



COLE VALLEY
CHRISTIAN SCHOOLS

Athletics Handbook

For Coaches, Students, and Parents

Revised March 2023

MISSION

Partnering with Christian families to shepherd and challenge students toward their individual potential to impact the world for Christ.

OBJECTIVES

- To develop young people who have a truly authentic walk with Jesus Christ.
- To provide an athletic environment which offers a practical understanding of Biblical truth.
- To represent Christ and His attributes to surrounding schools and communities.
- To create enthusiasm for Cole Valley Christian Schools (CVCS) by forging a bond between students, faculty, and community.
- To see teams reach their potential by focusing on the *process* rather than the *outcome*.

CVCS – Athletic Distinctives

Shepherding the achievement of the physical potential of our students is an integral part of our educational program. The participation in CVCS athletics is about far more than physical challenges and accomplishments. It's about using the vehicle of athletics to discover one's true identity in Jesus Christ and to be made "mature, and complete, not lacking anything" as a result of these very tangible opportunities. The following are Biblical philosophies that serve as the foundation for all CVCS athletic activities.

Representing Christ – II Corinthians 5: 20

First and foremost, we are called to be an ambassador of Jesus Christ at all times. An ambassador is someone who acts as a representative. CVCS athletes are to represent Christ in a way that honors Him.

Maximum Effort for God's Glory – 1 Timothy 4:10; 1 Corinthians 10:31;

Paul says we must "toil" if we will win the prize. "Labor" means "to toil to the point exhaustion." As athletes, we must exert our best effort if we want to win the prize. Our motivation in any activity as believers is simple – to do the best we possibly can as an act of worship to our Lord.

Unity Within the Body and as Witness – I Corinthians 12:12-26; John 17:20-23

For a group of believers (in this case an athletic team) to reach their potential, every member must recognize, embrace, and play their role to the best of their ability. Not every member is the same. Some play more on game night than others. Each has a slightly different function. Some players will offer their largest contribution in practice or in the social/spiritual dynamic of the team. But every member is essential for the body to function properly and reach its potential.

In John 17:20-23 Jesus's primary request of the Father was that we would be UNIFIED so an unbelieving world would look at us and see a picture of God's love to humanity through his son Jesus Christ.

Servanthood and Humility – Philippians 2:1-3; John 3:30

We look to the attitude of Jesus and his sacrificial love as our example. We're called to do nothing out of selfish ambition or vain conceit as we put others above ourselves. By God's grace we can choose to serve and humbly put others ahead of ourselves.

Competitive Spirit – I Corinthians 9:24-27

We do not see anything in scripture that would discourage us from desiring to win. But the emphasis is on the *process* (striving to win) rather than the *outcome* (winning.) As Paul states in 1 Corinthians 9, we want to *run in such a way* as to get the prize. Winning becomes a by-product of taking a God-honoring approach to the process of playing the way we are called to play.

Accountability – Hebrews 12:7-11

Part of serving on a team and as a member of a body is willingly submitting to being held accountable by others, knowing that loving discipline and correction are part of healthy growth.

PROGRAMS OFFERED

<u>Level</u>	<u>Grades</u>	<u>Sex</u>	<u>Sport</u>	<u>Approx Start</u>
Elementary	5 th & 6 th	Girls	Basketball	Early October
		Boys	Basketball	Early January
Middle School	7 th & 8 th	Girls	Volleyball	Late August
		Boys	Football	Mid-August
		Boys & Girls	Cross Country	Late August
		Girls	Basketball	Mid-October
		Boys	Basketball	Early January
		Boys & Girls	Track	Mid-March
High School	9 th – 12 th	Girls	Cheer	Spring Tryouts
		Girls	Volleyball	Mid/Late August
		Boys	Football	Mid-August
		Boys & Girls	Cross Country	Mid-August
		Boys & Girls	Swimming*	Mid-August
		Girls	Basketball	Late October
		Boys	Basketball	Mid-November
		Boys & Girls	Ski/Snowboard**	December
		Boys & Girls	Track	Late February
		Boys & Girls	Golf	Late February
		Boys	Baseball	Late February
Girls	Softball	Late February		

