



**COMMUNITY  
CHRISTIAN  
SPORTS**

**2019-2020**

**HANDBOOK**

# 10 RESPONSIBILITIES OF A CCS ATHLETE

## 1. Count the Cost

We highly encourage all CCS students to participate in athletics. We believe participating in athletics can be both fun and rewarding! Athletics offer opportunity for growth in many areas of life.

Please pray over your decision to commit to a sport at CCS. Think about the cost. Do you have the time and energy necessary to fully commit? If so, your school, coach and teammates will be counting on you! Be ready to give your all, work hard, push yourself and BE ALL IN at every practice, game and team event.

## 2. Read the “Community Christian Sports Handbook” with a parent.

## 3. Keep a current Physical (no more than 3 years old) on file with the CCS nurse. This is mandatory for all athletes 7<sup>th</sup> – 12<sup>th</sup> grade.

## 4. Attend the Mandatory Player/Parent Meeting.

Please make every effort to attend. If the athlete and at least one parent are unable to attend, please contact the AD prior to the meeting to make arrangements to hand in paperwork and submit fees prior to the meeting. A late fee of \$25 will be added to the sports’ fee for athletes who do not have all paperwork and fees submitted before or at the meeting.

We will also be FIRM that no athlete can attend the first practice after the meeting until all paperwork and fees are submitted. The only exception is if the player/parent meeting is held after practices started.

At the meeting:

- a. Both the athlete and at least one parent will sign that the “Community Christian Sports Handbook” was read and will be abided by.
- b. Sports’ Fees will be collected from those families not paying through FACTS in the office.

	<b>CCS Student</b>	<b>Homeschooler/ Dream Academy Student</b>	<b>Elementary (5<sup>th</sup> grade and under)</b>
<b>Spring/Fall</b>	\$130	\$180	(soccer) \$60 (\$75 Home)
<b>Basketball</b>	\$150	\$200	\$75 (\$90 Home)

- c. Parent Opt-Out Fee will be collected, or for those doing volunteer shifts, sign-up information will be available.

Our ticket sales, concessions and other volunteer slots are huge supports to our teams in offsetting the cost of running a sports program! We can’t do it without everyone’s help!!

Parents may either sign up for volunteer shifts or opt-out of volunteering by paying \$200 per athlete or \$400 per family (for those families with multiple athletes).

- d. Flyers with warm-ups and other apparel options will be available.

## **5. Attend School, Practices and Games**

- a. School Attendance

CCS students must attend at least a half day of school in order to participate in any athletic practice, game or event.

Exceptions: Funeral, college visit, medical/dental appointment, school field trip, rare extenuating circumstances approved by coach

- b. Practices

Because of the mutual commitment required of all players for a successful team, it is imperative that you make every effort to be present and on time at all practices. This means that you are dressed in proper attire and ready to go on the court or field at the designated time. If there is an unavoidable conflict that will cause you to miss a practice, game or other event, please inform your coach in advance and receive his/her authorization. Coaches have the right to enforce their own rules and penalties regarding lateness and missed practices. Please make every effort to be picked up promptly after every practice. Coaches have made a great sacrifice of their time to coach. Please be respectful of their time by being prompt. For habitual lateness, a fee will be discussed for continued late pick-ups.

- c. Games

- Please travel with the provided transportation to all games.
- At games, remember you are representing your school and your team!
- If you are not returning with the team from an away game, please provide a signed parent note or electronic communication to the coach prior to the game specifying with whom you will be returning.
- Coaches will make every effort to notify parents at least 30 minutes out from CCS when returning from away games. Please refer to late pick-ups under “Practices” above. The same will apply to pick-up after games.

## 6. Stay in the Know

The following methods will be used for communication:

- a. rSchool – [www.Camdenconferencemn.org](http://www.Camdenconferencemn.org)  
All practices, games, and other athletic events will be entered into rSchool. Our goal is to maintain a 1 month lead on all events. In the event we fall under a 1 month notice or if there is an emergency situation, we will use other methods to communicate.
- b. Email Communication  
The AD and individual coaches may use e-mail to communicate. We will confirm at the Parent/Player meeting the e-mails you would like us to use. If, at any time, you want to add or change an e-mail address, please notify the AD.
- c. Eagle Eye  
Please read weekly “Eagle Eyes” in a timely manner. Homeschoolers and DREAM students should contact the CCS office to be added to the e-mail list for the Eagle Eye.

