

SUSSEX CHRISTIAN SCHOOL ATHLETIC HANDBOOK

Introduction

Sussex Christian School offers a competitive sports program to students. Each athlete is expected to work diligently to enhance their God-given talents, work together as a team, and maintain a high level of respect to coaches, officials, teammates and opponents. The athlete will follow the coach's instructions, training rules, and team policies. This includes exhibiting a Christ-like attitude on and off the field, as well as good sportsmanship.

Liability

Sussex Christian School will not be held liable for injuries sustained in practices, during games/meets, or while being transported to and from sporting events and /or practices.

Sports Registration

Athletic forms must be completed and reviewed prior to a student's participation on a SCS sport team. The following are required:

- Current sports physical, including a cardio module
 - Registration forms
 - Concussion form
- Sudden Cardiac Death Pamphlet sign off form
 - Parent and Athlete Code of Conduct forms
- Registration fee payable to "Sussex Christian School"
 - Uniform deposit fee (if applicable)
 - Transportation release form (if applicable)

In accordance with New Jersey state requirements, all forms must be submitted and reviewed, with a completed physical cleared by a school designated physician. ***PARENTS ARE STRONGLY ENCOURAGED TO REVIEW EACH PHYSICAL IN ITS ENTIRETY BEFORE LEAVING THE PHYSICIANS OFFICE. INCOMPLETE AREAS ON A PHYSICAL WILL RESULT IN DENIAL BY THE SCHOOL PHYSICIAN AND PROLONG STUDENTS PARTICIPATION WITH ATHLETICS, AS IT WILL NEED TO BE CORRECTED AND RESUBMITTED FOR APPROVAL.***

A physical is valid for one year from date of examination. For example, a child examined by their pediatrician on Aug. 15, 2017, has a valid physical until Aug. 15, 2018. Provided all appropriate paperwork listed above has been completed, received, with a current physical cleared by the school physician, the athlete may participate on any/all athletic teams at SCS during this time frame. However, on Aug. 16, 2018, the physical will expire and a new one must be submitted, along with all other required forms and cleared by the school physician. In order to allow time for a physician to review physicals, dates will be announced indicating registration deadlines. Should a child be ineligible for a physical due to insurance policies by the deadline, a late fee will be required. There is no grace period. All registration date requirements will be announced to ensure ample time is allowed for scheduling appointments/submitting forms. Those students with extenuating circumstances will be assessed accordingly by the Athletic Director and School Board Athletic liaison.

Once forms are received for a student to participate on a team and current physical is cleared, should they choose to participate on other SCS teams, the following are required to be completed by the registration deadline: (for example, student cleared for soccer and now wishes to participate in basketball)

- Registration forms
- NJ Health History Update

- Transportation release form (if applicable)
- Appropriate registration fees/uniform deposit

The Code of Conduct forms, concussion, SCDS, and physical forms will remain on file for the remainder of the school year and do not need to be resubmitted with each sport registration.

Coaching

All coaches at Sussex Christian School have been approved by the School Board and are considered volunteers. Coaches with children enrolled at Sussex Christian School may receive compensation, if they so choose, through the Volunteer Tuition Credit Program. In addition, coaches will be asked to complete a background check. The administrator will provide required information. Any expenses incurred by the coach will be reimbursed through the SCS Athletic Program.

Parent/Guardian Responsibility

Each parent/guardian will conduct themselves in a Godly fashion when attending games, practices or speaking with coaches and/or officials. Parents/guardians will be respectful to the coaches, allowing them the opportunity to coach the game/meet as they deem necessary. Parents/guardians will show their children, coaches, and opponent's Christian sportsmanship by being respectful in their words and actions. Parents/guardians will abide by the Athletic Handbook in its entirety and submit a signed Parent Code of Conduct form confirming their understanding of the policies set forth. In addition, parents are to adhere to the "24 Hour Rule" when they wish to discuss a component of the sport program after a situation arises. Parents are asked to pray about, and assess the situation from several angles, including coaches, players, parents, officials and opponents. At the conclusion of 24 hours, parents may contact the coach and/or Athletic Director to schedule a time and discuss the concern. Parents are asked to adhere to the signed Code of Conduct, and refrain from engaging in an argument with others before, after, or during a sporting event. Concerns will be discussed using Christ-like words and actions, with a level of understanding from all parties involved to resolve the situation peacefully.