*Co-op with
Meridian HS

** Club activity

Scriptural References for CHARGER ATHLETICS

TEAMWORK

- ▶ **UNITY** ----- The single most critical element to success in competition, and more importantly, the most effective witness for Christ to an unbelieving world. (**John 17**)
- ▶ **RECOGNIZE YOUR ROLE** ----- You are an indispensable member of the body. Embrace it. (**1 Cor 12**)
- ▶ **SERVE YOUR TEAMMATES** ----- Putting their interests and celebrating their success above your own. (**Phil 2**)

ENCOURAGEMENT

- ▶ **LIFT YOUR TEAMMATES UP** ----- Always look for opportunities to impart energy and enthusiasm into your team with positive words. (**Eph 4:29, 1 Thes 5:11**)
- ▶ **RECEIVE ENCOURAGEMENT** ----- Even if you're frustrated, don't be too prideful to take encouragement. Make eye contact and affirm that you hear them. (**Prov 12:15, Prov 15: 31-33**)

CONFIDENCE

- ▶ **PLAY TO WIN** ----- Never "not to lose." Don't play to avoid mistakes, play to excel. Shoot to MAKE IT rather than "not to miss." Attack! (**2 Tim 1:7**)
- ▶ **EXPECT SUCCESS** ----- When you work hard and believe, success will follow. Be ready for it, not surprised by it. "I Can't" is not in your vocabulary. (**Heb 12:11**)
- ▶ **NEVER PLAY IN FEAR** ----- Erase fear of man. Your life is hidden in Christ and you are NOT defined by statistics. Play free. (**Col 3**)

ATTITUDE

- ▶ **ALWAYS THE AGGRESSOR** ----- Putting pressure on the opponent.
- ▶ **EMBRACE ADVERSITY** ----- As an opportunity to mature and be made complete in the Lord. (**James 1**)
- ▶ **YOUR CHOICE** ----- Circumstances do not dictate your attitude. YOU DO!! Choose your attitude and let that dictate the circumstance. (**Phil 4:4-7**)

FOCUS

- ▶ **CONTROL THE CONTROLLABLES** ----- Never waste emotional energy or lose focus because of things outside your control (refs, crowd, opponent, coaches, teammates)
- ▶ **PRESENT, POSITIVE, PROCESS** ----- Let the past go. Focus on the positive you want to DO rather than the negative you want to avoid and concentrate on the PROCESS not the outcome. (**Phil 3:14**)

EFFORT

- ▶ **OUTWORK YOUR OPPONENT** ----- Your effort level is directly in your control. Hustle overcomes many physical disadvantages. (**Col 3:23**)
- ▶ **YOU PLAY LIKE YOU PRACTICE** ----- Every time you set foot on the court you are developing habits. Choose to work hard.

CHARACTER

- ▶ **RESPECT YOUR OPPONENT** ----- The goal is NEVER to demean the opponent, but to respect them by giving your best effort and being a good sport. (**Rom 12:17-21**)
- ▶ **LOVE GOD** ----- Humility in victory and grace in defeat come naturally when you are plugged into the One who gives you life. Your actions will reflect the character of Christ when you are walking in the Spirit. (**1 John 1, Phil 2:14, Rom 12:1,2, Gal 5:16**)

EXPECTATIONS OF PLAYERS, PARENTS, AND COACHES

Parents are expected to:

