



2009-2010

Athletic

Handbook

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I. Theme Verse

I Corinthians 10:31 - "Whether, therefore, ye eat, or drink, or whatever ye do, do all to the glory of God."

II. Philosophy of Athletics

A. Mt. Calvary Christian School believes all that is done in life should be pleasing to God, including athletics. The athlete, coach, and team are striving to do their best in all areas of life. The necessity of winning is not emphasized, but performing to one's best for the benefit of the team and playing with actions pleasing to Christ are of utmost importance. The primary concern of the coach is teaching a Christian athlete how to learn to deal with both winning and losing, as well as the pressures in the athletic world, in a manner that is pleasing to God.

B. The athletic event has its importance after the concepts mentioned above. We believe the team is more important than one individual. While team unity is vital, individual achievements are also recognized (I Cor.10:31; Col.3:23).

III. Purpose of Athletics

A. Overall Objectives

1. To bring glory to God in all that we do.
2. To provide Christian coaches who are not only trained to provide instruction in physical activities but are also able to provide spiritual guidance to those under their care.
3. To involve the student body, parents, and teachers in developing school spirit and unity.
4. To have a clear Christian testimony to the spectators, officials, and opposing team members through words and action. Christian values and Biblical principles are to be upheld while striving for winning teams (II Timothy 2:5).

B. Specific Objectives

1. To give each student the opportunity to develop to his or her full potential, since God has given each one talents that are designed for a purpose.
2. To build character traits such as alertness, confidence, cooperation, courage, decisiveness, discipline, efficiency, enthusiasm, initiative, loyalty, persistence, resourcefulness, respectfulness, self-control, sportsmanship, unselfishness, and proper response to pressure.
3. To teach the student to work diligently toward reaching specific goals.
4. To teach the student to be competitive and strive to be his/her best.
5. To develop responsiveness to group discipline.
6. To develop lasting relationships.
7. To develop self-confidence.
8. To develop respect for rules and properly placed authority.

IV. Sports Offered At MCCA

HIGH SCHOOL		
Season	Boys	Girls
Fall	Golf Soccer	Field Hockey Volleyball
Winter	Basketball *Wrestling	Basketball
Spring	Baseball Track & Field	Soccer Track & Field
MIDDLE SCHOOL		
Season	Boys	Girls
Fall	Soccer	Field Hockey Volleyball
Winter	Basketball	Basketball
Spring	Baseball Track & Field	Soccer Track & Field

*We have a cooperative sponsorship agreement with Elizabethtown High School. Our wrestlers may wrestle for the E-town JV/Varsity teams. MCCA will transport athletes to E-town after school for practices/games on regular school days. It is the parents' responsibility to pick the athlete up and transport them on non-school days. The athlete is responsible to pay \$200 to participate with E-town.

V. Winning and Losing

- A. Winning is important, but it's not everything.
- B. We believe that Christians ought to strive for excellence in all that we do; therefore, every team ought to strive to win every game.
- C. Winning should not be used for personal glory or pride. We should be more concerned with what others think of Christ than what they think of us.
- D. Christian graces should be exhibited by our players and coaches, whether the game is won or lost.
- E. Athletic success: "Success for the Christian athlete is confidence that comes from knowing that he did the very best he could to the glory of God." Ivan Schuler

VI. Academic Eligibility

High School/PIAA/MCCA

- A. To be eligible for interscholastic competition, a high school student must
 1. Pursue a curriculum defined and approved by the principal as a full-time curriculum.
 2. Be passing at least four full-credit subjects weekly.
 3. Have passed all major subjects, or the equivalent, during the previous grading period (MCCA).
Have passed at least **four** major subjects during the previous grading period (PIAA).
 4. Have passed all major subjects at the end of the year.
- B. At the beginning of each sport season, the names of students participating in each sport are listed on the Athletic Eligibility Form.

