

# **Parent/Student Athletic Handbook**

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# 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.

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 and staff to role model, mentor and instruct our students in the godly qualities that can be taught in the face of adversity, winning and losing, discouragement, the need to endure, and the other highs and lows so common to sports.

While playing to win is a byproduct 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	Varsity, Middle School (Coed), Junior (Coed)
Girls Volleyball	Varsity, Junior Varsity, Middle School
Boys Cross Country	Varsity, Middle School
Girls Cross Country	Varsity, Middle School

#### **WINTER**

Boys Basketball	Varsity, Junior Varsity, Middle School, Junior (3-5)
Girls Basketball	Varsity, Junior Varsity, Middle School, Junior (3-5)
Boys Wrestling	Varsity

#### **SPRING**

Girls Soccer	Varsity, Middle School
Boys Baseball	Varsity
Coed Golf	Varsity, Middle School

### **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, Parkway Christian School, Roanoke Valley Christian School, Smith Mountain Lake Christian Academy, Southwest VA HomeSchool, 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, Mt. Carmel Christian Academy, Regents School, Ridgeview Christian School, Stuart Hall, United Christian Academy and Grace Christian. The conference provides competition for middle school, junior varsity, and varsity teams. Grace will compete in the VACA post-season tournament as our first priority.

**Virginia Independent Schools Athletic Association (VISAA)**

Grace is a member of the Virginia Independent Schools Athletic Association. It is an umbrella organization for most sports. We are a member of Division III. A weekly poll is listed on the VISAA website. After our VACA season is completed we may qualify for the VISAA state playoffs.

**School Colors/Mascot**

Grace’s school colors are navy 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 fees for the school year are:

<b>JV/Varsity Sports:</b> \$200.00 Volleyball, Soccer, Basketball, Baseball, Wrestling
<b>Middle School Sports:</b> \$125.00 Volleyball, Soccer, Basketball, Cross Country, Golf
<b>Cross Country &amp; Golf:</b> \$150.00
<b>Home School Players:</b> pay an additional \$25.00

3. Additional funding for the sports program will be necessary, and will come in the form of contributions, concession sales, admission charges, and fund-raising.
4. Money from the sports fund is used to pay referees, association and conference dues, tournament fees, equipment, transportation and gas costs, 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 than they are ready for, 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: 8<sup>th</sup>-12<sup>th</sup> Grade  
Middle School (Coed): 6<sup>th</sup>-8<sup>th</sup> Grades  
ES Soccer (Coed): 3<sup>rd</sup>-5<sup>th</sup> Grades
- Girls' Volleyball** – Varsity: 8<sup>th</sup>-12<sup>th</sup> Grade  
Junior Varsity: 8<sup>th</sup>-10<sup>th</sup> Grades  
Middle School: 6<sup>th</sup>-8<sup>th</sup> Grades
- Boys' Cross Country** – Varsity: 8<sup>th</sup>-12<sup>th</sup> Grades  
Middle School: 5<sup>th</sup>-8<sup>th</sup> Grades
- Girls' Cross Country** – Varsity: 8<sup>th</sup>-12<sup>th</sup> Grades  
Middle School: 5<sup>th</sup>-8<sup>th</sup> Grades
  
- Boys' Basketball** – Varsity: 8<sup>th</sup>-12<sup>th</sup> Grades  
Junior Varsity: 8<sup>th</sup>-10<sup>th</sup> Grades  
Middle School: 6<sup>th</sup>-8<sup>th</sup> Grades  
Junior: 3<sup>rd</sup>-5<sup>th</sup> Grades
- Girls' Basketball** – Varsity: 8<sup>th</sup>-12<sup>th</sup> Grades  
Junior Varsity: 8<sup>th</sup>-10<sup>th</sup> Grades  
Middle School: 6<sup>th</sup>-8<sup>th</sup> Grades  
Junior: 3<sup>rd</sup>-5<sup>th</sup> Grades
- Boys' Wrestling** – Varsity: 8<sup>th</sup>-12<sup>th</sup> Grades
  
- Girls' Soccer** – Varsity: 8<sup>th</sup>-12<sup>th</sup> Grades  
Middle School: 6<sup>th</sup>-8<sup>th</sup> Grades
- Boys' Baseball** – Varsity: 8<sup>th</sup>-12<sup>th</sup> Grades  
Junior Varsity 7<sup>th</sup>-10<sup>th</sup> Grades
- Boys' and Girls' Golf** – Varsity: 8<sup>th</sup>-12<sup>th</sup> Grades  
Middle School: 6<sup>th</sup>-8<sup>th</sup> Grades

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.

