

# **Parent/Student Athletic Handbook**

**Grace Christian School  
19 South Market Street  
Staunton, VA 2401  
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[www.gcswarriors.org](http://www.gcswarriors.org)**

**The mission of Grace Christian School is to assist Christian parents by providing a sound academic education in a Christ-centered environment designed to prepare our young people to know God and to live in obedience to His will for their lives.**

**Sports Information Line: 886-9109 (select option 3)**

# TABLE OF CONTENTS

<b>Statement of Philosophy and Educational Goals</b> .....	<b>4-5</b>
Introduction.....	4
Sportsmanship Creed.....	4-5
<b>General Policies and Guidelines</b> .....	<b>5-9</b>
Sports Offered.....	5
Athletic Conference Affiliation .....	5-6
School Colors and Mascot .....	6
Finances .....	6-7
Guidelines for Structuring of Teams.....	7
Sign-Ups .....	7
Season Start Dates.....	8
Playing Time .....	8
Practices .....	8
Commitment to Team .....	8
Parent Communication with Coaches.....	9
<b>Requirements for Participation</b> .....	<b>9-11</b>
Eligibility .....	9
Practice and Game Attendance .....	9-10
Academics.....	10
Game Day Attire .....	10
Medical Forms .....	11
Use of Tobacco, Alcohol, Drugs, or Profanity.....	11
Preseason Meeting .....	11
Commitment Form.....	11
<b>Transportation</b> .....	<b>11-12</b>
Transportation to Practices .....	11
Away Games .....	11-12
Travel Behavior.....	12
<b>Communication</b> .....	<b>12-13</b>
Sports Packets .....	12
Sports Information Line .....	13
Sports Newsletter/TWAAG.....	13
GCS Website.....	13
Directions to Games.....	13
<b>Concessions/Hospitality</b> .....	<b>13</b>
<b>Team Pictures</b> .....	<b>13</b>
<b>Meals</b> .....	<b>13-14</b>
<b>Team Managers</b> .....	<b>14</b>
<b>Team Captains</b> .....	<b>14</b>
<b>Senior Game</b> .....	<b>14-15</b>

<b>Sports Banquet</b> .....	<b>15</b>
Presentations .....	15
Varsity Letter Qualifications .....	15
Awards .....	15
Retiring a Jersey.....	16
<b>Uniforms</b> .....	<b>16-17</b>
Purchase of Uniforms/Sports Apparel .....	16
Uniform Guidelines .....	16-17
<b>Inclement Weather Policy</b> .....	<b>17</b>
<b>Fields/Gym/Equipment</b> .....	<b>18</b>
<b>Parent Council</b> .....	<b>18</b>

APPENDIX A

Parent Commitment Form.....	19-21
-----------------------------	-------

APPENDIX B

Student Commitment Form .....	22-23
-------------------------------	-------

APPENDIX C

Uniform Guidelines .....	24-25
--------------------------	-------

APPENDIX D

Physical Form .....	26-27
---------------------	-------

APPENDIX E

First Aid & Emergency Medical Care Form.....	28
Important Phone Numbers .....	29

# STATEMENT OF PHILOSOPHY AND EDUCATIONAL GOALS

## Introduction

The athletic program at Grace Christian School is an extension of the larger educational program of the school. Sports provides an experiential basis to help develop in our students godly qualities such as self-discipline, endurance, self-control, diligence, sportsmanship, submission to authority, teamwork, and numerous other qualities under the godly oversight of the coaches. Sports can provide our students with "real life" experiences; with God's help, our goal is to see godly character developed in their lives through this program.

While playing to win is a by-product of our Christian value system, we must be committed to higher educational and character building goals if our program is to be successful. We, as the role models, must remember at all times that winning and losing are not the primary goals. The outcome of the event is always in God's hands; how we compete and how, as teachers, we mentor our students is the dynamic that is in our realm of control. With God's help, we must always seek to retain this higher goal. If we ever become more concerned with our win/loss record than the building of godly character, we have lost our way as teachers and may do more harm than good to our stated cause. We have seen the dynamic of less than desirable attitudes in a coach trickle down to the athletes; such a reality is a sobering reminder to coaches of their sacred trust as those who can have a profound impact in the character development of our young people.

In all cases, how we conduct our sports program must reflect our basic missions statement as a school, which is *to assist Christian parents in providing a Christ-centered education designed to prepare our young people to know God and to live in obedience to His will for their lives*. If the sports program does not reflect the clear-cut distinctives of radical, Biblical faith, it may cause far more harm than good.

## Sportsmanship Creed

The GCS sports creed follows:

*Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, that it may give grace to those who hear.*  
*Ephesians 4:29*

Many would suggest this is too idealistic a standard for the rough and tumble world of sports. Regardless, it is the standard to which all who participate in the program – coaches, students, parents and auxiliary staff – must be committed if they wish to be involved. We have determined that we will be committed to the higher standard of Christ rather than the commonly practiced standard of the world. If we do not strive to maintain such a standard by the grace of God, then we are settling for something far less than what would be Christ-pleasing or worthy of the label "Christian."

We ask for a commitment from all involved to have the attitude contained in Ephesians 4:29 in

their attitude toward officials, the athletes and coaches, fans from other schools, and each other. Critical words spoken toward any are never pleasing to our Lord, nor do they ever have any constructive result. When there are concerns, those concerned should prayerfully approach others and humbly express their concerns. If necessary, constructive appeals can be made to the athletic director, the administrator, or even directly to the school board.

Much harm and negative influence can be avoided when all involved are committed to this directive given to all Christians by Paul.

