

SUSSEX CHRISTIAN SCHOOL

ATHLETIC HANDBOOK

INTRODUCTION

Sussex Christian School offers a competitive sports program to our 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, or while being transported to and from sports events and/or practices.

SPORTS REGISTRATION

A sport's registration form must be completed by a parent/guardian for any student wishing to play on a Sussex Christian School team and be submitted along with the necessary participation fee. In addition, a current (dated within the past 12 months) Sports Physical must be on file clearing the student to participate in sports. Both the student and the parent/guardian must sign the appropriate Code of Conduct forms and submit them with the registration paperwork.

COACHING

All coaches at Sussex Christian School have been approved by the School Board and are considered volunteers. Coaches may receive compensation, if they so choose, through the Volunteer Tuition Credit Program.

PARENT/GUARDIAN RESPONSIBILITY

Each parent/guardian will conduct themselves in a Godly fashion when attending games, practices or speaking with coaches or officials. Parents/guardians will be respectful of the coaches allowing them the opportunity to coach the game as they deem necessary. Parents/guardians will show their children, coaches, and opponent's Christian sportsmanship being respectful in their words and actions. Parents/guardians will abide by this Athletic Handbook in its entirety and submit a signed a Parent Code of Conduct.

PRACTICES AND GAMES

Students are to be prepared for practices 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. All athletes are expected to attend all practices and games. If a situation arises 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 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 referees are in agreement. If this occurs, the second game time will also begin earlier than scheduled.

Parents must be diligent about picking up athletes on time at the conclusion of a game or practice.

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. 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 (benching) 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 players. 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.

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. Coaches will be advised as well as the teachers affected by the dismissal. It is the responsibility of each student to receive the work they may miss 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 game with another person other than the above immediate family member is REQUIRED to provide a written note the day of said game, indicating who the child is authorized to be released to. This note is to be sent to the Administrator. If a student will regularly be transported by a family other than their own, the parent may write a note for the season indicating permission for the child to be released in another adult's care. 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 supervised by a coach or parent/guardian will be detained until picked up by a parent/guardian or placed in the After Care program. All athletes and siblings MUST be supervised by an adult once they are released by their homeroom teacher and are not permitted to roam the school or surrounding grounds. Calls to parents/guardians will not be permitted during the day to make arrangements unless permission is granted by the Administrator for emergency circumstances.

CANCELLATIONS

If 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 games may be cancelled by either Sussex Christian School or the opposing team. Parents will be notified of such cancellations via our automated emergency phone alert system. In addition, an announcement will also be made to the students. Coaches will make every effort to make such decisions by 1 pm. Every effort will be made to reschedule cancelled games/practices with notification of new dates and times provided to parents as soon as they are confirmed.

If a game/practice is cancelled while school is in session, students must take their usual mode of transportation home or parents must make arrangements for them to attend the After Care program. If parents anticipate their child participating in the After Care program at any time during the sport season, it is strongly recommended to register them for the program prior to the start of the season.

UNIFORMS AND DRESS CODE

Each athlete will be given a Sussex Christian School uniform to wear for games. Parents/guardians are asked that when laundering uniforms to air dry and not place them in the dryer. A uniform deposit is required for all team members. This deposit will be returned to the parent/guardian upon the conclusion of the sports season provided it is returned in gently worn condition.

In addition, soccer players are asked to purchase black soccer socks, shin guards, and cleats. Basketball players are asked to have sneakers. 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 at games 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. If 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. 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.

If an athlete is suspected of sustaining a concussion or head injury in a practice 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. The athlete may not return to play until evaluated by a medical doctor or doctor of osteopathy, trained in the evaluation and management of concussions, and receive written clearance to the return to play. For current information on concussions, please visit <http://www.cdc.gov/ConcussionInYouthSports/www.nfhslearn.com>.

As required by state regulations, each parent/guardian is also expected to read information on sudden cardiac death in young athletes. This information can be accessed at the following website: www.state.nj.us/education/students/safety/health/services.

MEDICATIONS AND INHALERS

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 inhalers, EpiPens, or any other medication.

If a parent is unable to attend a practice or game, arrangements may be made with the coach for the administration of this medication according to the following state guidelines (this includes both over-the-counter and prescription medications): **WRITTEN PARENTAL PERMISSION** and a **WRITTEN PHYSICIAN'S ORDER** including the following information must be on file in the student's record:

- medication(s) name
- name of student and purpose of administration
- time and dosage amount to be administered
- date when school medication order will be discontinued.