- C. Athletic Eligibility for **PIAA** requirements will begin September 1 and be checked weekly every Monday. Any student not passing four major subjects will be ineligible to play any games the following week (Monday-Saturday). Students may practice with approval from administrator, coach, and parents.
- D. Athletic Eligibility for **MCCS** will be checked at the first progress report and weekly thereafter.
1. At the first progress report any student receiving 3 D's, 2 D's and 1 F, or 2 F's will be ineligible one week at a time, until they meet the MCCS standard. Any student ineligible for three weeks (15 school days) in a row will be removed from the team. Students who are ineligible may practice with permission from administrator, coach and parents.
 2. At report cards, a student must have passed all major subjects to continue playing or play in the next season. Any failure of a major subject on the report card will result in a two week (10 school days) ineligibility. If the student has a failing grade after the two week time period, they will be ineligible until they bring the grade to passing. That student may practice but not play in any contests (scrimmages & games).
 3. At the end of the school year, the student's final grades for the year will be used to determine the student's eligibility for the next grading period. A student who fails two or more major subjects for the year will be ineligible for 15 school days and or the first Progress Report. That student may practice with permission from administration & parents but may not participate in scrimmages and games. Students attending summer school and correcting their deficiencies shall be eligible.

Middle School/MCCS

- A. At the beginning of each sport season, the names of students participating in each sport are listed on the Athletic Eligibility Form.
- B. Athletic Eligibility will be checked at the first progress report and weekly thereafter.
- C. At the first progress report any student receiving 3 D's, 2 D's and 1 F, or 2 F's will be ineligible one week at a time until they meet the MCCS standard. Any student ineligible three weeks (15 school days) in a row will be removed from the team. Students who are ineligible may practice with permission from administrator, coach, and parents.
- D. At report cards, a student must have passed all major subjects to continue playing or play in the next season. Any failure of a major subject on the report card will result in a two week (10 school days) ineligibility. If the student has a failing grade after the two week time period, they will be ineligible until they bring the grade to passing. That student may practice but not play in any contests (scrimmages & games).

VII. League Information

- Mt. Calvary is a member of the CCAC (Commonwealth Christian Athletic Conference) and the PIAA (Pennsylvania Interscholastic Athletic Conference). MCCS is a Single A school in District III.

VIII. General Guidelines

- A. It is a privilege for a student to participate in interscholastic athletics.
- B. Interscholastic athletics is a completely voluntary program.
- C. When a tryout is necessary, selection of a candidate is based on athletic performance, attitude, conduct, cooperation, and desire to represent the school in a proper manner.
- D. The participants must maintain high standards in the area of academics, citizenship, sportsmanship, and Christian conduct.
- E. A Student is a member of a team from the first day of practice until the awards program and uniforms are turned in.
- F. Any student who is removed from a team must attend a conference held with the senior administrator, athletic director, coach, and parents to determine playing privileges for next scheduled season.
- G. Any regulations (such as curfew) as required by individual coaches and authorized by the athletic director and school administration will also be in effect.
- H. Only students in grades 9-12 are eligible to participate at the varsity level. A high school athlete may not turn 19 years of age before July 1 prior to the beginning of a school year. A middle school student may not turn 15 years of age before July 1 prior to the beginning of a school year.
- I. Proper respect for officials will be expected at all times. Any improper action or words for an official show a poor character and testimony. Disciplinary action will be taken by the coaching staff and administration.
- J. Cheer for other MCCA teams in a positive manner.
- K. Remain off the playing floor or field between halves.
- L. Electronic Devices: Per Student Handbook, students are not allowed to have electronic devices (CD players, i-pods, phones with downloaded music, etc.) at school and on buses. Because practices and games are school activities, electronic devices will not be allowed before/during practices, before home games, or on away trips. 1st Offense: Lose device for remainder of day. May be picked up at the end of the day, practice, game. 2nd Offense: Lose device for a week. Returned to a parent/guardian. 3rd Offense: Lose device until end of school year. Returned to a parent/guardian. 4th Offense with borrowed or new device: Removal from present team, conference with administration and parents to determine playing privileges for the next scheduled season.

IX. School Attendance

- A. All athletes are expected to have a good attendance record.
- B. In order to participate in an athletic event on a given day, the athlete must attend school on that day and must be at school by 9:15 a.m.
- C. If athletes are too sick to come to school, then they are too sick to play. A doctor or dentist appointment, however, is excusable on the day of a game, as is an absence which was pre-arranged with the senior administrator.
- D. Athletes leaving school early or getting back late from a game will not be given excuses for any tardiness, assignments, or tests given the next day.
- E. A student who receives a suspension while a member of a team will be forced to miss one game/match/meet for each day suspended.