## **GENERAL POLICIES AND GUIDELINES**

### **Sports Offered**

The following sports are offered at Grace Christian School:

#### ***FALL***

Boys Soccer	Middle school, junior varsity, and varsity
Girls Volleyball	Middle school, junior varsity, and varsity

#### ***WINTER***

Girls Basketball	Middle school, junior varsity, and varsity
Boys Basketball	Middle school, junior varsity, and varsity
Wrestling	

#### ***SPRING***

Girls Soccer	Varsity
Boys Baseball	Varsity
Coed Track & Field	Junior varsity and varsity

### **Athletic Conference Affiliation**

Grace Christian School is a member of several athletic conferences. The athletic directors from each member school meet several times a year to determine conference policy concerning scheduling, conference season and tournament play, and other issues concerning our athletic programs. The conferences are governed by written constitutions.

#### ***Virginia Association of Christian Athletics (VACA)***

Grace is a member of the VACA. Members of the south region of this conference include Christian Heritage Academy, Dayspring Christian Academy, Faith Christian Academy, Faith Christian School, New Covenant Schools, Pathway Christian Academy, Southwest VA Home School, Temple Christian School, Timberlake Christian School, and Westover Christian Academy. In addition, members of the north region of this conference include Blue Ridge Christian School, Fresta Valley Christian School, Leesburg Christian School, Mt. Carmel Christian Academy, Ridgeview Christian School, Roanoke Valley Christian Schools, Shenandoah Valley Christian Academy, Stuart Hall, United Christian Academy and Grace

Christian. The conference provides competition for middle school, junior varsity, and varsity teams. Grace must let the VACA know at the beginning of each school year which teams will participate in the end-of-season tournament.

#### *Virginia Independent Schools Soccer Association (VISSA)*

This is an association made up of private schools. Grace is a member of Division II. Member soccer teams are ranked and a poll is released each week. At the end of the season, teams are ranked/seeded according to the final poll. A state tournament is held for top seeded teams. The website for this association (polls are put on website weekly) is [www.geocities.com/preleague/vissa](http://www.geocities.com/preleague/vissa).

#### *Virginia Independent Schools Girls Basketball Association (VISGBA)*

This is an association of teams from private schools throughout the state. Schools are divided into three divisions by size of school; Grace is a member of Division III. Scores/records/stats are submitted each week and teams are ranked by the General Committee. The top eight teams compete in the state tournament at the end of each season. Information on this association and weekly polls can be seen at [www.eteamz.com/visgba](http://www.eteamz.com/visgba).

#### *Virginia Independent Schools Volleyball Association (VISVA)*

This is an association made up of volleyball teams from private schools throughout Virginia. Each week, a poll is released by the State Committee. At the end of the season, a tournament is held for the top eight teams in each division. Grace is a member of Division III.

### **School Colors/Mascot**

Grace's school colors are blue, white, and orange. The mascot is the GCS Warriors.

### **Finances**

1. The athletic program will operate financially on a self-sufficient basis. Most of the funds will be raised through a per-family sports fee each season. The fee will be set at the beginning of each school year by the athletic director with final approval by the administrator.
2. The sports fee for the school year is \$150 per family per season for the first child. Each additional child in the same family is \$75. In addition, a \$25 per athlete uniform rental fee will also be charged.
3. Student fees may be paid through the school office, where individual accounts will be recorded by the school bookkeeper.
4. Additional funding for the sports program will be necessary, and will come in the form of contributions, concession sales, admission charges, and fund-raising.
5. Money from the sports fund is used to pay referees, association and conference dues, tournament fees, equipment, transportation and gas costs, uniforms, first aid supplies, and other miscellaneous costs related to the sports program.

## **Guidelines for Structuring of Teams**

It will be the goal of our program to place students on teams that will provide them with the best environment to develop emotionally, socially, physically and spiritually. We will do all possible to avoid advancing younger athletes to higher levels of competition before they are ready developmentally, even if their sports skills may be more advanced than most in their age group. While the following guidelines will need to remain flexible, they represent a general rule of thumb to which we will try to adhere:

### Boys Soccer:

Varsity – 9<sup>th</sup> – 12<sup>th</sup> Grades

### Girls Soccer

Varsity – 8<sup>th</sup> – 12<sup>th</sup> Grades

### Boys and Girls Basketball; Girls Volleyball

Middle School – 6<sup>th</sup> – 8<sup>th</sup> Grades

Junior Varsity – 7<sup>th</sup> – 10<sup>th</sup> Grades

Varsity – 8<sup>th</sup> – 12<sup>th</sup> Grades

### Boys Baseball

Varsity – 8<sup>th</sup> – 12<sup>th</sup> Grades

### Track & Field

Junior Varsity/Varsity – 7<sup>th</sup> – 12<sup>th</sup> Grades

The makeup of each team will be determined by the head coach with input and approval by the athletic director and, during basketball season, the director of basketball program.

Exceptions to these guidelines will be made only when the parents, coaches and athletic director believe it will be in the athlete's best interests.

## **Sign-ups**

In order for the athletic director and coaches to plan (number of teams, uniforms, schedule, etc.), there will be a preliminary sign-up sheet posted before every season on a sports bulletin board. Before the season starts, notice will be given to all players via email about the first practice and/or tryouts.

## **Season Start Dates**

As per conference rules, the fall season will not begin before August 1. The winter season begins November 1, and the spring season begins March 1.