- accept responsibility for the education and training of their children
- understand the purpose and philosophies of the athletic program
- allow the coaches to coach their children
- cooperate in helping their children embrace their part in helping the team reach its fullest potential
- disciple and challenge their children in learning how to communicate concerns directly – player to coach
- model a positive approach to conflict resolution, showing respect for CVCS coaches and staff at all times
- ask the following questions before meeting with the coach regarding any specific concerns:
 - Has my child made this concern known to the coach first?
 - Is this a good time for a meeting? (before or after a game or practice is generally not a good time)
 - Have I sought the Lord scripturally and in prayer in preparation for how my message is communicated?
- make any concerns which would affect a student's well being or performance known to the coach
- communicate in advance to the head coach any known future absences
- respect the officials and set a good example
- HAVE FUN – be a positive role model in cheering for and supporting CVCS, taking the “high road” at all times

Athletes are expected to:

- accept personal responsibility for their development as an athlete, understanding that they are accountable to God, self, parents, coaches, and teammates
- represent themselves, the team, the school, and Jesus in a positive light on and off the court/field.
- CARE:
 - desire success and be self-starters
 - give great effort and choose a positive attitude everyday
 - be fully engaged in practice and team discussions
- stay on top of their school work as a service and example to the team
- contribute to a positive school atmosphere
- communicate directly to anyone with which there is a concern – player or coach
- show respect to all persons – coaches, teammates, officials, opponents
- respond positively to the encouragement and correction of coaches
- welcome accountability from parents, teammates, and coaches

Coaches are expected to:

- accept personal responsibility for their coaching and understand that they are accountable to God, self, parents, players, other coaches, and administration
- esteem the salvation and spiritual development of each player as the top priority
- model the same unity and maturity within the coaching staff and other CVCS staff that we are expecting from the team
- set and model high expectations for their players
- clearly communicate concepts and expectations
- clearly communicate roles on the team, giving players an opportunity to dialogue on a regular basis
- accept ultimate responsibility for how their team conducts themselves during practice, games, and travel
- always do what is best for the team and intentionally communicate to individuals through that process
- challenge students to reach their fullest potential
- shepherd students on an individual level as much as possible, both athletically and interpersonally
- be knowledgeable about each player on their team
- help students learn how to play and think like a champion – focusing on the process of excellence
- create an environment that is consistent with the school's philosophies and objectives
- lead their teams in being a blessing to host schools, restaurants, gas stations, hotels, etc.
- communicate clearly with parents and students regarding logistics such as travel, practice times, etc.
- communicate any concerns about a player's well-being to parents

REQUIREMENTS FOR PARTICIPATION

Competition Distinction

“We believe that God wonderfully and immutably creates each person as male or female. These two distinct, complementary sexes together reflect the image and nature of God (Gen. 1:26-27). Rejection of one’s biological sex is a rejection of the image of God within that person. Therefore, all students of Cole Valley Christian School shall participate in athletics on a team composed of members of the same biological sex.”

ACADEMICS

At the **end of each mid-term (8 times per year)**, an *Academic Warning / Probation List* will be compiled. The list will contain the names of students who have two or more D's or any F's.

- Students must be academically eligible in order to participate in extracurricular activities such as sports, academic events, student council, etc.
- When a student is placed on Academic Warning, they are automatically ineligible for the first week of the next mid-term. On each Monday morning thereafter, grades will be checked for that student.
- If a student has 2 D's or 1 F at that time, the student is ineligible for another week.
- If the student's grades are above eligibility status (1 D or better), they are eligible for that week.
- Grades will continue to be checked each week throughout the mid-term and if at any time grades dip below eligibility status (2 D's or 1 F), the student becomes ineligible for that week and the process starts over again.
- Students may practice during times of ineligibility, but not at the expense of getting their work completed.
- While on Academic Probation, a student will be prohibited from participation in extracurricular activities (which include athletics, Academic Bowl, Student Council, cheerleading, etc.).

Academic Warning – A student with two D's or one F at the end of a mid-term will be placed on Academic Warning for the following mid-term. At the end of the subsequent quarter a student may remove himself from Academic Warning with successful grades.

