes are required to have an annual physical examination signed by a licensed physician or medical professional on file with the Athletic Director **before** participating in ANY athletic event. This rule applies to Cheerleaders as well. Failure to comply with this rule may result in suspension from the team, and a lowered grade in the class.

Steroid and Drug Policy

By signing the Signature page in this contract, the parents and athlete agree that the student athlete shall not use androgenic/anabolic steroids or other drugs without written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition. Under CIF-SS bylaw 200.D the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information. CIF-SS bylaw 524 requires that all athletes and parents/guardians sign this agreement.

School/Athletic Decorum

An athlete is expected to govern his/her conduct in accordance to the rules and regulations of the Student Handbook. Athletes are constantly in the eyes of the public. He or she becomes a representative of the school and is considered to be in a position of leadership. The athlete's personal appearance not only reflects his/her but those whom he/she represents. His/her hygiene must be such that it is not harmful to the athlete's well-being while participating in athletic competition. Athletes who fail to abide by these standards may be held out of practice/games or the privilege to wear team gear on game days may be taken away from the whole team. Failure to comply after further notification may result in removal from the team.

An athlete may wear a team jacket purchased as the current year's team apparel as long as colors are consistent with school uniforms. No blankets will be allowed as wraps.

On game days, athletes may wear an approved team uniform or team warm-ups, but must wear regular school uniform on all other days. No uniform may be worn if undergarments of any kind show in any way. Coaches will set guidelines as to what players may wear on game days. All players on that team must be uniformed for the day.

An athlete may wear a jacket purchased as a member of an ECS team, as long as s/he is still a member of the team during the current year. Students who are no longer on the team, whether for personal reasons or school's decisions, may no longer wear team gear from that team.

Sport Commitment

Eastside Christian High School provides the opportunity for all students to participate in a variety of sports. Once an athlete begins the in-season training period of a sport, he/she shall fulfill that commitment and not quit. The decision to quit a team after the season has begun will be detrimental to the team, the coach, the athletic department, and the student. Quitting a team during this time may result in failure to tryout or play on any other team that same year or future teams. Let your "yes" be "yes", and your "no" be "no". *PLEASE PRAYERFULLY CONSIDER ALL ASPECTS OF PARTICIPATION BEFORE COMMITTING TO A TEAM. Commitment to the team is considered when the student athlete signs up for and turns in their paperwork to the Athletic Department.*

Jobs

The athlete shall not obligate himself/herself to a job in any way that interferes with practice time or regular competition.

Equipment and Uniforms

*“Athletes will be loaned equipment and uniforms for each sport. It is the athlete’s responsibility to take care of the equipment and return it at the end of the season in good condition. If the equipment is not returned, the student’s report card will be held until the student returns the items or pays the replacement price for the items”(Student Handbook). ***Students who fail to turn in uniforms/equipment or pay their athletic fees will receive a score of zero on their final exams until all items are turned in. Transcripts will not be released until all financial/equipment obligations are complete (this includes the sports and annual banquet fee).** Equipment/uniforms that are damaged are subject to the financial obligation of the athlete and/or their parent/guardian (this includes cleaning fees).*

Annual Athletic Banquet Fee and other Financial Obligations

If your son/daughter plays a sport at ECHS, you are required to submit the annual Athletic Banquet fee. This must be paid prior to completion of the athlete’s first sport. The annual banquet fee is \$35 per family, per year. This fee covers team awards and the Athletic Awards Ceremony at the end of the year. Failure to attend the end of year Athletic Awards Ceremony without prior permission from the Athletic Director will result in ineligibility to receive any award for that year.

Individual team cost may vary per sport and will be determined by the head coach and Athletic Director. These costs include, but are not limited to: team wear, tournaments, coaching apparel, etc. A student athlete may not be allowed to play another sport if any moneys are owed from a prior sport. Once the coach determines the athlete is on the team, financial obligation of the team fees is the responsibility of the athlete and parent/guardian. There may be fundraising opportunities to help offset the team fee. ALL athletes are expected to participate in fundraising opportunities with the team. Once team gear has been ordered, there are NO refunds or prorates on that gear for any reason. If a student athlete quits the team or is removed from the team, they may no longer wear team gear to school/school functions. Team pictures will be taken during each season. The costs range from \$20-\$50. You are not obligated to purchase any of these pictures.