## **Playing Time**

The following guidelines are established concerning game time for the athletes at the various team levels:

Middle School – minimum 25%

Junior Varsity/Varsity – while coaches at both levels should do all possible to reward athletes with as much playing time as possible, the coach will play to win by using his judgment in placing what he feels to be his best team in the playing arena. Much is to be learned both by those who play more and those who play less in terms of putting the interests of the team above those of individual players. This dynamic of playing time provides a real life experience for our athletes in this regard.

### **Practices**

In general, the number of practices per week in preseason and the number of games/practices per week after games start will be as follows:

Varsity: 5 per week

Junior Varsity: No more than 5 per week

Middle School: No more than 4 per week

Once games begin, the number of games/practices per week will be as follows:

Varsity: 5 per week

Junior Varsity: 4-5 per week

Middle School: 3-4 per week

Practices may be scheduled on Saturdays. Practices scheduled over holiday breaks will be optional for those who will be traveling and out of the immediate area.

Coaches should be sensitive to players who attend church services/youth group on Wednesday evenings and should allow players to leave practice early.

### **Commitment to Team**

Athletes should agree to commit to the team, as their commitment affects coaches, their teammates, and the school. If an athlete quits the team, that student will not be allowed to try out for any other sport that particular year. Some circumstances may arise that are beyond the student's control; this will be taken into account by the coach and athletic director.

### **Parent Communication With Coaches**

If an athlete has a concern with the coach, he/she should talk to coach and work out the issue. If it cannot be worked out, then the parent should set up a meeting with the coach to discuss the issue. If the issue cannot be resolved, please bring the concern to the athletic director.

## **REQUIREMENTS FOR PARTICIPATION**

### **Eligibility**

1. All athletes must be full-time students in order to participate in sports. Homeschoolers will be considered in sports that are allowed through VACA.
2. Grace Christian School will abide by individual eligibility requirements as outlined in the conference constitutions.
3. If a player misses a portion of the preseason practices, the coach and athletic director will decide when the athlete is eligible to begin participating in games.
4. It is considered a privilege for students to be able to represent their school through participation in athletic and other extra-curricular activities. However, such participation is predicated upon each student fulfilling his/her primary responsibilities in everyday school affairs. Students who fail to consistently abide by basic school policies, respect attendance and punctuality guidelines, and maintain responsible classroom performance standards may lose their eligibility to participate in athletic and extra-curricular activities. When such concerns are raised, the principal will consult with relevant staff in order to evaluate a student's eligibility for extra-curricular/athletic participation.

### **Practice and Game Attendance**

1. Athletes are expected to attend all practices and games except for illness or an important family trip. Routine doctor and dental appointments should not be scheduled during practice and games. Athletes should notify their coach as far in advance as possible if he/she plans to miss a practice.
2. If a student athlete misses a game(s) or practice(s) due to a planned "pleasure" trip, the athlete will need to give prior notice to the coach of the trip and understand that playing time will decrease for a period of time as to allow the other players who continued to come to practices a fair amount of playing time.
3. Punctuality is important. Players are expected to be on time for all practices and game. The coach will communicate to his/her players the consequences of being late for events.
4. If a player must miss a practice due to illness, he/she should contact the coach and let him/her know directly. Most coaches have answering machines, cell phones, etc. If the coach cannot be reached, communication should be made to the Athletic Director. Students should not relay messages to coaches through teammates except in extenuating circumstances.
5. If a player has an injury (sprained ankle, etc.), he/she will be expected to attend all practices and games unless arrangements are made with the coach. Injured players should dress in game day attire (or warm-ups where appropriate) and sit on bench with team during a game.
6. Students must be at school by 4<sup>th</sup> period unless there are extenuating circumstances in order to be able to practice or participate in a game unless other arrangements have been made with the athletic director.

7. Students returning from athletic trips or late night games are expected to be on time for school the next day.
8. Students are discouraged from participating on other sports team at the same time during a Grace sports season. If a student chooses to do so, he/she must give priority to the GCS team commitment over the other team unless satisfactory arrangements have been made in advance with the coach.

### **Academics**

Student athletes are expected to maintain reasonable academic performance in order to maintain eligibility for sports participation. If the school principal determines that a student is not maintaining reasonable grades or is incomplete in assignments, she may refer the matter to a committee consisting of the athletic director, the principal, the coach, and the teachers, who have the authority to place the athlete on academic probation or temporarily suspend him/her from the team.

If a student athlete receives a work detention, it will be the athlete's responsibility to contact the coach in the event the detention interferes with a scheduled practice. Athletes may not reschedule detentions because of practices. Athletes may reschedule detentions directly with the athletic director if there is a conflict with a game. However, this must be done in advance of the game day. Multiple detentions may result in suspension from a team.

### **Game Day Attire**

Students must "dress up" on game days. Men will wear dress slacks and ties, and ladies will wear dresses or skirts and blouses. Students will not be permitted to participate in games on days they are not in compliance with this dress guideline.

Students represent Grace Christian when they are traveling to and from an athletic event. The same game day attire will be worn to all games. On the return trip, a coach may allow athletes to wear game uniforms or school-issued warm-ups. (Exception: Soccer and baseball players may travel to games in uniforms/warm-ups)

On days of home games, athletes are expected to arrive at the gym in game day attire OR complete uniform. After a game, athletes should stay in uniform or they may change back into their game day attire.

### **Medical Forms**

All JV and Varsity athletes are required to have a physician complete the GCS Sports Physical Form and Medical Release Form (Appendix D and E) before they are allowed to participate in sports practices and games. Forms should be turned in to the school office. The physical must be completed after May 1 for the upcoming school year. The physical will cover the athlete for the entire calendar year. Any athlete who has not turned in a completed signed physical form and first aid form may not play or practice. Physical forms can be downloaded from the GCS website – [www.gcswarriors.org](http://www.gcswarriors.org).