All medications (prescription and/or over-the-counter) must be delivered to the school office in its original labeled container BY THE PARENT/GUARDIAN. These medications as well as the orders will be given to the athlete's coach. **Students are NOT permitted to transport medications to and from school at any time.** Medication(s) no longer needed must be recovered by parent/guardian.

EYEWEAR

If an athlete wears 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 athletics 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 keeping a "C" (74) or better average in each class. To monitor grades, teachers and the Administrator will be

given the names of those students participating in athletics. If it becomes evident that a student's grades show concern, a letter will be sent to the parent/guardian indicating that the student has been put on Athletic Monitoring. Once a student is on Athletic Monitoring, they will have two weeks to show improvement. If the student fails to do so, they will be suspended (Athletic Suspension) from the team for one week or until improvement is noted. Students with extenuating circumstances will be considered on a case-by-case basis as advised by the teacher and administration.

If 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 the behavior. The student will be expected to attend the game and sit with the team on the bench in uniform. If a student receives 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 or Athletic Suspension, no participation 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 Christ-like 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 Award: This athlete has exhibited exceptional athleticism in the areas of scoring, dribbling, and passing skills. This player has been a dynamic member of the team and their efforts have lead to various scoring opportunities.

Most Valuable Defensive Player Award: This athlete has exhibited exceptional skills in the area of defense, including blocking, stealing and rebounding skills. 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 commitment, respecting direction from their coaches.

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

Sussex Christian School Athletic Program Parent Code of Conduct

- ❖ I will adhere to the policies set forth in the Sussex Christian School Athletic Handbook regarding my child’s participation in the athletic program.
- ❖ I will respect my child’s coaches and will communicate with them in a positive way. Discussions regarding my child’s playing time, team strategy, play calling, other student athletes, or practice organization, will happen at a mutually agreed time between parent and coach.
- ❖ By registering my child in the athletic program, I understand it is imperative for them to attend all scheduled practices and games. If my child is unable to attend, I will notify the coach or school prior to the scheduled event.
- ❖ I will conduct myself in a Christian manner, being respectful to officials, coaches, players and parents. In addition, I allow my child to be directed by his/her coach and will not provide “coaching” from the sidelines. This only confuses the player and can be disrespectful to the coach. Entering the area of competition or approaching the coaches during or immediately after the game is often unproductive and distracting.
- ❖ I fully understand that the coach has full authority regarding athletes and will work with the team to strengthen their God-given talents. I will respect the coach’s decision to encourage students and will support their authority regarding playing time.
- ❖ I will be realistic about my child’s physical ability and will encourage Christian sportsmanship by demonstrating positive support for all players, coaches and officials at every game and practice. I will work to encourage and make the athletic experience enjoyable for all players.
- ❖ I will be a respectful fan and will treat all coaches and officials with respect recognizing that they are volunteers and that sport contests involve using your best judgment.
- ❖ I will promote positive values as I am in a leadership role in my home and community, and realize athletic involvement goes beyond the final score of a contest.

Name of Parent: _____

Signature: _____

Date: _____

Name of Parent: _____

Signature: _____

Date: _____

Sussex Christian School Athletic Program Athlete Code of Conduct

- ❖ I hereby pledge to adhere to the policies set forth in the Sussex Christian School handbook regarding my participation in the athletic program.
- ❖ I will be positive about my sports experience and accept responsibility for my participation. I understand that my coach will work with myself and my team to strengthen our God given talents. I will respect the coach's decision regarding playing time and /or game suspension.
- ❖ I will encourage Christ-like sportsmanship from fellow players, coaches, officials and parents at every game and practice by conducting myself in the same manner.
- ❖ I will attend all practices and games and will notify my coach if I am unable.
- ❖ I will make every effort to listen to and learn from my coach's instruction. I will treat my coaches, other players, officials and fans with respect. I will remember that participation in sports is an opportunity to learn and have fun.
- ❖ I will work very hard on my academics, putting my schoolwork before athletics. I will complete all homework and be responsible for my grades. I understand the policy for Athletic Monitoring should I fail to do so.
- ❖ I will play the game with determination, but in a safe and responsible manner. I will not intentionally endanger another player in any way.
- ❖ I will not use abusive or foul language or participate in any form of negative cheering. I will not openly criticize the officials, coaches, or other players during the course of the game or during practices.
- ❖ I will be courteous and respectful of those teammates chosen for special awards.
- ❖ I will promote Christ-like conduct, encouraging my team members to cheer positively and shake hands with the opposing players after each game.

Student's Name: _____ Signature: _____

Parent's Name: _____ Signature: _____

Date: _____