The makeup of each team will be determined by the head coach with input from the Varsity Coach and the Athletic Director.

### **Sign-ups**

In order for the athletic director and coaches to plan, there will be a preliminary sign-up sheet posted before every season. 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 10. 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* – each player should get playing experience in each game.

*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 the 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 work in a flexible manner with players. As a guideline, MS and JV practices will be limited on Wednesday nights.

### **Commitment to Team**

Athletes should agree to commit to the team, as their commitment affects coaches, their teammates, our school, and other schools. 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. Students should not participate in another team during the GCS season in which they are playing. In some cases they may do so, with the permission of the Athletic Director. If they are on a team not at GCS, the GCS team takes priority over the other team.

### **Parent Communication with Coaches**

If an athlete has a concern with the coach, he/she should talk to the 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. Parents should not approach Coaches during or directly after a game/match. They should request a meeting no earlier than 24 hours after said game/match.

## **REQUIREMENTS FOR PARTICIPATION**

### **Eligibility**

1. All athletes must be full-time students in order to participate in sports. Home school students will be considered in sports that are allowed in the VACA Conference, Home school students will be invited to play on GCS teams if there are openings, not filled by GCS students. Home school students have the option of becoming a permanent member of the program until they graduate. Once they are a part of the GCS sports family they are to be considered a student in regards to playing time. VACA limits the amount of Home school students per team to the following:
  - Soccer – no more than 4 per team
  - Volleyball – no more than 3 per team
  - Basketball – no more than 3 per team
  - Baseball/softball – no more than 4 per team
  - Golf – no more than 2 per team
  - Cross country – no more than 3 per team
2. Grace Christian School will abide by 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 extracurricular 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 extracurricular activities. When such concerns are raised, the principal will consult with relevant staff in order to evaluate a student's eligibility for extracurricular/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 games. The coach will communicate to players the consequences of tardiness.
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 voicemails, cell phones, etc. If the coach cannot be reached, communication should be made to the Athletic Director. Students should not ask fellow teammates to 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 the bench with the team during a game.
6. Students should be at school by 4<sup>th</sup> period 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, unless given special permission by the Athletic Director.
8. Students are discouraged from participating on another 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. For example, a GCS soccer player cannot miss GCS soccer practice for a travel team game.

### **Academics**

Student athletes are expected to maintain reasonable academic performance in order to maintain eligibility for sports participation. If the Athletic Director/and or Principal determines that a student is not maintaining reasonable grades or is incomplete in assignments, she may refer the matter to a committee who has 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 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. Student Men will wear shirts, 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. Athletes in Middle School have the following options:

**Boys:** Dress shirt, pants and tie or GCS field trip polo shirt and khaki pants.

**Girls:** School appropriate dress, skirt, and top or GCS field trip polo shirt and khaki pants or skirt.

Students represent Grace Christian when they are traveling to and from an athletic event. The student athletes are to wear athletic clothing chosen by the coach/AD on longer trips.

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 athletes are required to have a physician complete the GCS Sports Physical Form and Medical Release Form 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.

### **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 scheduled pre-season meeting with coach and athletic director.

### **Commitment Form**

Athletes may not participate in GCS athletics until they have read and signed both the Student Commitment Form and the Uniform Guideline form and returned both to the athletic director. Parents must read and sign the Parent Commitment Form and the Uniform Guidelines form. These forms are given to parents and students at the beginning of the sports season.

## **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. As a general rule, 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 the 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. Students are not allowed to drive private vehicles transporting other students without written parental permission for that event and cleared by the athletic director.
4. 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 may not leave away games with other student(s) or student drivers.

5. 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.
6. Drivers should not exceed the posted speed limit.
7. 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.

### **Bus 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:

- Electronic Devices:
  - Cell phones as well as any other electronic communication devices may not be used on GCS buses/vans, or at away games. The only exception to be made is for students to contact their parents about arrival time, with Coaches permission. Please refer to the school’s [Electronic Communication Device Policy & Contract](#), which all middle and high school students and parents sign at the beginning of each school year.
  - 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.
  - Students are to enter and exit from the front of the bus only.
  - 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 with the Coach, or Athletic Director. This packet may contain game schedules, hospitality and/or concession schedule, information on rosters and other pertinent information about the season.