X. Practice and Games

- A. Practice is very important to an athletic team.
- B. All athletes must be prompt and are expected to attend practice sessions as well as games.
- C. Athletes are not encouraged to get outside jobs during the season so that there will not be conflicting practice and work schedules. Athletes will not be excused from practice because of outside work responsibilities.
- D. High School teams may practice every day including Wednesday. Middle School teams may practice every day except Wednesdays.
- E. Coaches may conduct optional practices, conditioning exercises, and open gyms prior to the first practice. Starting dates for each sport are regulated by PIAA and are listed on the MCCS school calendar.
- F. Practice attendance - A player with one *unexcused absence will sit ½ of the next scheduled game. Two *unexcused absences will result in a one game suspension and be required to attend the game and sit on the bench. Three *unexcused absences will cause the player to be removed from the team.
- G. Game attendance – A player with one *unexcused absence, will receive a two game suspension and will be required to attend the games and sit on the bench. Two *unexcused absences will result in the player being removed from the team. A conference with administration and parents will be required to determine future participation.
- H. Individual coaches may set their own practice/game standards with the approval of the athletic director.
- I. Students who earn a Level 2 offense during a grading period will be suspended for one game. Students receiving a Level 3 offense will be suspended for at least two games and/or dismissed from the team based on administration decisions.
- J. Athletes must inform the coaches two weeks in advance of any games that they will miss and tell them two days in advance of any practices they will miss.
- K. Parents are responsible to see that their children are picked up promptly after practices and games.
*An unexcused absence does include a Level 1 offense in the discipline system.

XI. Playing Time Policy

- A. At the middle school level we instruct coaches to choose a starting team and make an effort for every team member to play in any portion of 2 quarters of a 4 quarter game, in both halves of a two half game, one of two game matches and in one or two innings in a six inning game.
- B. At the junior varsity level we instruct coaches to choose a starting lineup and play the best players. We also encourage them to substitute as much as possible. Substitutes will be played when a player is injured, tired, not performing well, or when the outcome of the game is no longer in question. Our justification for this policy is that we desire to be competitive at this level, and junior varsity is preparation for varsity.

- C. At the varsity level we instruct coaches to choose a starting team and play the best players. These players are chosen on ability and their performance at practice. Substitutes will be played when a player is injured, tired, not performing well, or when the outcome of the game is no longer in question. It is assumed that parents will instruct and prepare their children for a competitive interscholastic program at MCCS. The students need to be prepared for the fact that they may not make the team; they may not make the starting lineup; and they may not be “star.” Success is not synonymous with playing time; success is contributing to the benefit of the team.

XII. Guidelines for Away Games

A. Conduct

1. The athlete is in a strategic position to give others a picture of our school. That responsibility should not be taken lightly.
2. Athletes are expected to conduct themselves as ladies and gentlemen at all times--on and off the field or floor.
3. We expect the athletes to be testimonies of Jesus Christ by their actions and words.
4. Students are not to bring electronic equipment such as CD players, i-pods etc, with them to games. See VIII. General Guidelines, L. Electronic Devices.

B. Dress

1. Athletes are expected to adhere to the school dress code for all athletic events. When there are alterations to this policy, the coaches and athletic director will give directions concerning what one may wear to these events.
2. Take pride in personal appearance.

C. Transportation

1. The school normally will provide transportation for the teams to go to the athletic event (games, practices, scrimmages, etc). After the athletic event, it is the parents responsibility to pick up their child at the appointed time and place. For those who live longer distances away, car-pooling, if possible, is recommended. Students will ride school-provided transportation. Exceptions will only be granted by prior written request from the parents and approval by the administration. On occasion, it may be necessary to have a student drive to an athletic event. Students who wish to ride with a student driver to an athletic event need written parental and administration permission.
2. Treat the bus and vans as if you owned them.
3. After every trip, clean up any mess that you made.
4. Keep the noise a low level.
5. Always be courteous to the driver.
6. All who go on the school vehicles shall return on the same vehicles. Any exceptions must be approved by the coach in advance.
7. There will be no food or drinks in the vans or bus.

