

*Who Do You Play For?*

# **Regina Christian School**

# **ATHLETIC HANDBOOK**

## **Regina Christian School ATHLETIC HANDBOOK**

### **PHILOSOPHY OF ATHLETICS:**

#### **Athletics Mission Statement:**

The mission of the RCS Athletic Department is to lead students to love God, instilling in them a will to strive for excellence with Christian discipline and character that withstands pressure, teaching them the importance of teamwork, and showing them how to accept victory or defeat with grace and humility.

#### **Athletics Philosophy:**

Athletics are part of God's creation. As such, athletics are intended to bring glory to Him. Christians are commanded to be different from the world around them, and this should be reflected in our athletes. We must teach our students to play sports and to live life from a Christian perspective rather than man's perspective. Athletics from a Christian perspective should have several distinct characteristics that, when followed, allow coaches, athletes and spectators to bring glory to God. These distinct characteristics are drawn from God's Word and may be different from the world's viewpoint. It is vital that each Christian athlete, coach, and spectator be willing to submit, make changes, grow, and mature so that God will be pleased. Christ is to be the center of all our attention, both on and off the athletic field. We are to have His attitudes, His actions, and His mindset in every endeavor.

The following are the major objectives for our athletic program and are meant to give perspective and create a foundation for making each program an extension of our mission at Regina Christian School:

#### **Our main objective is to bring glory and honour to God.**

A team establishes many goals, none of which should be greater than bringing glory to our Lord and Saviour. As a Christian school, we should be obviously different in our attitudes and actions. We are called by our Lord to be a light on a hill in the athletic contest. Granted, we will suffer some setbacks in this high goal, yet we need to continually encourage our coaches and athletes to pursue the elevation of Christ's reputation. This cannot be compromised for perceived athletic benefit or success. As a result of our main objective, we strive to demonstrate:

#### **#1: A person's worth and performance should not be linked together.**

The Bible instructs us not to place our worth in circumstances, but in the position we have in Christ. Our self-worth is not to be determined by a win-loss record or the ability to perform at a high level. An athlete may perform poorly, yet he/she needs to be affirmed that he/she is still worthwhile, valuable, loved, and accepted. This is God's example to us, "in that while we were still sinners He loved us and sent His Son to die for us." Therefore, success needs to be evaluated on the type of people we are producing, on the characteristics and qualities our athletes are claiming for themselves, not on our finish in city/provincial play or in our win-loss record.

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### **#2: Athletics is a laboratory for learning to deal with the many facets of the Christian life.**

Our God created many tools which are intended to teach us about life. Drama, music, academics, and athletics are a few. We need to provide an environment through which God's truth can be effectively communicated. In athletics, one experiences all human emotions from joy to sorrow, pride to humility, camaraderie to loneliness. These experiences provide opportunities for Christian coaches and parents to impart God's truths about how these situations should be handled.

### **#3: As authorities established by God, umpires and officials receive our honor and respect.**

All authority comes from God (I Peter 2:13). Often human authorities make human mistakes, which have a negative impact on us. Our response to this "injustice" is of great importance to God. Which is more important, our rights or God's reputation? I Peter 2:1 states, "For it is commendable if a man bears up under pain of unjust suffering because he is conscious of God." We must be willing to accept injustice, which is common to all men, in a way that will further the cause of Christ. Our coaches will teach our teams NOT to blame referees or complain about field conditions, etc. (Philippians 2:14). We cannot change the conditions, so we need to live "above" them and let people see a difference (Romans 5:8).

### **#4: The pressure of competition is not an excuse for poor behavior.**

Unfortunately, many believe that there is a legitimate difference between morality in sports and in everyday life. This is not taught by Jesus Christ. When the fruits of the Spirit are discussed in Galatians 5:22-23, nothing indicates that these traits are part-time. We should accept actions on the field as an indication of the true person, rather than excuse players' actions, "because they were under stress." For instance, language on the field or court should be the same as that used in the presence of the Lord.

### **#5: Accept victory or defeat with grace and humility.**

The Bible has numerous accounts of God's people suffering, dying, losing, enduring hardship and persecution. We must not equate victory in battle as proof of God's blessing or approval. We must be willing to endure any situation we find ourselves in and accept it as part of His omnipotence and plan. God is more concerned with the process of attaining success than the success itself. This, however, does not mean we do not have any responsibility. Using this philosophy as a cop-out, lack of effort, or "losing for the sake of Christ" does not bring glory to God. Our emphasis in this area is two-fold: prepare to win and give 100%, then allow God to teach us something through victory or defeat.