## 7. Stay Academically Eligible

CCS encourages participation in athletic activities, but a student’s academics take precedent over athletics.

Academic ineligibility will occur if a student receives an “F” on a mid-quarter or quarter grade in any of his/her classes or drops below a 2.0 GPA during mid-quarter or quarter end.

Students will be ineligible for a minimum of two weeks or two games, whichever is the lesser, and until the grade is above passing or the 2.0 GPA threshold is reached.

During academic ineligibility, athletes may practice with their team and travel with the team but may not suit up for games. To become eligible to participate in games, an “Academic Ineligibility Form” must be signed by both a parent and the relevant teacher(s) and then be returned to the coach.

## 8. Stay Chemical Free

Community Christian Sports’ athletes may not possess or use tobacco, alcohol, or controlled substances. Athletes are expected to leave the premises when they find themselves in the presence of underage drinking or drug use.

For the first violation, the athlete will be suspended for 2 games. If the athlete comes forward by 10:00 AM the next school day and admits the violation to the AD, the student will receive a one game suspension. For the second violation, the penalty doubles. For the third violation, the athlete may not return to a Community Christian Sports’ team for 1 calendar year.

Any athlete found to have been dishonest for the purpose of avoiding athletic sanction will receive a double penalty had the student been honest initially.

## 9. Stay Responsible with Social Media



Please use extreme caution and discretion with your social media use. At all times, you are representing your school and team. Always remember anything you post could potentially be seen by anyone.

Athletes may be subject to discipline, including athletic ineligibility, due to inappropriate social media use. This would include offensive or inappropriate posting, especially when violating any Community Christian Sports or CCS school policy or procedure.

## 10. Attend a Mandatory Equipment and/or Uniform Turn-in Time

Coaches will attempt to collect uniforms after the last game of the season. If this is not possible, an equipment and/or uniform turn-in time will be held shortly after the last game. The time and place will be posted on rSchool. If you are unable to attend, please make arrangements to turn in equipment and/or uniforms before the scheduled start time. For equipment not turned in, a \$50 fee will be billed to your CCS account. For a uniform not turned in, a \$100 fee will be billed to your CCS account. Any fees not paid before the start of the next season will result in ineligibility.

# FOR PARENTS

## CAL SPORTSMANSHIP

The mission statement of the Christian Athletic League reads,

“The Christian Athletic League partners with its member schools to give further opportunities to student-athletes to use the God-given abilities they are developing and to encourage these young people to glorify God in all they do.”

In an effort to support our league’s mission, we ask all coaches, parents, and fans to remember to be a positive role model for our student-athletes. While playing to win is an important goal, it never supersedes the need to, and the value of, maintaining your own Christian character; prioritizing sportsmanship; treating all involved with dignity and respect; and maintaining a sense of fair play. In our desire to demonstrate Christian character, may we be an example of dignity, patience, and a positive spirit in the way we play, coach, and cheer. Please remember to respect the officials and refrain from questioning their decisions in a disrespectful or abusive manner. Support the coaches and referees by trusting their judgment and integrity. Respect the players of all teams at all times. And we encourage everyone to applaud a good effort in victory and defeat. Whatever part you are playing at this year’s tournament; player, coach, referee, parent, or general spectator; may we all demonstrate positive sportsmanship as we promote the common mission of CAL. Together, we can create a healthy environment where competition can thrive under our common goal to bring glory to God in all that we say and do.

### **Tips for Parents** By MSHSL

#### ***Be Supportive of Coaches***

In front of your child be supportive and positive of the coaches’ decisions. If you have problems with what the coach is doing, it is best to talk directly with the coach.

#### ***Teach Respect for Authority***

There will be times when you disagree with a coach or official but always remember they are trying their best and are trying to be fair. Show good sportsmanship by being positive.