Practices and Games

Students are to be prepared for practices, meets and games in a timely manner. It is the responsibility of the student to have a drink and light snack prior to practice and/or a game/meet. All athletes are expected to attend all practices/games/meets. Should a situation arise and the athlete is unable to attend, the coach must be notified. In the event a child is ill or sent home from school, they will not be permitted to participate in any form of athletics until they return to school. Varsity games will be played first followed by JV games. When a home game is being played, Varsity players are expected to report immediately after school to the field or court. It is the coach's discretion to start the game earlier than the scheduled time provided all coaches and officials are in agreement. If this occurs, the second game time will also begin earlier than scheduled. In addition, parents are reminded to be respectful of the coach's time, understanding they are volunteers. Parents must be diligent about dropping off and picking up athletes on time.

Playing Time and Game Suspensions

Playing time for all athletes is determined by the coach. Each coach will make every effort to see that all athletes have the opportunity to play. Playing time in games will be determined based on the athlete's commitment to practices and overall attitude. As the athlete is part of a team, they will conduct themselves as a Christian, honoring God with their actions and words. Should the athlete fail to do so, the parent/guardian understands that the coach has the authority to take appropriate action by reporting the incident to the Administrator and Athletic Director. This action may include loss of playing time as the coach deems reasonable. The athlete will follow the coach's instruction at all times, giving them the authority to call plays and position athletes. The parent/guardian is fully aware that the coach has the

authority to make decisions regarding playing time or disciplinary action. If a parent/guardian questions any decision made by the coach, they may request a meeting with the coach, a representative from the athletic committee, and possibly a school board member for clarification.

When voicing a concern, parents are to adhere to the 24 Hour Rule listed above.

Transportation

Players traveling to an away game are asked to depart from SCS upon dismissal and drive directly to the host school. In some cases, there may be considerable travel time to a host school. If this occurs, the Athletic Director will request an early dismissal time for athletes with the Administrator. Coaches will be advised as well as the teachers affected by the early dismissal. It is the responsibility of each student to receive the work missed by departing early. All JV players and parents should make arrangements to arrive at the game at least 30 minutes prior to the original start time.

Athletes are expected to travel to games with a parent/guardian, grandparent, brother or sister. Any player who intends on traveling to a sporting event with another person other than the above immediate family member is REQUIRED to provide a completed Transportation Agreement form indicating who the child is authorized to be released to. This form is to be sent to the Administrator. If a student will regularly be transported by a family other than their own, the Transportation Release form will be valid for the specified sport season. It is the position of Sussex Christian School to release a child only to an adult with written parental/guardian consent. The homeroom teacher will assure this procedure is followed at dismissal. Any student who does not follow this procedure will be detained at school until a parent/guardian is reached to pick them up. It is the responsibility of each family to make transportation arrangements prior to the day of a scheduled game or practice. In addition, players who do not follow this procedure will face severe consequences. Parents/guardians driving to games are strongly suggested to not assume the responsibility of driving another student without the proper authorization.

Siblings and/or athletes not participating immediately after school and not attending a scheduled practice supervised by a coach or parent/guardian will be detained until picked up by a parent/guardian. All athletes and siblings MUST be supervised by an adult once they are released by their homeroom teacher. Calls to parents/guardians will not be permitted during the day to make arrangements unless permission is granted by the Administrator for emergency circumstances.

In addition, those siblings of athletes attending practices or sporting events at SCS must remain with parents until leaving the premises. Siblings are to refrain from wandering the grounds or playing in hallways/other areas in or near the school. Children must be supervised by a parent or guardian at all times to avoid accidents/injury. Sussex Christian School will not be liable for any injury incurred when a child is unattended.

Cancellations

In the event school is cancelled or an early dismissal takes place, all athletics scheduled for that day are automatically cancelled. In the event unsafe weather conditions develop during the school day, practices and/or events may be cancelled by either the Athletic Director or the opposing team. Parents will be notified of such cancellations via the automated emergency phone and/or text alert system. In addition, an announcement will be made by the Administrator during school hours. Every effort will be made to determine such decisions by 1pm. The Athletic Director will work with those involved to reschedule the event. Notification of a new date and time will be provided to parents as soon as confirmed. Should a game/meet/practice be cancelled while school is in session, students must take their usual mode of transportation home or parents must make arrangements for them to be dismissed from school. The Administrator will refer to the transportation release form for written authorization before releasing the athlete to another adult.