XIII. Conduct

A. Serious Behaviors from Home-School Guide:

- | | |
|-------------------|----------------------|
| 1. Illegal drugs | 5. Immoral conduct |
| 2. Smoking | 6. Dangerous weapons |
| 3. Use of alcohol | 7. Theft |
| 4. Assault | 8. Hazing |

- B. Any student-athlete suspended for or receiving disciplinary probation for any of the above listed serious behaviors will receive a (50) calendar day suspension from the date of the administrator's conference and or communication of the discipline.
- C. During the school year, these regulations are in effect twenty-four hours per day, seven days per week for all students, and extend to summer months when students are participating in school activities under the supervision of school personnel (i.e. camps & summer league).
- D. If the school year concludes before the (50) day suspension has been completed, the suspension will continue at the beginning of the next school year.
- E. Offenses occurring during the summer months when the student is participating in activities under the supervision of school personnel will result in immediate removal from the activity, and the (50) calendar day suspension will begin with the first day of school.
- F. Any student-athlete who comes in contact with drug or alcohol use should leave the location IMMEDIATELY to avoid temptation and eliminate suspicion.
- G. Those students suspended must attend a conference held with the senior administrator, athletic director, coach, and parents. A complete report will be filed with the athletic director and senior administrator.
- H. Athletic teams may establish additional guidelines through their training rules with approval of the athletic director and senior administrator.

XIV. Facilities and Equipment

A. Gym

1. It is a privilege to have a gym facility.
2. The gym facilities should be treated with respect.
3. All damage to the gym must be reported to the coach or athletic director.
4. No one is allowed in the gym unless appropriate permission has been granted.
5. No cleats are to be worn in the building.
6. There are no students allowed in the equipment room unless given permission by a coach or teacher.

B. Locker Room

1. Take care of the locker room; it's a privilege to have one.
2. No horseplay, towel snapping, or ball playing in the locker room.
3. No baseball metal cleats inside the locker room.
4. Hanging fixtures are for curtains, towels, and light clothing.
5. Books, book bags, gym and equipment bags are to be stored on the locker room shelves. The gym and equipment bags should be placed on the locker shelves first thing in the morning.

6. All clothing and equipment left on the floor will be placed in the lost and found. The lost and found box will be emptied regularly.
7. No food or drinks are allowed in the locker room.
8. Clean out your locker every Friday.
9. Make sure appliances, and water are turned off and trash is picked up.
10. Respect other peoples' property. Use a combination lock to protect valuables.

C. Equipment

1. All equipment shall be handled with respect.
2. Use equipment issued only for that particular sport.
3. All equipment shall be returned to the head coach at the time given by the coach. Do not turn in uniforms into the school or physical education offices.
4. All equipment shall be the responsibility of the one to whom it is issued. Any damage or loss of equipment will be paid for by the one to whom it is issued.
5. Students are not allowed in the equipment room to get extra uniforms. Please inform your coach when your uniform is missing.

XV. Physical Exams and Permission Slips

- A. Each student and parent must have read the athletic handbook and have parental permission to participate in athletics. The permission form to play a sport must be returned to the head coach by the first day of practice. The Athletic Handbook Acknowledgement Form must be turned in to the school office.
- B. Each student must be in good health. A comprehensive physical exam must be given by a licensed physician and permission to participate granted before the athlete may practice. The physical exam is good for one year. Any student who is determined not to be in good health (by the doctor) or has had an injury requiring medical treatment will not be allowed to participate until written permission is obtained from a licensed physician. Each parent should communicate to the athletic director and coach any limitations a particular athlete may have; this is for the safety of the athlete. Exams must be taken from your own family physician. For high school students participating in more than one sport, Section 5 Re-Certification Form History (Recertification) form must be completed and turned into the school nurse for approval to participate in the next scheduled season.

VI. Awards

- A. Mt. Calvary Christian School realizes the need for recognizing athletic achievements. We believe the greater the accomplishment, the more recognition one has earned.
- B. All students who participate for an entire season with an athletic team will receive a certificate of participation.
- C. Varsity athletes who may earn letters are those who play in an average of 50% of total minutes/innings played. All seniors who complete a varsity sport earn a letter in that sport without regard to other requirements.
- D. A first year letterman receives a letter with a pin representing the sport. A returning letterman receives a pin for each additional year completed. Captains receive captain pins.