#### ***Let the Coach do the Coaching but you can do some of the Teaching***

When your child is on the field, court or ice, let the coach do the coaching. You can teach sportsmanship and how to deal with success and failure. Develop their character and teach life skills that athletics and activities bring to the forefront.

#### ***Help your Children Learn through Failure***

The way your child handles failure can help them to face the certain failures life will throw them in the future. The worst time for you as a parent to give advice is immediately after a disappointment. Let your child cope in their own way.

### *Get to know the Coach*

Since the Coach has a powerful influence on your child, take the time to attend the preseason parent meeting and get to know the coach's philosophy, expectations, and guidelines.

### *Focus on your Child as an Individual*

Focus on what your child does well and where they need to improve. Encouragement is essential.

### *Listen to your Child, but Stay Rational*

Always support and listen to your child, but remember to stay rational until you have investigated the situation.

### *Be Mindful of your Role as a Role Model*

Take a good honest look at your actions and reactions in the athletic arena. These actions are a big cue to your child and to the others around you.

### *Show Unconditional Love*

The most important thing...show your child you love them, win or lose.

### *Sportsmanship is Everyone's Responsibility!*

### **Contact with your child's coach:**

<b>Appropriate</b>	<b>Inappropriate</b>
Asking the coach for advice on how your child can improve.	Discussing playing time (your child's or another child's) and/or coaching methods and plays.
Discussing personal or family information you know about your child that could help your child's coach.	Contact prior to and during team practice (unless emergency situation).
Requesting child to play at a lower squad level.	Requesting child to play at higher squad level.
Encouragement and verbal "thank-yous" for coach's time and effort!	Any negative feedback immediately following any game. Emotions can be high after games. Words that aren't truly meant or appropriate can be said and rarely is anything constructive achieved. Please wait 24 hours, and if at that time, you still feel the need to discuss something with the coach, please initiate communication at an appropriate time with the appropriate coach. If resolution is not achieved, please let the AD know.

**Community Christian Sports will follow the same grievance policy as in the Community Christian School handbook.**

### **Grievance Policy**

“If your brother sins, go and show him his fault in private; if he listens to you, you have won your brother. But if he does not listen to you, take one or two more with you, so that by the mouth of two or three witnesses every act may be confirmed. If he refuses to listen to them, tell it to the church, and if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector.”

Matthew 18:15-17

As much as we would like to live in a world without disagreement and conflict, we all know that there will be times when parents, teachers and students disagree. It is essential during these times that we maintain the unity of the Body of Christ. We at CCS have developed guidelines that really are no more than the Matthew 18 Principle broken down into smaller pieces. We believe that when disagreement arises at school, or elsewhere in the Body of Christ, unity will be maintained and even strengthened when everyone agrees to abide by these principles. It is our desire that when conflict arises, we will prove ourselves to be Disciples of Christ by the manner in which we resolve it.

Nine Biblical Steps of Communication and Conflict Resolution

1. Go directly to the person(s) involved. (Matthew 18:15, Galatians 6:1)
2. Believe the best. Approach the brother or sister in love. (I Corinthians 13:4-7)
3. Be quick to listen and slow to speak. (James 1:19-20)
4. Help others practice these Biblical steps by not gossiping. Gossip leads to further division and strife, not a resolution and unity, which is the goal. (Leviticus 19:16, Proverbs 11:13, Proverbs 16:28, Proverbs 26:20, 2 Corinthians 12:20)
5. Speak the truth in love. The goal is to bring a resolution to the problem while remaining in unity. (Ephesians 4:15-16, 2 Timothy 2:24-25, Proverbs 27:6, Proverbs 10:12)
6. Do not delay. Do not let the sun go down on your anger. (Matthew 5:25, Ephesians 4:26-27)
7. Be willing to forgive and ask forgiveness. (Ephesians 4:32, Matthew 18:21-35, Matthew 6:14-15, Luke 17:3-4)
8. Follow lines of authority. If a solution is not reached at one level, take it to the next. (Titus 3:1-2, Matthew 18:16-17)
9. Be prepared to learn, grow, and have your character developed. In all “conflict” there are opportunities for growth. (1 Peter 4:19, James 1:12)