Uniforms and Dress Code

Each athlete is asked to wear a Sussex Christian School athletic uniform to games/meets. Parents/guardians are asked when laundering to air dry and not place in a dryer. A uniform deposit is required for all soccer and basketball team members. This deposit will be returned to the parent/guardian upon the conclusion of the sport season provided it is returned in gently worn condition. In addition, soccer players are asked to purchase black soccer socks, shin guards and soccer cleats. Basketball players are asked to wear sneakers. Also, track athletes are asked to purchase and wear their SCS track shirts to meets. Track shirts may be reused each year. However, if needed, parents have the opportunity to purchase a new shirt at the beginning of the season. Ordering information will be included on the registration form. On game days, athletes are requested to wear their sport shirt/jersey to school. Students are also expected to adhere to the dress code in which the following are deemed inappropriate: short shorts, tank tops, tops with spaghetti straps, sleeveless shirts, inappropriate writing on shirts or shorts.

Injury

Any athlete who sustains an injury in practice or games/meets will be provided first aid treatment as appropriate. If more advanced medical intervention is necessary, an ambulance will be called to transport the student to the hospital. In the event a parent or guardian is not present when the child becomes injured, the athlete will be transported to the nearest emergency room unless other instructions were noted on the registration form.

Should an athlete be suspected of sustaining a concussion or head injury in a practice, meet or game, he/she will be immediately removed from competition. No athlete may return to the activity after an apparent head injury or concussion regardless of how mild it seems or how quickly symptoms clear. Close observation of the athlete should continue for several hours. Any student who is transported to the hospital or taken to a doctor's office for evaluation after suffering an injury should receive written clearance prior to returning to athletic participation as agreed on the Concussion Awareness form.

Medications

All health concerns of each athlete should be indicated on the sports registration form. If your child requires an inhaler or other medication, please have it available at all games and practices. It is the parent's/guardian's responsibility to provide prescription medications including but not limited to inhalers and/or Epipens. In the event a parent is unable to attend an athletic event, arrangements may be made with the coach for the administration of the athletes medication according to the following state guidelines (this includes both over the counter and prescription medications): Written parental permission and physician's order including the following information must be on file on the student's school record:

- Medication(s) name
 - Name of student and purpose of administration
 - Time and dosage to be administered
- Date when school medication order will be discontinued

All medications (prescription and/or over the counter) must be delivered to the nurse's office in the original labeled container by the parent/guardian. Medications and physicians orders will be given to the athlete's coach. Students are not permitted to transport medications to or from SCS at any time.

Eyewear

Should an athlete wear prescription eyewear, parents are to provide protective sport eyewear or contact lenses for the athlete to wear while participating in a sporting event. Parents/guardians understand the severity of an accident to the athlete's eyes and will take all necessary precautions for their child's safety.

Athletic Review Program

Participation in the SCS Athletic Program is a privilege with the student being held responsible for their actions. To encourage those participating in an athletic program at Sussex Christian School, each student is expected to complete homework assignments in a timely manner and maintain their grades with a "C" (74) or better average in EACH class, not cumulative. To monitor grades, teachers and the Administrator will be given a roster each season of those students participating in athletics. Should it become evident that a student's grades show concern, a letter will be sent to the parent/guardian indicating the student has been placed on Athletic Monitoring. Once a student is on Athletic Monitoring, they will have two weeks to show improvement. The athlete will meet with the Administrator to discuss the situation. During this time, the athlete is permitted to participate in scheduled practices and games with the remainder of the team. However, they will need to show a conscience effort to improve their overall academic performance. After the two week monitoring time has concluded, the teacher and administrator will meet to discuss the student's progress. A determination will be made if the student is removed from Athletic Monitoring or placed on Athletic Suspension. Should the child be placed on Athletic Suspension, it will take place over one week, and the student will NOT be permitted to attend scheduled games/meets, but may attend practices. At the conclusion of this week; the teacher will discuss the student's progress with the administrator, including their recommendation should Athletic Suspension be lifted. Should the Athletic Suspension continue into a second week, the student will not be permitted to attend any games and/or practices until progress is noted. The teacher will update the child's status weekly with the administrator. All notifications of athletes on Athletic Monitoring/Suspension will be given by the Administrator to the Athletic Director. The Athletic Director will meet with and discuss with the appropriate coaches. Students with extenuating circumstances will be considered on a case-by-case basis as advised by the teacher and administration.