Beginning the 2018-19 school year, ECS will implement a transportation buyout fee OR driving requirement for athletics. Due to increased fuel costs and limited parent volunteer assistance for driving, there will be a minimum requirement that each family of an athlete must fulfill. The breakdown for this new requirement is listed on the Athletic Signature Page (“events” may include practice locations, if off site). THE PARENT(S) MUST DECIDE WHICH OPTION THEY WILL COMMIT TO BEFORE THE SEASON BEGINS. FAILURE TO FULFILL REQUIRED DRIVING TIMES/HOURS WILL RESULT IN A FINE, WHICH WILL BE THE COST OF TRANSPORTATION FOR THAT SPORT.

Participation/Registration Fee

Eastside Christian School believes that athletics gives the opportunity to teach important life long values of respect, hard work, sacrifice, fairness, and responsibility. With these core values centered around Mark 12:30, our sport’s program will teach our student athletes how to handle success with humility and failure with dignity.

We believe the benefits of athletic participation far outweigh the monetary value it takes to participate in sports. With that said, we understand the dedication and sacrifice it takes from you to make this happen for your child. **The athletic registration fee will help cover the cost of officials, rental of facilities, and equipment.** All students wishing to play on one of our after school sponsored teams must pay their registration fee by the deadlines set by administration. This fee is non-refundable after the registration deadline OR when the team has been formed, whichever occurs first.

The 2019-20 Athletic Registration fees are:

Athletic Fee Breakdown:

Due Date

Annual Banquet Fee This is a once a year, \$35 fee per family. This will cover team/banquet awards and banquet meal/dessert <u>for the athlete.</u>	By the end of the Athlete's 1st season of sport
Individual Team Fee- varies per sport but ranges from \$200-\$400	Varies
Participation Fee- \$150 for first sport each year, \$75 each subsequent sport each year	
Transportation Fee- *Varies (see breakdown on Athletic Signature Page)	

Annual Athletic Awards Ceremony

At the end of each school year, the Athletic Department will host an Athletic Awards ceremony. During this ceremony athletes are recognized for their athletic achievements, as well as academic and Christ-like character achievements. Here are the criteria and guidelines for determining those winners:

Scholar Athlete:

Scholar athletes are student athletes who have achieved and maintained a 3.25 G.P.A. on a 4.0 scale for two consecutive semesters. The second semester of the previous year and the first semester of the current year will be used to determine an athlete's eligibility for this award. Student athletes who are caught abusing the Academic Integrity policy (cheating, plagiarizing, falsification) may not be eligible for the Scholar Athlete award for that calendar year.

Athlete of the Year:

Each year a female and male athlete of the year will be selected. The criteria and formula for this award is as follows:

- **Team awards received:** MVP= 3 points, other awards= 1 point
- **All League Honors:** 1st Team All League= 3 points, 2nd Team All League= 2 points, Honorable Mention= 1 point
- **All CIF team:** 1st Team All CIF= 5 points, 2nd Team All CIF= 3 points
- **Leadership/character (determined by coaches and administration)-** On a scale of 1-3 (3 being the highest)
- **Academics:** 3.5 and above= 3 points, 3.49-3.0= 2 points, 2.99-2.5= 1 point
- **Number of sports played:** 1 point per sport

Eagle Award:

The Athletic Director and Administration creates a list of nominees who they feel are Christ-like student athletes that lead by example. From that list of nominees, each teacher, coach, and staff member vote for whom they feel is most deserving. This is the one award that our school values the most in the athletic department. This nomination means that the student athlete is recognized as a person that truly loves the Lord with all of their heart, all of their soul, all their mind, and all of their strength. We pray that each nominee feels honored to be considered for this award.

Varsity Letterman:

The awarding of the Eastside Christian High School Varsity letter is among the highest honors that the athletic department has to give. Wearing the "EC" letter designates an athlete who stands out amongst the others and who has proven to be a worthy representative in and out of athletic competition.

A. BASIC REQUIREMENTS FOR A VARSITY LETTER.

- ✘ An ECHS award winner must be willing to grow spiritually. Athletes are expected to represent Eastside Christian School and Christ in a positive way on and off the field of play.
- ✘ An ECHS award winner must participate in the athletic department's service project each year.
- ✘ **Athletes must attend the end of the year athletic ceremony or they will not receive their certificate, letter or any other awards.** The only exception is if the athlete is excused by the Athletic Director and coach before the banquet date.