Middle School sports may opt to sign a medical waiver in lieu of a physical.

### **Use of Tobacco, Alcohol, Drugs, or Profanity**

Use of tobacco, alcohol, or drug products will result in automatic dismissal from any GCS sports team. In addition, students who use profane or abusive language, or demonstrate unacceptable behavior will be subject to suspension as determined by the coach, athletic director, and administrator.

### **Preseason Meeting**

At least one parent of each athlete should attend a pre-season meeting with coach and athletic director. Parents will be notified of the meeting by email.

### **Commitment Form**

Athletes may not participate in GCS athletics until they have read and signed both the Student Commitment Form (Appendix B) and the Uniform Guideline form (Appendix C) and returned both to the athletic director. Parents must read and sign the Parent Commitment Form (Appendix A) and the Uniform Guidelines form (Appendix C).

## **TRANSPORTATION**

### **Transportation to Practices**

In sports where the Activities Center is used, athletes may be shuttled via school bus to the gym for after school games and practices.

During the soccer season, athletes are to walk to the VSDB soccer field for games and practices in pairs.

### **Away Games**

1. Athletes will be transported to away games via school bus driven by a school-approved and CDL-licensed driver. In addition, athletes may be transported in private vehicles driven by parents/school staff. When transported by private vehicle, all drivers should meet school criteria to serve as an approved driver and fill out Approved Driver Form (on file in school office). Students are not to travel in 15-passenger vans.
2. In no cases are unauthorized personnel to be allowed to drive any school vehicle or transport GCS athletes in private vehicles on school trips unless pre-arranged by the athletic director. Students are not authorized to drive school vehicles.
3. Players will ride as a team in school vehicles to and from games unless a special situation, approved by the coach, warrants a player riding with his/her parent. Players are to ride back to the school/gym after a game with the team unless there is a special circumstance warranting the player to ride back with his/her parents. Players may not leave away games with other student(s) or student drivers.

4. In no case should any vehicle be loaded beyond capacity. Each driver is to ensure that all passengers are seat-belted and their conduct appropriate to the safety of the students during the trip. Any student behavioral problems should be reported immediately to the coach and/or athletic director.
5. Drivers should not exceed the posted speed limit.
6. Buses will either return to the middle school, high school, or Activities Center. Please call the Sports Information Line for time and location of bus arrival.

### **Travel Behavior**

Athletes represent Grace Christian School – whether on the court or traveling “down the road.” When traveling to away games on a school bus, the following guidelines should be adhered to by players:

- Players should not stand while the bus is moving.
- No hands, heads, or talking out the bus windows.
- No throwing of any object outside of the window or in the bus.
- Ipods and other electronic devices are not allowed on athletic trips.
- Students are to enter and exit from the front of the bus only.
- Students may not use cell phones unless permission is granted by the coach.
- Only drinks with caps/tops may be brought on the bus.

Coaches are to ensure that the team thoroughly cleans the vehicle in which they were riding upon return to the school. All team members should be involved in this clean-up process. This includes sweeping out the bus. No team member is to be dismissed from the dismissal area until the coach has inspected the vehicle and declared it clean.

## **COMMUNICATION**

### **Sports Packets**

A packet with information about each season will be distributed to each parent at the pre-season meeting. This packet will contain game schedules, hospitality and/or concession schedule, information on box suppers, rosters, and other pertinent information about the season.

### **Sports Information Line**

The daily game schedule will be placed on the Sports Information Line each morning. In addition, parents may call the Sports Information Line for arrival time back at the gym or school.

**THE SPORTS INFORMATION NUMBER IS 886-9109, MENU ITEM #3.**

### **Communication**

During the sports season, e-mails will be sent each week updating parents and players on changes in game schedule, hospitality and/or concessions reminders, update on game results and records, etc.

MaxPreps – JV and Varsity athletes can keep up with team stats, records, etc. at [www.maxpreps.com](http://www.maxpreps.com).

### **GCS Website**

The sports schedules each season will be posted on the GCS website. In addition, the E-Newsletters are posted each week. GCS's website is [www.gcswarriors.org](http://www.gcswarriors.org).

### **Directions to Games**

Directions to all away games are located on the school website.

## **CONCESSIONS/HOSPITALITY**

All athletes' parents are part of the Hospitality Committee. Depending on the sport, parents will be assigned to help at the Fast Break concession stand, work at the gate at the Activities Center, bring oranges at halftime for soccer and baseball teams, help with water, etc. The schedule will be sent home in the pre-season sports packet. If the schedule does not suit, parents may "switch" with other parents or make other arrangements.

In addition, it has been a "tradition" for parents to decorate and/or give a small "treat" to athletes on game dates. Parents will be assigned dates for "locker" hospitality. This is purely optional and can be as simple as a word of encouragement, a small piece of candy, a scripture verse, etc.

## **TEAM PICTURES**

Team pictures will be taken each season on a pre-determined day. This is an optional service for parents. Parents may choose to purchase as many as they wish. Checks will be made payable directly to the photographer.

## **TEAM MANAGERS**

Team managers must be approved by the Athletic Director. Team managers will be considered part of the team.

Team managers should attend all home and away games, tournaments, and may attend practices. Managers are responsible for water bottles and/or coolers/cups. The coach should give each manager a list of additional responsibilities, such as helping keep stats, helping with first aid supplies, ice, etc.

Managers should wear game day attire or school-issued polo shirts with "Warrior" logo on game days. Managers must wear game day attire or polo shirt while "on the bench."