Academic Probation – A student will be placed on Academic Probation when they have been on Academic Warning for two consecutive mid-terms. A student may remove himself from Academic Probation and be placed back into Academic Warning with successful grades the following mid-term. A student who is on Academic Probation for two or more quarters may be recommended for dismissal from CVCS.

Special needs students, who have been formally evaluated and diagnosed, may qualify for an academic eligibility exemption.

ATTENDANCE - Students must be in attendance for at least one half of the school day (four periods) in order to participate in a school sponsored activity or contest on that day.

PRACTICE REQUIREMENTS – The IHSAA (Idaho High School Athletic Association) requires all high school athletes to have a minimum of 10 practices in before participation in their contest. This is not required at the junior high level, but generally followed.

PHYSICAL EXAMS – The IHSAA requires all high school athletes to have a current physical exam form on file with the school prior to participation in practice or contests. Sports physicals are valid for **two years** from the date of the exam. For the off-years, an Interim Questionnaire Form needs to be completed and on file with the school. Typically, physical exams are done prior to participation for 9th and 11th grade years and interim forms are completed for 10th and 12th grade years. Junior high does not have a state requirement, but the school requires 7th and 8th graders to have this documentation as well, under the same guidelines.

ENROLLMENT – For a student to participate at Cole Valley Christian, they must be enrolled at CVCS with the following exceptions:

- Elementary students who are home schooled may be able to participate if the school deems it appropriate and the numbers support additional participants.

- Middle School home-schooled or charter school students may be eligible if they have a history with the school and this can be demonstrated. Additional paperwork is necessary in this situation.
- There are no exceptions to this rule at the high school level.

TRANSPORTATION

- When available, all participants will ride school-provided transportation to and from school sponsored events. School transportation may include school-owned vehicles (driven by staff or volunteer parents), personal vehicles (driven by staff or volunteer parents), or chartered vehicle.
- Staff and parent drivers must have a copy of their driver's license and insurance card on file with the school office (elementary / secondary) for which they will be driving. A driving record check and background check is also required.
- Drivers of school buses must have a copy of their CDL, insurance information, medical certification card, a driving record check, and a background check on file with the school in order to drive to CVCS sponsored events. Drivers must be at least 23 years of age.
- In any situation where staff members or parent volunteers are driving students, there will be a minimum of 2 students in the vehicle (unless the adult is related to the student).
- Players **MUST** ride back in the vehicle they rode to the event in unless they are signed out by a parent or legal guardian. They may ride home with another adult if written authorization is given to the coach.
- In addition to providing written authorization to the coach, parents must sign and turn in an "Off Campus Waiver Form" granting permission in order for students to ride as a passenger with another student. The student driver must also have an "Off Campus Waiver" Form on file giving permission for them to drive other students. If the students are not of the same biological sex, at least one additional person must be in the vehicle.

DRESS AND APPEARANCE

We believe that it is important to dress in a manner that reflects the work ethic and character we desire to possess as an athletic program. Each coaching staff will establish the specific requirements for their team. It is expected that players will observe these requirements and not try to test the boundaries by meeting the bare minimum.

UNIFORMS

(Secondary Campus Uniform Policy)

Check Out Procedure:

- All uniforms and accessories will be checked out by the coaching staff.
- If you have questions about your uniform or changes that need to be made, please work with your coach.
- Make sure you can easily identify your uniform articles by numbers and sizes when they are checked out to you.

Proper Care and Use:

- Uniforms are to be worn at meets and games only.
- Uniforms should be washed on a regular basis with the following guidelines:
 - Wash in COLD water and do not combine colors and whites.
 - Use mild detergent such as Ivory, Tide, or Cheer
 - Do Not bleach or use fabric softener
 - For best results, uniforms should be allowed to air dry.
 - If tumble drying, use lowest temperature setting and do not allow to sit when cycle is done.
 - Do Not dry clean any athletic uniform.
 - Allow to dry completely before storing.