In the event a student receives a disciplinary demerit, the Administrator will advise the coach and/or Athletic Director. The student will automatically be "benched" at the next game as a consequence for their behavior. The student will be expected to attend the game and sit with the team on the bench in uniform. Should a student receive three demerits within a specific sport season, it will result in dismissal from the team. In the event a student is dismissed from the team for demerits, Athletic Suspension, or inappropriate actions no registration fee refunds will be granted. This program should not be considered as a punishment, but as encouragement to students to always strive to work at a consistent pace regarding academics and Godly actions, realizing the consequences should they make unfavorable choices.

Awards

Participation certificates will be presented to each athlete by the coaches at the conclusion of the season. In addition, awards will be distributed to those athletes who have shown exceptional effort. The recipients of these awards will be chosen by the coaches based on the player's performance throughout the season. In addition to the criteria below, each player will demonstrate determination, respect, positive attitude, outstanding sportsmanship and commitment to their sport and coach. The category and description for each award are:

Most Valuable Offensive Player/Track Athlete Award: This athlete has exhibited exceptional athleticism in the areas of scoring, dribbling, passing skills, running and/or jumping. This player has been a dynamic member of the team and their efforts have led to various scoring opportunities.

Most Valuable Defensive Player/Field Award: This athlete has exhibited exceptional skills in the area of defense, including blocking, stealing, rebounding skills, or field events. This player's ability has thwarted opponents' chances of scoring.

Most Improved Player: This athlete clearly demonstrated refined athletic skills throughout the season, and if applicable, from the previous year. They have committed to improving their skills through determination and respect to their coaches.

Coaches Award: This athlete has exemplified Christ-like characteristics throughout the season and Honored God with their actions to teammates, coaches and officials. This player complied with the coach's requests to do whatever task was requested of them regardless of the role. In addition, this athlete demonstrated a consistent level of commitment, respecting direction from their coaches.

Christian Athletic Award

The Sussex Christian School Athletic Program offers a Christian Sports Award which recognizes a graduating male and female who exemplifies their passion for sports with their passion for Christ. To select a candidate for this award, the student must have participated in two of the three sports teams offered at Sussex Christian School, while portraying the following characteristics:

- Conducts his/herself as a faith model in the community, field, court and/or track (Prov. 11:2-3)
- Loyalty and commitment to their team
- Respected and looked upon as a positive role model by their coaches and teammates
- Christ-like leadership, sportsmanship and behavior to coaches, players, officials, during competition and practices (Phil. 2:1-4)
- Recognized with special awards by their coach
- Honors and glorifies God (Colossians 3:23-24)

Coaches will be asked to complete a form outlining the above criteria and make their recommendations, explaining why the athlete was chosen. In addition, coaches who have a child eligible for this award will refrain from voting. The Christian Athletic Award will be presented at the graduation ceremony by the Athletic Director or someone designated by the Athletic Committee.

Athletics and Home-Schooled Students

Home-schooled students entering grades 5 through 8 are invited to participate in the SCS Athletic program. Parents are required to submit the following:

- SCS Athletic Application and \$50 fee (per family, not per child)
 - Pastor's form

Forms will be reviewed by the Sussex Christian School School Board. Parents will be contacted after review to attend an interview. Once approved, parents are required to submit all applicable registration forms and fees. In addition, home-schooled students participating on an SCS team are eligible for all awards and certificates.

Parent Meetings

A parent meeting will take place at the beginning of each sport season. The date/time will be announced. All parents with children registered to participate on an SCS sport team are expected to attend. During this meeting, the Athletic Director will discuss scheduling, changes and important information pertaining to the sport. In addition, coaches will be introduced and provide an overview of their philosophy, expectations, and goals for the season. It is imperative for parents to attend each sport meeting, even if their child participates on several SCS teams as information changes each season.

The Sussex Christian School Board has the right to change or amend the policies within these guidelines without any prior notification.