It is permissible for a male to manage a female team and vice versa if approved by the coach and athletic director. However, when a manager is of the opposite sex, he/she will not travel with the team to away games on the team bus.

All school and athletic policies apply to the team managers.

## **TEAM CAPTAINS**

Team captains will be appointed by the coaches with approval of the athletic director.

Qualities of team captains should include leadership, knowledge of the game, dedication, and commitment.

Coaches will communicate responsibilities to the team captains.

It will be the responsibility of the team captain(s) and the team parent representative to meet with his/her team to decide how much to spend and what gift to give to coach(es) at sports banquet.

## **SENIOR GAME**

One of the last home varsity games of each season will be designated as the “Senior Game.” Senior players will be recognized at a time suitable to the coach (before game, at half time, after game). Seniors and their parents should come to center court or field as a short description of player’s accomplishments are read by an administrator, athletic director, or other designated person. In addition, comments from teammates and coaches about each player can be shared at this time. Seniors will present their parents with a flower (provided by the sports department) and a key chain will be presented to the seniors (provided by sports department). The key chain will be engraved with name of player.

## **SPORTS BANQUET**

A sports banquet will be held at the end of each season to recognize junior varsity and varsity athletes. A committee will meet to decide whether the banquet is to be potluck, catered, a dessert banquet, etc. Invitations are to be sent home to each family via email. Parents and athletes should RSVP in a timely manner so that the banquet committee has an estimate of the number attending. If a formal banquet is held, students are to dress in game day attire. All athletes are expected to attend.

Middle school coaches should organize, with the help of parents, an informal “end of season” gathering for athletes and families. At this time, a certificate of participation for all middle school players will be given out.

### **Presentations**

After each of the coach’s presentations, the captain or other team members will have an opportunity to thank their coach and give out “team gifts” to coaches. Team captains should

meet with their team in the weeks before the banquet to decide – as a team – how much to spend and what gifts to purchase. Suggested recipients include coach and assistant coach, team manager, and team bookkeeper.

### **Varsity Letter Qualifications**

Athletes will receive an athletic letter at the completion of his/her first varsity year in a particular sport. A bar will be given for every year after that.

The head coach has the prerogative to issue or withhold a letter for extenuating circumstances such as early season injuries, team or league violations, etc. In all cases, students must complete the season as a member of the team in order to letter. In cases of special circumstances, each situation will be reviewed by the athletic director.

Criteria for Lettering for each sport:

- Students must have completed the entire season.
- Student must attend practices and games unless excused by the coach.
- All equipment and uniforms must have been turned in.

### **Awards**

All junior varsity players will receive a JV pin and Certificate of Participation. Varsity players will receive a certificate, a pin, a letter (first time – see criteria), and special awards as deemed appropriate by the coach. No awards will be given to junior varsity players.

### **Retiring a Player's Jersey**

Upon a coaches' recommendation, a committee appointed by the athletic director will meet to determine whether or not to retire the jersey of a player. Criteria that can be used: Number of career points, goals, awards earned, etc.

## **UNIFORMS**

Teams wear uniforms to show unity. After all, we play as a team – not as individuals! Athletes are required to wear uniforms issued to them. Teams are not allowed to independently purchase additional or different items to be worn as part of the team uniform *unless approved by the athletic director*.

- Uniform replacement will be rotated each year – as finances allow – among the sports' teams.
- These uniforms are to be cared for by athletes and returned in good condition at the end of each season.
- Some uniform items will need to be purchased by players in each sport, including shin guards, cleats, and soccer socks (soccer); kneepads, socks, and court shoes (volleyball); baseball cap (baseball); and socks and basketball shoes (basketball).

## **Purchase of Uniforms/Sports Apparel**

No private purchases of t-shirts, warm-ups, or other apparel to be used by the team is to be authorized unless first approved by the athletic director.

## **Uniform Guidelines**

Parents and student athletes will be asked to sign and be commit to the Uniform Guidelines (Appendix C) for use of team uniforms. These guidelines include the following:

1. Athletes are issued uniforms in labeled Ziploc bags at the beginning of each season.
2. Uniforms must to be returned in the same labeled bag at the end of the season. They should be laundered and in the same condition as they were issued, assuming normal wear and tear. Students will be charged for replacement of any damaged and/or lost uniforms or parts of uniforms. A work detention will be given to athletes who fail to return uniforms when due.
3. Uniforms are only to be worn at games. They are not to be worn to practices or any event outside of school. This includes jerseys, shorts, shooting t's, and warm-ups.
4. On game days, students should travel to and from games in their game day attire. If a coach gives the team permission, they may travel to and from games in their entire uniforms.
5. Uniforms should not be mixed with street clothes. When uniforms are worn, players must be in complete uniform (top and bottom).
6. When warm-ups are worn, they are not to drag the ground as this frays hemlines. We would like to make our uniforms last for many years.
7. On days of home games, players are to arrive at the gym in either their complete uniform or their game day attire. Students may change back into their school clothes or wear warm-ups after the game if given permission by the coach.
8. Warm-ups should not be washed unless absolutely necessary. Please follow washing instructions on the tags for uniforms and warm-ups. Please avoid drying any part of uniforms in dryers.
9. Jewelry should not be worn during practices and games. This includes bracelets, earrings, watches, and rings. You are responsible for the security of your jewelry if it is worn to a game or practice. (Please do not bring jewelry to scorer's table for safekeeping.)
10. Players are encouraged to wear good athletic shoes that protect feet and ankles. Shoes should be predominantly white. All volleyball and basketball socks must be white ankle or crew length athletic socks unless approval is given by the athletic director.