Check-in Procedure:

- There will be 3 Uniform Check-In dates (Fall/Winter/Spring) established at the beginning of the school year by the Athletic Director. You must return your uniform to your coaches on the established date and time. *A \$10 late charge will be assessed for uniforms not turned in at this time unless prior arrangements have been made with the coach.*
- You're responsible to turn in the items you checked out. If, for some reason you traded items with another student during the season, it's NOT OK to turn theirs in and have them turn yours in.
- If uniforms are not returned by the end of the semester, the following replacement costs will be assessed:

HS Basketball	Jersey: \$50	Shorts: \$25	JH Basketball	Jersey: \$30	Shorts: \$20
HS Volleyball	Jersey: \$30	Shorts: \$15	JH Volleyball	Jersey: \$20	Shorts: \$10
HS Track/CC	Top: \$30	Shorts: \$30	JH Track/CC	Top: \$15	Shorts: \$10
HS Football	Top: \$75	Pants: \$75	JH Football	Top: \$50	Pants: \$50
HS Baseball/SB	Top: \$50	Pants: \$30	→	Hats: \$25	
Game Warm-Ups (Indoor)	Top: \$25	Bottom: \$20	Travel Gear/Outdoor Gear	Top: \$30	Bottom: \$25

Thank you for helping us to be good stewards of the resources God has given us at Cole Valley Christian.

VARSITY LETTERING PROCEDURE

All participants in high school athletics (including managers and statisticians) will be given an opportunity to earn a CVCS letter award. We believe this to be an important symbol of the sacrifice and commitment necessary to participate at the highest level of high school athletics. As such, it is an accomplishment *that needs to be earned*.

Certificate of Participation

Students who complete a season as member of any high school team will receive a Certificate of Participation. They must adhere to all the CVCS athletic requirements and finish the season academically eligible.

GENERAL LETTERING REQUIREMENTS

To earn a letter in any sport a player must complete the entire season, adhering to all CVCS athletic policies and any other requirements established by the head coach for that particular sport. A student must finish the season academically eligible in order to be considered.

SPORT-SPECIFIC LETTERING REQUIREMENTS

- **Volleyball, Football, Swimming, Basketball, Baseball, Softball, Golf, Cheer**
Player must participate in at least 50% of the Varsity contests or be a Senior.

- **Cross Country, Track**
 - Complete all four seasons
 - Make the CVCS record board
 - Participate in four varsity meets and score
 - Make it to State
 - Any athlete who attends *every* practice, meet, and event

- **Manager/Statistician**
Student must complete two entire seasons in service to a given program.

CHARGER HEART AWARD

At the conclusion of each season, a Charger Heart Award will be selected by the coaching staff. This award is given to the team member that most exhibits the traits that represent the vision of CVCS.

Any other individual awards are at the discretion of the coaching staff.

WHAT IT MEANS TO PUT ON A CHARGER JERSEY

The Charger Pledge

Participating in athletics at Cole Valley Christian Schools is a privilege, not an entitlement. The moment you put on a Charger jersey, you are representing much more than just yourself. Athletes are among the most visible individuals at CVCS. Your **words, actions, and attitudes** make statements about your team, coaching staff, school, and the name of Christ.

*¹⁴ Do everything without complaining or arguing, ¹⁵ so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe ¹⁶ as you hold out the word of life—in order that I may boast on the day of Christ that I did not run or labor for nothing. **Philippians 2:14-16***
NIV

Receiving and wearing a Cole Valley Christian jersey indicates acknowledgement of the following for both player and parent:

PARENTS:

- I have read through and understand the ***Athletic Distinctives*** section of the CVCS Athletics Handbook
- I have read through and understand my expectations as a parent as set forth in the ***Expectations of Players, Parents, and Coaches*** section of the CVCS Athletics Handbook
- I will strive for unity as a faithful supporter of CVCS Athletics
- I will model sportsmanship and Christ-honoring behavior at events and encourage others to do the same
- I will partner with the coaching staff in challenging my child to reach their fullest potential on and off the court/field as a Charger athlete