## **PHILOSOPHY OF PLAYING TIME AND THE ROLE OF COMPETITION**

In RCS athletics, our overall objective is to bring glory to God, as is stated and explained above. Therefore, our ultimate goal is not winning, as is the case in many schools, but rather striving for excellence to bring honor to God's name, as our mission statement suggests.

However, striving for excellence in athletics includes attention to the objective aim of each contest, which is to win the contest. Although we never wish to sacrifice our moral integrity to achieve victory, victory is still a measuring stick of the excellence for which we strive.

In light of this fact, RCS athletics will strive to be more competitive at each higher level of athletic participation. In other words, as students get older, RCS coaches will place a greater emphasis on athletic ability with regard to the playing time of the athletes. Because of increased competition for playing time and emphasis on team excellence, as students get older, athletes have a greater

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responsibility to develop their skills outside of practice, rather than relying on coaches for individual development during practice. Generally speaking, our guidelines for playing time are as follows:

**Elementary Non-Competitive:** Each student that comes out for the team will be guaranteed a spot on the team and every effort will be made to get each team member playing time. At this level, the goal is for player and skill development, while a lower emphasis is placed on team competitiveness.

**Elementary Competitive:** Students must try out for teams and are not guaranteed a spot on the team simply because they tryout for the team. Those cut from the playing squad may be offered some position with the team (such as a manager, trainer, videographer, or statistician) and will be considered part of the team if they choose to accept that role. Every effort will be made to get each team member playing time in each game, though playing time amounts will not be equal but rather gained according to ability. At the Elementary Level, there is a higher emphasis on all players' development in practice and some emphasis on game development with a "lower" emphasis on team competitiveness.

### **Senior and Junior High School Teams:**

Students must try out for teams and are not guaranteed a spot on the team simply because they try out for the team. Those cut from the playing squad may be offered some position with the team (such as a manager, trainer, videographer, or statistician) and will be considered part of the team if they choose to accept that role. Students at this level are responsible for most of their individual development, and a higher emphasis placed on team excellence and competitiveness.

Just as people in life have different roles and abilities, players will also have differing roles based on ability at the Senior/Junior Level. Players may receive little playing time during the season, but are considered just as valuable as any other member of the team. This may be due to a lower level of skill, lack of experience, or lack of commitment to the team. (See Conduct of RCS Athlete) All players are to view this as time to grow and develop their skills while contributing to the development of the team as a whole. As coaches pick their team, they will be very clear with the player on what role he/she sees the player fitting into during the season. However, as players begin to improve and compete in practices coaches may change roles of the player on his/her team. If the player is unable to accept the role the coach has set for him/her with a positive attitude, it will be a difficult season for the coach, team members, parents, and the individual player.

### **CONDUCT OF A RCS ATHLETE**

The conduct of a Christian athlete is closely observed in many areas of life. It is important that his/her behavior be Christ-like in all areas, especially the following:

#### **On The Field**

In the area of athletic competition a Christian athlete never uses profanity or illegal tactics. A Christian athlete should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest whether in defeat or victory. This will mean there will be no fits of temper, taunting, clowning, ridicule, or complaining in any form or manner. A Christian athlete's goal is to have complete self-control at all times.

Any behaviour contrary to this is a direct reflection on the team, coaches, school, and Christ, and will not be tolerated. Violations of a minor nature will be handled at the discretion of the coach.

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Those of a more serious nature may result in suspension or possible expulsion from the team, and will be handled by the coach and administration together.

### **In the Classroom**

A Christian athlete should always try to be a good student and succeed academically. The athlete needs to plan his/her time carefully to provide sufficient energy for his/her studies to insure acceptable grades. At RCS, an athlete must maintain eligibility standards in both scholarship and citizenship. Failure to comply with these standards may result in suspension or expulsion from the team.

Students must attend at least a morning or afternoon to participate in practices or games. Any student that skips a class without permission will have disciplinary measures taken, which may include up to a game suspension. Students who attend classes must also attend practices unless receiving verbal permission from their coach.

Scholarship standards require a passing grade as a minimal requirement for participation. Students will be required to have all assignments completed on time. In the event that a student-athlete is unable to complete an assignment by a due date, it is his/her responsibility to ask for an extension at least one day prior to the due date. Extensions are not to be used as a “norm”, but under special circumstances. As every teacher will have his/her own policy on late assignments and extensions, students are to assume that extensions will not be granted and late assignments will not be taken for marks. Students will also fill out a form once per week on missing assignments. Any missing assignments will result in a penalty of not playing in the next game.