11. Temporary tattoos or other markings on athletes are not allowed. In addition, glitter, excessive make-up, and metal hair clips are not allowed.

## **INCLEMENT WEATHER POLICY**

On days when school is closed due to inclement weather, there will be no practices or games unless road conditions are deemed safe and there is a clearance from the administrator and/or athletic director. Parents should call the Sports Information Line for information pertaining to cancellation of games and practices. Coaches may also contact athletes through prearranged plans (phone chain, captains, etc.)

For teams that practice and play outside during the fall and spring, rainy weather may be a factor. Games and/or practice may be cancelled due to heavy rain or a soggy field. In case of thunder and lightning, all teams should be removed from the field immediately and a waiting period of 20 minutes should follow before teams are allowed to continue play.

## **FIELDS/GYM/EQUIPMENT**

### **VSDB Field**

Soccer players and parents are to abide by rules as set forth by VSDB in regards to their fields. In particular, please adhere to the following guidelines:

- No skateboards are allowed on campus.
- Please park in designated parking spots.
- No dogs or other pets are allowed on soccer fields without a leash.
- Please stay out of the buildings and do not wander around the VSDB campus.
- Bathroom facilities are not available on the campus.
- Fans are not to play on playing field at halftime or after games.
- Fans are to sit on opposite side of playing field from the players' bench.

### **Activities Center**

We want to be good stewards of this wonderful facility with which we have been blessed. Please help us take care of it!

- Do not climb the flagpoles in front of the gym.
- No street shoes allowed on the gym floor.
- No hanging on the baskets.
- Coaches, players and managers only are allowed in annex and locker rooms.
- Please enter and exit by front glass doors (except in cases of emergency).
- Team members are to leave locker room clean after games and practices.
- Please report any damage to coach or athletic director. Students will be expected to pay for any damage done to Activities Center resulting from their actions.
- No unsupervised children outside of gym.
- Fans are not allowed on the court during halftime unless an activity is scheduled ("Soda

Shoot,” etc.).

### **Equipment**

We also want to be good stewards with our equipment. During volleyball and basketball season, balls are not allowed outside of the gym. Balls should be picked up during practice. Players should put up all equipment after practice and/or games.

### **PARENT COUNCIL**

A Parent Council will be formed during volleyball and basketball seasons. Members of this council will include one parent representative from each team. The council will meet with the director of basketball program and/or athletic director on a scheduled basis. The council members will serve as the liaison between the athletic director/director of basketball program and the other team parents. In addition, members of the Parent Council will help the coaches in whatever ways they are needed.

# APPENDIX A

An important key to the quality of the overall school program – including sports – is the involvement and attitude of the parents. It is the parents who exert the most influence on the students, and it is the parents who set the tone for student attitudes as well as the tone at the actual athletic events. Parents will be asked to indicate their commitment and support to the basic goals of this program by signing the following commitment form, which outlines standards we feel essential to conducting a successful Christian sports program.

## Parent Sports Commitment Form

The athletic program at Grace Christian School is an extension of the larger educational program of the school. While the classroom is so often limited to the theoretical, sports provides an experiential basis to help develop in our students godly qualities such as self-discipline, endurance, self-control, diligence, sportsmanship, submission to authority, teamwork, and numerous other qualities under the godly oversight of the coaches. Sports can provide our students with "real life" experiences; with God's help, our goal is to see godly character develop through this program.

It is our experience that sports, because of its competitive nature, often brings out the “worst” in our sinful human nature. We must not be surprised when we see this less desirable aspect of human nature; however, it is in the context of these real life situations that we must recognize and capitalize on the opportunities as coaches, staff and parents to role model, mentor and instruct our students in the godly qualities that can be taught in the face of adversity, winning and losing, the need to endure, and the other highs and lows so common to sports.

In this context, we ask parents of all student athletes to be committed to the following guidelines in order to help ensure the maximum educational and spiritual benefit for our students.

1. I will be committed to the GCS Sportsmanship Creed, as follows:

*Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, that it may give grace to those who hear.*  
*Ephesians 4:29*

While this is a high standard, it represents the distinctive that must characterize our sports program if it is to be distinctively Christian. This general principle should apply to all aspects of GCS athletics. We agree to respect the judgment of officials and accept their decisions.

2. We understand the coach is one who has committed to sacrificing large amounts of his personal time in order to work with our young people. We commit ourselves to supporting him in all ways possible. We specifically commit to refraining from criticizing him or her to others, or to our children. If we have concerns, we will first commit them to Christ in prayer, and then speak directly with him or her in a private manner if we still feel it necessary. If we are not satisfied after speaking with the coach, we will then approach the athletic director or school administrator, with the intent of dealing with our concerns in a Biblical manner.
3. At athletic events, we will refrain from public criticism of the officials or players and coaches from other teams. If we have significant concerns during the game which we feel need to be addressed, we will express them to a school official.
4. We will not berate or criticize our children or those of other parents during athletic events. We will contribute to maintaining an encouraging base of fan support at all times.
5. We acknowledge that a natural parental tendency often-times is to view our children and their participation in athletics as a parental “alter ego” dynamic, if we are not careful. With God’s help, we will refrain from pressuring our children or placing unrealistic expectations upon their sports achievement and performance.
6. We recognize that sports is much like real life. Participation on sports teams does not always represent that which is “fair” or the “perfect” environment. We recognize that such experiences – within reasonable parameters – provide our children with real life scenarios that will help prepare them for the realities of adult life. Instead of quickly intervening in order to try to make a perfect little world for our child, we will seek God’s wisdom in making the most of helping our child to work through the difficulties he or she may be encountering in a manner pleasing to the Lord.
7. We understand that the GCS sports philosophy from the earliest years of the youth program through the sixth/seventh grade team level is to seek to provide comparable game playing time for each team member. While this cannot be precise, the coaches will do their best to ensure comparable opportunities for each athlete.

