

Dayspring Christian Academy
&
Liberty Christian High School



ATHLETIC
HANDBOOK

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ATHLETIC MISSION STATEMENT

The main purpose of all athletic activities at DCA/LCHS is to bring honor to God. By displaying good sportsmanship, our coaches, fans, and teams will present a positive Christian witness. Coaches and administration will provide specific instruction to both players and their Parents/Guardians concerning a code of Christian conduct which will be expected of all participants, both on and off school property. Prayer will precede all practices and games.

DCA/LCHS athletic program recognizes the importance of the athletic experience in the total development of the student. We feel that through these activities our students develop commendable traits. We support our athletic program, which provides a unique experience where students can develop and refine attributes such as, but not limited to:

- | | | |
|-----------------|------------------|-------------------|
| *Good Character | *Self-Discipline | *Self-Confidence |
| *Sportsmanship | *Social Skills | *Good Citizenship |
| *Goal Setting | *Teamwork | *Fitness |
| *Commitment | *Dedication | *Respect |

DCA/LCHS athletic program also supports the idea **that student participation is a privilege and an honor**, which carries with it inherent responsibilities. Students have every right to express an interest for our athletic teams, however it is a privilege to be selected as a team member; a privilege that can be taken away at any time. When a student accepts the privilege, s/he must live up to a Code of Conduct beyond that of the general student body on and off school property and between sport seasons and academic years.

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TEAM SPORTS

Fall Sports

Girls Volleyball- Grades 6-12

Winter Sports

Boys Basketball- Grades 4&5

Girls Basketball- Grades 5&6

Middle School Boys Basketball- Grades 6-8

High School Boys basketball- Grades 9-12

Girls Basketball- Combined Team of Grades 7-12

Spring Sports

Boys Baseball- Grades 7-12

Girls Softball- Grades 7-12

Running Club

Students Grades 5-12, Staff and Parents/Guardians welcomed (fall and spring seasons)

ATHLETIC PARTICIPATION

Students are expected to attend all meetings, practices, and games, unless excused by the coach and/or school official. Excused absences include the following:

Coach's permission, family emergency, administration permission, legal absence from school.

ACADEMIC ELIGIBILITY

A student must have a passing grade in all graded subjects. Non passing grades will constitute a 3-week ineligibility period. Failing grades must be brought up to a passing grade by the end of the 3-week period. Failure to do so will result in another 3-week period. A monthly academic check will be performed by the Athletic Director. Any fourth quarter or end of school year non-passing grades will carry over to the new school year.

CODE OF CONDUCT

DCA/LCHS will **NOT** tolerate the use of profanity, vulgar language or offensive comments at any time by Parents/Guardians, spectators, coaches and students. Any body language or gestures will be treated the same as the spoken word and will be grounds for immediate ejection from the game and premises. Athletes' cell phones are to be turned off, including smart watches, during all athletic events. Athletes' will be allowed to contact their Parent/Guardian for pick up time or in an emergency on the return trip to the school.

We are a Christian Athletic program and at all times we will:

- Promote good sportsmanship
- Show respect towards game officials
- Show hospitality towards our guests
- Keep each other accountable for our actions

Parents/Guardians and athletes will be required to fill out and turn in our Code of Conduct forms before the season begins. Athletes who do not have both forms turned in will not be allowed to participate until they are turned in.

DCA/LCHS ZERO TOLERANCE POLICY

Athletes shall not be under the influence or in possession of drugs, alcohol, tobacco products or weapons of any kind at practices, games, trips and other events.

MASSACHUSETTS ANTI-HAZING LAW

“The term “hazing” shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person.

Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation. Whoever knows that another person is the victim of hazing and fails to report such crime shall be punished by a fine of not more than \$1,000.00.”¹

CONFLICTS

We will follow the Matthew 18 principle on handling any conflicts. **NO** conflicts will be handled during or immediately after a game or practice. Proper procedure for handling conflicts is as follows:

1. **First** – Athlete is to request a meeting with the coach to express concerns. If no satisfactory resolution occurs, then...
2. **Second** – Parent/Guardian is to contact the coach to request a meeting. This **must not** be done immediately after a game or contest. Parent/Guardian will contact the coach after at least 12 hours by phone or e-mail. If after the meeting with the coach there is no satisfactory resolution, then....
3. **Third** – Parent/Guardian and/or athlete is to contact the Athletic Director to request a meeting. If no resolution, then contact the principal.

¹ http://s-p.mit.edu/government/house_docs/docs/MA_Hazing_Law.pdf

TRY OUTS

DCA/LCHS Athletics will strive to have “no cut” teams. We believe playing on a team is a valuable experience and helps to build team-working skills and perseverance through challenges. However, should the interest level of a sport be too high as determined by the Athletic Director and team manager, we will host a try out or a second team if numbers warrant. Once those decisions are made, the Athletic Director will notify students and Parents/Guardians. In that notification, we will outline the procedure if a try out is necessary. Students who get cut will be placed on a wait list should a spot open up on the team.