In addition to maintaining due diligence, an athlete should give respectful attention to classroom activities and show respect to all students and faculty members at all times. If an athlete cannot meet this higher standard of behavior in the classroom, disciplinary measures will be taken by his/her coach and/or RCS Athletics Administration. Minor infractions may result in extra conditioning exercises during practice. Major infractions could result in suspension from the team.

### **On Trips**

Athletic trips provide the most obvious opportunity to represent our Lord and school well. Therefore, exemplary behavior is especially important away from home.

Athletes must return with the team, unless written permission is given by the parent. Athletes are required to wear seat belts. All vehicles will have the same number of seat belts as passengers.

We will strive to leave every school, locker room, park, van, car, and restaurant cleaner than we find them. Drivers of the vehicles that we ride in, and any other adults we encounter on the trip, will be shown respect and will be obeyed.

### **Treatment of School Equipment:**

Students are personally and financially responsible for all equipment checked out to them, and will not be cleared from school until all their equipment is returned in a timely and appropriate fashion or paid for. Report cards will be held on all students with outstanding equipment. Students will not receive their report cards unless all equipment has been returned. Students will receive credit on items turned in only if they are items that were checked out to them. Students should treat all equipment with great care, helping the school with the stewardship of its resources.

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### **ATHLETIC DISCIPLINE PROCEDURE**

All students must have a signed permission slip, medical release/emergency procedure form, and acknowledgement of rules before they will be allowed to participate in a sport.

If a student-athlete decides to discontinue participation in that sport during the first week of practice, he/she will not be considered as quitting.

If an athlete quits or is expelled from a team, he/she will not be eligible for any awards (e.g., letter). He/she will also not be allowed to return to that team or to any other team until they have completed the Grizzly Reinstatement Program. The purpose of the Grizzly Reinstatement Program is to encourage commitment and to have the athlete earn back the privilege to represent Regina Christian School. This entails a monthly probation, where the athlete must attend every practice without exception. They will not be able to participate in any game, but must warm-up and be in attendance. After the month probation, the athlete is once again able to participate in games as decided by the coach.

When a student-athlete is medically excused from school, he/she will also be excused from practice or a game. The athlete should call his/her coach as soon as possible to notify them that they will not be at a game, so that the coach may adjust the line-up.

If a student misses school for illness he/she cannot attend practice. If a student attends school, he/she should also attend practice, even if he/she does not suit up. If a student goes home sick during the school day, he/she must notify the coach.

Parents should try to avoid scheduling family vacations during sporting activities where possible, and try to avoid vacations during “critical” portions of the year. When a student-athlete accompanies his/her parents on a preplanned family vacation, this will be accepted as an excused absence from practice or games. The intent of this rule is to encourage commitment to the team but also to support family activities. When the athlete returns, he/she is not guaranteed his/her previous position (e.g., on the starting line up).

Student-athletes should make an effort to schedule non-emergency medical or dental appointments so as not to conflict with practices or games. If an appointment or other activity is scheduled which conflicts with a practice or game, the coach must be notified by the student prior to the conflict. If this is not done, the miss will be considered unexcused. Any absence that is not reported prior or as soon as possible will be unexcused.

If a student-athlete is suspended from school, his/her absences will be considered unexcused and further consequences may be given by the coach.

It is the expectation of all our coaches that all the members of a team participate in every practice, where not excused as stated previously. Failure to do so may result in but is not limited to a player losing his/her starting position, a drop in playing time or even the loss of playing in a whole game. This may mean that a player with conflicting commitments may lose playing time. The rationale for this policy is to: enable our volunteer coaches to put forth the best possible athletic product in competitive city leagues; in fairness to the other players on the team who may have had to make tough decisions to commit to the team; for practical reasons of conditioning and team plays.

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Exceptions to this rule will be considered under extreme circumstance. A coach may establish additional requirements for his/her team.

### **Restrictions for Ineligibility:**

Students ruled ineligible because of grades or behavior are restricted by the following policies:

If a student is ineligible, he/she must still attend all practices and games with the team, unless this requires him/her to miss any classes. He/she is expected to dress according to the coach's specifications and take a service role such as keeping statistics.

If a student displays chronic ineligibility or needs extraordinary assistance in his/her problem subjects, he/she may be allowed to miss practices or games at the agreement of the coach and teacher in order to get extra help. However, this procedure will only be used under special circumstances, since the student will once again be required to attend all practices and games once his/her eligibility is regained. It is better if the student is able to regain his/her eligibility while maintaining the same schedule that an eligible player would have to maintain.