At the 6<sup>th</sup>/7<sup>th</sup> grade level, athletes should receive comparable playing time. At the middle school level, athletes should each play 25% of the game. At the junior varsity through varsity levels, the coaches will do all possible to give playing time to each team member. However, at this more competitive level, the coaches will use their judgment in placing what they consider to be the best combination of players on the field or floor in order to win the game. Comparable playing time for individual athletes will not be a primary consideration at this level. Those who have played and coached at this level understand that there are valuable lessons – even for those with less playing time – in learning to be committed to the best interests of the overall team and in learning to defer to the coach’s judgment.

8. We understand that the sports program is funded primarily by the sports fee assessed to each student participant. This fee helps cover the cost of uniforms, supplies and equipment, transportation, and game officials. In addition, parents at the middle school and high school levels will be expected to assist in operating the concession stand as well as other game-related needs, such as ushering, working at the gate, helping with the books and scoreboards when needed, and general clean-up.

I (We) have read the Parent/Student Handbook and Parent Commitment Form. I agree with the above guidelines for parents and will support them to the best of our ability, and by the grace of God.

Student Name: \_\_\_\_\_ Sports Team: \_\_\_\_\_

Parent Signatures: \_\_\_\_\_ Date: \_\_\_\_\_

# APPENDIX B

Student athletes in grade six and above will have the following understanding and commitment form explained to them before each season in which he/she participates. They will be expected to agree with and sign this form before being allowed to participate in the GCS sports program.

## **GCS Sports Program Student Understanding and Commitment Form**

The athletic program at Grace Christian School is an extension of the larger educational program of the school. While the classroom is so often limited to the theoretical, sports provides an experiential basis to help develop in our students godly qualities such as self-discipline, endurance, self-control, diligence, sportsmanship, submission to authority, teamwork, and numerous other qualities under the godly oversight of the coaches. Sports can provide our students with "real life" experiences; with God's help, our goal is to see godly character develop through this program.

Students athletes are expected to understand and be committed to supporting the following guidelines and policies in order to help ensure a positive sports experience for all involved and also to represent the school and themselves in a Christ-honoring manner.

1. I will be committed to the GCS Sportsmanship Creed, as follows:

*Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, that it may give grace to those who hear.*

*Ephesians 4:29*

While this is a high standard, it represents the distinctive that must characterize our sports program if it is to be distinctively Christian. This general principle should apply to all aspects of GCS athletics, including our attitude to fellow players, our coaches and other school officials, players, coaches and fans from other teams, and game officials.

2. I understand the coach is one who has committed to sacrificing large amounts of his personal time in order to work with us. I commit myself to supporting him in all ways possible. I specifically commit to refraining from criticizing him or her to others. If I have concerns, we will first commit them to Christ in prayer, and then speak directly with the coach in a private manner and/or with our parents if we still feel it necessary.
3. I will agree to attend and be on time for all practices, meetings, and games and will agree to accept the consequences when late. If it is necessary for me to miss a practice or game for reasons other than illness, I will notify the coach as far in advance as possible. If I am participating on another sports team at the same time as my participation on a GCS team,

I will give priority to my GCS team commitment over my other team unless satisfactory arrangements have been made in advance with my coach.

4. I agree to inform my coach of an illness or injury that may affect my playing. I understand that lack of practice due to an injury may limit my playing time and that I am still responsible to attend practices and games when injured unless excused by my coach.
5. I understand that use of tobacco, alcohol, or drug products will result in automatic dismissal from any GCS sports team.
6. I understand that I am not to use CD players, tape players, radios, or similar devices on away game trips.
7. I understand that I will “dress up” on game days. Men will wear shirts and ties, and ladies will wear dresses or skirts and blouses. The same attire will be worn to the games and on the return trip unless directed otherwise by the coach. Students will not be permitted to participate in games on days they are not in compliance with this dress guideline.
8. Student athletes are expected to maintain reasonable academic performance in order to maintain eligibility for sports participation. If the school principal determines that a student is not maintaining reasonable grades, she may refer the matter to a committee consisting of the athletic director, the teachers, who have the authority to place the athlete on academic probation or suspend him or her from the team.
9. If a student athlete receives a school work detention, it will be the athlete’s responsibility to contact the coach in the event the detention interferes with a scheduled practice. Athletes may reschedule detentions directly with the athletic director if there is a conflict with a game. However, this must be done in advance of the game. Multiple detentions may result in suspension from a team.
10. I have read and agree to the guidelines set forth concerning uniforms.
11. As a part of the GCS sports creed, abusive or profane language is considered unacceptable and may result in suspension or dismissal from the team.
12. I agree to give a 100% effort during games and practices.