PLAYERS:

- I have read through and understand the ***Athletic Distinctives*** section of the CVCS Athletics Handbook
- I have read through and understand my expectations as a player as set forth in the ***Expectations of Players, Parents, and Coaches*** section of the CVCS Athletics Handbook
- I understand the privilege of wearing a Charger uniform and willingly accept the expectations and heightened scrutiny that come with it
- I agree to be held accountable for my words and actions (on or off the court) by my teammates, coaches, and CVCS staff
- I commit to avoiding conduct that is detrimental to myself or my teammates
- I understand that if my name is consistently mentioned in the context of conduct unbecoming of this program and CVCS, it may affect my playing time and/or standing on the team. The burden of proof is not on those in authority over me to prove what I did or didn't do. The burden and responsibility is on ME to avoid situations where I can be associated with those things
- I will strive to be a positive leader and good example in school
- I will speak positively of coaches and teammates

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toward their individual potential to impact the world for Christ.*

Sportsmanship – Student and Parent Fan Engagement

Being a Charger athlete is a student's choice and thereby a privilege. Student-athletes shall conduct themselves in a way that brings positive recognition to God, Cole Valley Christian, their team, their sport, and themselves. A Charger athlete reflects the mission and identity of the school, no matter where he or she is. Athletes are expected to behave at all times with consideration for others in thought, word, and deed.

Coaches and players will make every effort to exhibit godly character and uphold the core values by respecting their teammates and opponents and by submitting to the authority of the officials and their coaches. Any deviation from such behavior may result in disciplinary action including, but not limited to, suspension from the team at the discretion of the Superintendent, Athletic Director, and/or Coach. Any student-athlete suspended from school will not be allowed to participate in sports until approved by the Superintendent, Principal, and Athletic Director.

Parents and students alike should always treat officials with respect. It is the responsibility of coaches to discuss rules and/or interpretation of rules as it relates to their team. Parents and students should refrain from taunting and berating officials with sarcasm or anything that could be perceived as disrespectful. Parents, students, and other spectators representing CVCS who fail to follow these guidelines will be dismissed from the event and are subject to disciplinary action by the school (and/or the IHSAA?).

During home contests, we serve as hosts to the visiting team, its students, and spectators. They are our guests and they should be treated as such. At away contests, we are expected to act as invited guests. We will treat the home school's personnel and facilities with respect and care.

As participants and spectators, we want to cheer for our team, not against the opponent, being modest in victory and gracious in defeat. Additionally, we will regard the rules of the game as an agreement, the spirit and letter of which we should not break. Players play the game, coaches coach the game: no official has ever "lost" a game for a team. Much like we do not readily credit an official for a win, we will not blame an official for a loss. Officials will be treated with respect and we will accept absolutely and without quarrel the final decision of any official.

Any member of the Charger community who is a participant or spectator at an event, who uses inappropriate language, engages in inappropriate behaviors such as fighting or similar misconduct will be dismissed from the event and is subject to disciplinary action by the school.

Admission Prices:

Adults	\$ 6.00
Students (w/card)	\$ 4.00
Elementary	\$ 4.00
Seniors (60+)	\$ 4.00

FREE:

Kids 5 & Under
CVCS Staff & Spouse
CVCS Elementary Students

ATHLETIC FEES

Athletic fees are assessed to help offset the costs of uniforms, equipment, transportation, and facilities. The FACTS account for those students participating in Charger athletics will show incidental charges for these fees. If you have any questions, please contact Student Billing.

	<u>Fee Schedule</u>
Elementary	\$70 / sport
Junior High	\$125 / sport
Junior High Football (equipment)	\$100
High School	\$250 / sport
High School Football (equipment)	\$100