### **CONDUCT & RESPONSIBILITIES OF A RCS PARENT/GUARDIAN/FAN:**

Understanding that teacher-coaches and volunteer-coaches put in countless hours into the lives of your children we require that the parent/guardian:

- Coordinate transportation of student athletes as not to be late!
- If parents/guardians are unable to drop off or pick up their child from the playing venue, they must make other arrangements or a last resort contact the coach.
- To never criticize a coach behind his/her back. See "Conflicts or Disputes".

### **Conflicts or Disputes**

Realizing that conflict or disputes are inevitable in athletics:

- If a parent/guardian/fan has a concern or "issue" with a coach, it is the parent/guardian/or fan's responsibility to phone the RCS office and make an appointment to meet with all parties involved.

### **"Next Day Rule"**

- The appointment must be made the next day after the incident. Never is a parent/guardian to approach a coach right after a competition.
- The "Next Day Rule" is designed to allow all parties to evaluate the situation or event and to approach the meeting in a Christ-like manner.

### **Behaviour At Competitions:**

As our students are required to act in a manner pleasing to God while representing RCS, parents/guardians/fans are also responsible to display this same behaviour. In the case that a parent/guardian/fan chooses to act in an inappropriate manner, the parent will be contacted for a meeting with RCS Athletics Administration.

### **Tournaments/Fundraising:**

To create an outstanding tournament, parents/guardians are asked to volunteer their time as a means of fundraising for the teams. Also, from time to time, parents/guardians will be asked to help raise funds for special projects. This may include bottle drives, selling chocolates, etc.

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### **"SENIOR GRIZZLY OF THE YEAR AWARDS"**

In High School, two athletes from both Senior and Junior (one girl/one boy) will be honored with the "Grizzly of the Year Award". This award is given to two athletes (only high school players are eligible) who have been nominated and chosen by the coaching staff using the following criteria:

1. Number of sports participated in (2 minimum to receive this honor).
2. Christian character
3. Servant leadership on teams
4. Coachability
5. Hard work in practice

At least three girls and three boys will be honored as nominees, with the award presented to one (girl & boy) out of the nominees. This is the highest honor that we give.

### **"JUNIOR GRIZZLY OF THE YEAR AWARDS"**

Two athletes (one girl/one boy) will be honored with the "Junior Grizzly of the Year Award". The same criteria will apply as the high school "Grizzly of the Year" award.

### **"MOST VALUABLE ATHLETE AWARD"**

Most Valuable Athlete Award will be presented to two high school athletes (one girl/one boy). All athletes are eligible for this award. This award is given to the two athletes who have been nominated and chosen by the coaching staff using the following criteria:

1. Number of sports participated in (varsity more valuable than junior varsity).
2. Honors received in each sport by team, city and province.
3. Number of sports lettered in.
4. Eligibility status.
5. Leadership/character demonstrated on the field.

### **"GRIZZLY ATHLETE OF THE MONTH AWARDS"**

The Athlete of the Month award will be handed out to one male and female at the first chapel of the month.

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ACKNOWLEDGEMENT OF RULES**

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Student's name \_\_\_\_\_ Date of birth \_\_\_\_\_

Parental Release

I hereby give my consent for the above student to compete in Regina Christian School athletics and travel with the coach and/or other representative of the school on any and all team trips.

It is understood that even though protective equipment is worn by the athlete whenever needed, the possibility of an accident still remains. Regina Christian School does not assume any responsibility in case an accident occurs.

I have reviewed the Athletic Handbook and understand the rules and guidelines. I will support these rules and guidelines in spirit, attitude and action. My son/daughter will abide by all of the Regina Christian School Athletic rules and guidelines in word, action and deed.

The undersigned agrees to be responsible for the care and safe return of all athletic equipment issued by the school to the above named student. I agree to replace any item that is damaged or lost while in possession of below named student.

If, in the judgment of any representative of the school, the above student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, trainer, nurse, hospital, or school representative and release them from any claim by any person whomsoever on account of such care and treatment of said student.

\_\_\_\_\_  
Signature of above student                      Date

\_\_\_\_\_  
Signature of parent or guardian                      Date

Address \_\_\_\_\_

City/Province/PC \_\_\_\_\_

Home telephone (\_\_\_\_) \_\_\_\_\_

Work telephone (\_\_\_\_) \_\_\_\_\_

Parent Email: \_\_\_\_\_