I have read the Parent/Student Handbook and the Student Commitment Form. I agree to these above guidelines for students and will support them to the best of my ability, and by the grace of God.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Sports Team: \_\_\_\_\_

# **APPENDIX C**

## **UNIFORM GUIDELINES**

1. All athletes pay a uniform fee each season for rental of team uniforms.
2. Athletes are issued uniforms in labeled Ziploc bags at the beginning of each season.
3. Uniforms must to be returned in the same labeled bag at the end of the season. They should be laundered and in the same condition as they were issued. Students will be charged for replacement of any damaged and/or lost uniforms or parts of uniforms. A work detention will be given to athletes who fail to return uniform as issued.
4. Uniforms are only to be worn at games. They are not to be worn to practices or any event outside of school. This includes jerseys, shorts, shooting t's, and warm-ups.
5. On game days, students should travel to and from games in their game day attire. If a coach gives the team permission for special situations, they may travel to and from games in their uniforms.
6. Uniforms should not be mixed with street clothes. When uniforms are worn, players must be in complete uniform (top and bottom).
7. When warm-ups are worn, they are not to drag the ground as this frays hemlines. We would like to make our uniforms last for many years.
8. On days of home games, players are to arrive at the gym in either their complete uniform or their game day attire. They should remain in uniforms or change into game day attire after games.
9. Managers must wear school issued "Grace" polo shirts or they must be in game day attire.
10. Warm-ups should not be washed unless absolutely necessary. Please follow washing instructions on the tags for uniforms and warm-ups. Please avoid drying any part of uniforms in dryers.
11. Jewelry should not be worn during practices and games. This includes bracelets, earrings, watches, and rings. You are responsible for the security of your jewelry if it is worn to a game or practice. (Please do not bring jewelry to scorer's table for safekeeping.)

12. Players are encouraged to wear good athletic shoes that protect feet and ankles. Shoes should be predominantly white. All socks must be white. Volleyball and basketball players should wear ankle or crew length athletic socks.
13. Temporary tattoos or other markings are not allowed.

Date \_\_\_\_\_

I have read and agree to follow the above guidelines for uniforms.

Signature of player \_\_\_\_\_

Signature of parent \_\_\_\_\_

**APPENDIX D**  
**Physician's Certificate**  
**For**  
**Participation in School Sports**

Name of Student: \_\_\_\_\_ School Year: \_\_\_\_\_  
Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_  
Sports to Participate in: \_\_\_\_\_

Eyes \_\_\_\_\_  
Ears \_\_\_\_\_  
Nose \_\_\_\_\_  
Throat \_\_\_\_\_  
Teeth \_\_\_\_\_  
Skin \_\_\_\_\_  
Lymphatics \_\_\_\_\_  
Heart \_\_\_\_\_  
Lungs \_\_\_\_\_  
Abdomen \_\_\_\_\_  
Genitalia/hernia \_\_\_\_\_

Peripheral pulses \_\_\_\_\_  
Cervical spine/neck \_\_\_\_\_  
Back \_\_\_\_\_  
Shoulders \_\_\_\_\_  
Arm/elbow/wrist/hand \_\_\_\_\_  
Knees/hips \_\_\_\_\_  
Ankles/feet \_\_\_\_\_  
BP \_\_\_\_\_  
Pulse (rest) \_\_\_\_\_  
(exercise) \_\_\_\_\_  
Urinalysis \_\_\_\_\_

**Please List:**

Physical Limitations: \_\_\_\_\_

Allergies: \_\_\_\_\_

Is student presently taking medication? \_\_\_\_\_ If so, what type? \_\_\_\_\_

Significant past illness or injury: \_\_\_\_\_

Comments, Special Problems, etc.: \_\_\_\_\_

I certify that \_\_\_\_\_ (name of student) was examined and is physically fit to actively participate in after-school sports programs at Grace Christian School

Physician Signature: \_\_\_\_\_, M.D. Date: \_\_\_\_\_

Physician Name (please print): \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

## Medical History

This form should be completed by patient. The physician will review the answers with you.

	YES	NO
1. Have you ever had any of the following? .....	_____	_____
heart murmur.....	_____	_____
high blood pressure .....	_____	_____
other heart problems .....	_____	_____
broken bones .....	_____	_____
weak joints – ankles, knees .....	_____	_____
concussion.....	_____	_____
operation .....	_____	_____
seizures or epilepsy .....	_____	_____
2. Have you ever fainted or passed out? .....	_____	_____
3. Have you ever been knocked out? .....	_____	_____
4. Have you ever been hospitalized?.....	_____	_____
5. Have you ever had to stop exercising because of chest pain or shortness of breath? .....	_____	_____
6. Have you ever had significant allergies? .....	_____	_____
hay fever.....	_____	_____
asthma .....	_____	_____
bee stings.....	_____	_____
foods.....	_____	_____
medications .....	_____	_____
7. Do you take any medicine regularly?.....	_____	_____
8. Have you had any illness lasting a week or more? .....	_____	_____
9. Have you had any blood disorders? .....	_____	_____
10. Has any family member had a heart attack, heart problems or other sudden death before age 50? .....	_____	_____
11. Do you wear contact lenses; eye glasses or dental appliances? .....	_____	_____
12. Do you have any missing or non-functioning organs such as testes, eye, kidney, etc. ...	_____	_____
13. Menstrual History:		
(a) What age started/stopped? .....	_____	_____
(b) Do you have any menstrual problems? .....	_____	_____
14. DATE OF LAST TETANUS IMMUNIZATION _____		

Please explain any yes answers from above: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

I certify that the above information is true and correct.

\_\_\_\_\_ Date: \_\_\_\_\_

Signature of Patient

# IMPORTANT PHONE NUMBERS

## **Activities Center – 886-7690**

### **Debbie Summers – Athletic Director**

Office 886-9109

Cell 480-2474

### **John Morrison – Headmaster**

Office 886-9109

Home - 886-0367

### **Verne Canfield – Director of Basketball**

Home 248-5539

Cell 255-3498

### ***Staunton Daily News Leader***

Scores 885-7281

Fax 885-1904

### **Associated Press Score Center**

1-800-300-8340

### **Randy Knight – Operations and Maintenance**

Home 337-1178

Cell 430-6918