ATHLETIC UNIFORMS

The school will provide game uniforms. Team uniforms must be given to the coaches at the end of the season, or the student will be charged \$150.00 for the cost of the uniform. Any damage or alterations to the uniform will also result in the replacement fee being charged. Students who do not return their team uniform or who have any outstanding bills will not receive a final report card.

Student athletes will also need to fill out and turn in the Student Athlete Uniform Contract before playing in any games.

GAME DAY ATTIRE

On **game days**, athletes may wear the following:

Boys: Uniform Jersey/shirt, dress shirts and ties

Girls: Uniform Jersey/shirt, dresses

Game day attire to be determined by the team manager with permission of the Athletic Director. School modesty guidelines must still be adhered to. On chapel days, Chapel Dress Code will be followed. Athletes will be allowed to change into their game day attire, providing they have a game, after chapel time.

This is a benefit of being on a team and this benefit will be removed should it be abused and or if team discipline needs to be involved.

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CO-OP

Our athletic department may co-op with other schools or home school students to ensure the ability to field a team. Typically, we are the host team and all players will be considered part of DCA/LCHS athletics and are expected to follow all school policies and procedures. When we are the guest team, it will be the responsibility of Parents/Guardians to be in communication with the host team for all team schedules. Transportation to the host team games or practices will also be the responsibility of the Parents/Guardians. Any student playing for another team must remember they are still representing DCA/LCHS and our behavioral requirements are still in effect.

Exceptions:

This applies to all sports providing there are enough players to field a team. Girls basketball teams will be split - middle school and high school - providing there are enough players to field both teams. For spring sports (baseball and softball), 6th grade maybe eligible based on case by case try out. Other sports maybe available through co-op with other schools as space becomes open. See co-op section for more details.

TRAVEL

Travel to away games and practice fields will typically depart from DCA/LCHS and return to DCA. Students are expected to travel with the team unless otherwise discussed and cleared by team manager and/or Athletic Director. Under no circumstances will a player be allowed to leave with anyone not authorized by a Parent/Guardian. Players will not be allowed to leave with other players unless written permission is given to the manager and/or Athletic Director by a Parent/Guardian.

ATHLETIC FEES

Athletic fees cover the cost of expenses for our games including but not limited to field permit fees, game official fees, and misc. expenses. **ALL** fees must be paid in order to play in a game. Athletic fees may vary depending on the sport.

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AWARDS NIGHT

DCA/LCHS Athletic Department will host an awards night for all athletes in May of the school year. Awards will be given for:

- Most Improved
- Most Valuable Player (MVP)
- Nehemiah Award
- School Letter – given to an athlete who has played in a minimum of two years of high school sports

COACHING CREDENTIALS

All DCA/LCHS coaches will have the following requirements:

- CPR Certification
- Concussion Certification
- Background Check
- Basic First Aid Certification

HEAD INJURIES:

Massachusetts Head Injury Law

In the event that an athlete was to sustain a serious blow to the head, it is mandatory that coaches evaluate the athlete immediately. If any of the symptoms listed below are exhibited or suspected, the athlete **MUST** be removed from the game or practice immediately. The athlete may not return to participation, even if they say they are “okay”, until s/he has been evaluated by a physician and cleared for a return to action. Evidence of clearance **MUST** be in the form of a signed note from the physician.

Signs/Symptoms of Concussion or Head Injury (Initial Evaluation):

- dizziness and/or impaired balance
- difficulty focusing or impaired vision
- cognitive confusion, such as not knowing what day it is, who the opponent is or other indications of memory loss
- loss of consciousness for any amount of time
- indications of excessive fatigue
- sensitivity to light or noise
- head ache, nausea or vomiting

Signs/Symptoms of Concussion or Head Injury (Continuing Care):

If there is a chance that an athlete has sustained a head injury, those responsible for continuing care such as coaches or Parent/Guardians must be careful to monitor the athlete for secondary signs of possible head injury, such as those listed below.

- mood or emotional irregularity
- sleep disturbances of any kind
- difficulty remembering new information
- continuing excessive fatigue

Head Injury Education

- From the government at the Center for Disease Control:
http://www.cdc.gov/concussion/HeadsUp/online_training.html
- From the National Federation of High Schools:
<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>
(A Parent/Guardian's Guide to Concussions in Sports)

MEDICAL FORMS

All medical forms **MUST** be turned in by first practice in order to participate in school athletic events.

All athletes must have a current physical turned in by their physician clearing them to participate in school athletics before first practice.