- E. All-conference players who are chosen by the league coaches are given All-Conference certificates. The most valuable, most improved player, and coaches award are chosen by the coach and will receive a plaque. The Senior Athlete of the Year award is presented at Graduation. The Senior Athlete of the Year award is based on Christian testimony, career, and senior year accomplishments.
- F. Other awards are the CCAC Academic All-Conference, given to students in grades 9-12 who earn a varsity letter and have an A average for the quarter. Senior Sportsmanship and the E. Jerry Brooks Academic Excellence Awards are awarded at graduation.
- G. Managers, scorers, and statisticians who complete a sport receive a certificate and a pin indicating their participation with the team.
- H. All awards will be presented at the three scheduled athletic awards chapel following each season.
- I. School jackets may be bought by any student. Varsity jackets may be bought by athletes who participate on varsity athletic teams.

XVII. Athletic Department Chain of Command

The athletic director oversees the entire athletic program. He works with the senior administrator to provide a quality program. Each coach reports to the athletic director. Questions or concerns about a specific team should be first addressed to the appropriate coach. If your questions are not sufficiently addressed, feel free to contact the athletic director and then the senior administrator. Parents are strongly encouraged to support the decisions of the coach. While you may not agree with every decision of a coach, how and when you express your feelings may have a negative effect on your child and on the team. The time immediately following a contest is an emotional time, so please refrain from approaching a coach with issues at that time.

XVIII. Parent/Coach Relationship Guidelines

- A. Both parenting and coaching are difficult tasks. Parents and coaches must have an understanding of the expectations and philosophies of one another. Clear communication is important.
- B. Communication you should expect from the coach:
 - 1. Philosophy of the coach
 - 2. Expectations the coach has for the team members
 - 3. Locations and times of all games and practices
 - 4. Return times for all games
 - 5. Team requirements: i.e. fees, special equipment, off-season conditioning
 - 6. Procedure to follow for injuries
 - 7. Discipline that would affect playing time
- C. Communication coaches expect from parents:
 - 1. Notification of any schedule conflicts well in advance.
 - 2. Specific concern in regard to a coach's philosophy and/or expectations.

- D. Appropriate issues to discuss with a coach:
 - 1. The treatment of your child, mentally, and physically
 - 2. Ways to help your child improve
 - 3. Concerns about your child's behavior
- E. Issues not appropriate to discuss with a coach:
 - 1. Playing time
 - 2. Team strategy
 - 3. Play calling
 - 4. Other student-athletes
- F. Parents/Guardians that violate these guidelines will be required to attend a conference with the school administration.

XVIII. Parental Participation

- A. Being the parent of a student athlete requires a commitment of support and time. M CCS acknowledges the support our school parents give our athletic teams and individual players. Currently M CCS is one of the few schools that do not charge a "pay to play" fee. The administration and church board sincerely want to maintain this unwritten policy. It is necessary, however, to strongly encourage all parents of athletes to become more than spectators. The Athletic Department is in need of committed volunteers to be part of the M CCS Athletic Boosters. The purpose of the Athletic Boosters is to be a foundation of support for our athletics. This group must also recognize that the current school budget cannot cover all the expenses of running multiple athletic teams. It is necessary that additional funds be raised. To relieve the burden of fund raising off the immediate school family, the Athletic Boosters will be working off campus to raise money.
- B. At these events many volunteers will be needed as chairpersons and as willing workers. These fundraising events give M CCS athletes the opportunity to connect with the community. We have a big fundraiser scheduled in December with Gianni's Pizza. We have the opportunity to sell their products throughout several weeks prior to the Super Bowl. We need each family to give a little of their time with this event, the golf tournament in June and/or other events not yet planned.
- C. Additionally, parents can become involved by selling concessions at home games. If you do not wish to miss your child playing, then perhaps you can work in the concession stand during another season or during other games. Student athletes will be strongly encouraged to help in the concessions and fundraisers.

XX. PIAA Policies/NCAA Clearinghouse

- A. PIAA has established many guidelines regarding amateur status, out-of-season participation, transfers to other schools, and recruiting violations. Any questions concerning any of these should be directed to the Athletic Director.
- B. Any senior athletes who anticipate participating in athletics at the collegiate level should register with the NCAA clearinghouse. This is mandatory for athletes attending division I or division II schools. Information can be obtained through the guidance office or the athletic office.