- ¥ Athletes must attend all games or events and may not be absent because of participation in a non-school club, recreational, etc. activity without permission from the coach.
- ¥ Athletes must display sportsmanship and conduct which exemplify the school to his or her opponent, spectators, teammates, and officials and must conform to practice and game rules/regulations as established by the school and the coach of that sport.
- ¥ Athletes must conform to all training rules established by the coach for that sport.
- ¥ In the event of injury or other legitimate extenuating circumstances, letter winners will be made on the recommendation of the coach to the Athletic Director.
- ¥ All individuals considered for a varsity letter must be eligible members of the team through the conclusion of the traditional season for that academic year.
- ¥ Only one "EC" letter will be awarded to any athlete in attendance at Eastside Christian High School. Athletes who have earned a letter in a sport for more than one season may purchase a service bar for each letter awarded.
- ¥ Once an "EC" letter has been awarded, the athlete may at his or her own expense, purchase a letterman's jacket. The letterman jackets must be purchased through C&L Letterman Jackets (*see the Athletic Director for contact information).

B. BASIC TEAM REQUIREMENTS FOR A VARSITY LETTER.

* The athlete must be an active participant in 50% of all the quarters, halves, or contests/matches during the season of the varsity sport. The definition of "active" may be at the discretion of the coach.

- ¥ Cross Country athletes must participate in 75% of all meets and finish in the top 20 at season end.
- ¥ Cheerleaders must cheer at 90 % of all contests in the following varsity sports: Volleyball, Girls and Boys Basketball.
- ¥ Individual sport athletes (golf, tennis, swimming, etc.) must qualify for playoffs in their respective sport to be considered for the EC letter.
- ¥ During the athlete's first year of participation, the athlete must make the All League team for their respective sport to be considered.
- ¥ The head coach may recommend awards in special cases to athletes who have not met the requirements.
- ¥ Student-athletes who participate for a minimum of three years that have been in good standing with the athletic department and school may be selected as varsity letter recipients in recognition of their dedication and role in the team experience.

No student athlete should expect to be awarded the EC letter automatically.

The Athletic Director and Administration have the right to make a final decision on an athlete's eligibility to receive the EC letter.

Varsity letter recipients will be announced at the end of the year athletic ceremony.

ATHLETES WILL NOT BE ELIGIBLE FOR ANY AWARD IF THEY DO NOT ATTEND THE END OF THE YEAR BANQUET WITHOUT PRIOR DISCUSSION AND/OR CONSENT WITH/ FROM THE ATHLETIC DIRECTOR.



ATHLETIC PACKET SIGNATURE PAGE



****PLEASE PRINT THIS PAGE, SIGN, AND RETURN TO THE ATHLETIC DIRECTOR. THIS MUST BE DONE BEFORE AN ATHLETE PARTICIPATES WITH THE TEAM.**

By signing this document, I (both the parent/legal guardian and athlete), agree that I have read and agree to abide by the rules, guidelines, and contract outlined in the Student Athlete Handbook.

I also understand that I have carefully reviewed, signed, and returned the documents listed below:

- ◆ Emergency/Waiver Form
- ◆ Concussion Form
- ◆ Physical Exam Form (Mandatory once each year)
- ◆ CIF Code of Ethics
- ◆ Sudden Cardiac Arrest Form

TRANSPORTATION FEE/VOLUNTEER REQUIREMENT (PLEASE CIRCLE WHICH OPTION YOU ARE COMMITTING TO FOR EACH SPORT. THE FEE MUST BE PAID BEFORE THE FIRST GAME). Failure to fulfill ALL of the driving requirements will result in a fine of the amount listed for each sport.

	Required # of events to drive	<u>OR</u>	FEE
	*Must transport to event and back to school		
Cross Country	3		\$50
Volleyball	5		\$80
Basketball	4		\$65
Baseball/Softball	**10		\$125

**OFF CAMPUS PRACTICE INCLUDED

Signed: _____
(Athlete's Signature)

Date: _____

Signed: _____
(Parent/Guardian Signature)

Date: _____