### **Sports Update**

During the sports season, updates will be posted on the GCS Website and/or e-mails will be sent each week updating parents and players on the practice and game schedules of the following week. POSTPONEMENTS/CANCELLATION WILL BE UPDATED BY 12 NOON WHEN POSSIBLE. Please check for communication and or updates to website frequently.

### **GCS Website**

The games schedules each season will be posted on the GCS website - [www.gcswarriors.org](http://www.gcswarriors.org).

### **Directions to Games**

To find directions to all away sporting events, visit the team page on the school website ([www.gcswarriors.org](http://www.gcswarriors.org)) and click event on schedule. From the new window, select “Map to Location” in the lower right corner.

## **TEAM PICTURES**

Team pictures will be taken each season on a predetermined day. Order forms will be sent home at the beginning of each season for team pictures, which will be taken by a local photographer. Parents may choose from a variety of package sizes. Pictures will be delivered at the end of the season. Checks will be made payable directly to the photographer.

## **CONCESSIONS/HOSPITALITY**

Parents will all be part of the Concessions/Hospitality Committee. A schedule will be sent home at the beginning of each season with a rotating parent schedules and duties. All efforts will be made to exempt Coaches from working concessions, but exclusions may apply if our teams are small.

## **MEALS**

On days when an away game falls on a school night (Monday-Thursday), athletes are encouraged to pack a supper. If concessions are available at the host school, parents may want to send money for concessions.

On Friday nights and Saturdays, the team may stop to eat on return trips as arranged by the coach. Coaches should inform the players of the dinner plans before game day to allow students to bring extra money.

## **TEAM MANAGERS**

Team managers must be approved by the Athletic Director. Team managers will be considered part of the team and will be treated in all respects as a team member.

Team managers should attend all home and away games. 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 school-issued polo shirts with Warrior logo on game days. Managers may also wear game day attire while “on the bench.”

All school and athletic policies apply to the team managers.

## **TEAM CAPTAINS**

Team captains will be appointed by the coaches.

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

Coaches will communicate to captains a list of what is expected, responsibilities, etc.

It will be the responsibility of the team captain(s) to meet with his/her team to decide how much to spend and what gift to give the coach(es) at the 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 halftime, 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 keychain will be engraved with name of player.

## **SPORTS BANQUET/CELEBRATION**

A sports banquet will be held at the end of each season to honor junior varsity and varsity athletes. A committee will meet to decide whether the banquet is to be potluck, catered, a dessert banquet, etc. 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**

Each junior varsity coach should limit his presentation to fifteen minutes; varsity coaches should strive to limit their talk to twenty minutes. Each coach should speak about his/her team and individual accomplishments. After each of the coaches’ presentations, the captain or other team members will have an opportunity to thank their coach and give out “team gifts” to coaches. Coaches are encouraged to have an informal “get together” with their team prior to the banquet to give out gag gifts, etc.

### **Varsity Letter Qualifications**

Athletes will receive an athletic letter at the completion of his/her first varsity year in a particular sport. A pin will be given for every year after that. Students not lettering will receive a Certificate of Participation.

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 must have been turned in.

Exception: A senior in good team standing who has not received a letter in that sport may be granted a letter.

# UNIFORMS

Teams wear uniforms to show unity. 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); knee pads, 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 committed to the Uniform Guidelines for use of team uniforms. These guidelines include the following:

1. Athletes are issued uniforms at the beginning of each season.
2. Uniforms must be returned in a 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.

8. 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. All team members must have identical socks.
11. Temporary tattoos or other markings on athletes are not allowed. In addition, glitter, excessive makeup, 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 coach for information pertaining to cancellation of games and practices. Coaches may also contact athletes through prearranged plans (phone chain, captains, etc.) Every athlete will receive an email from the Athletic Director.

For teams that practice and play outside during the fall and spring, rainy weather can be a factor. Games and/or practice may be cancelled due to unplayable fields. In case of thunder or lightning, all teams should be removed from the field immediately and a waiting period of 30 minutes should follow before teams are allowed to continue play.

### **Fields/Gym/Equipment**

#### **VSDB Field/WHBC Field**

Soccer players and parents are to abide by the rules as set forth by VSDB, or WHBC 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 parking on or near the field at WHBC.
- No dogs or other pets are allowed on soccer fields, this is also the rule at away games.
- Please stay out of the buildings and do not wander around the VSDB, or WHBC campus.
- Bathroom facilities are not available on the campus. (Please use port-a-johns.)
- Fans are to sit on the opposite side of the 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 flagpole 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 for 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.).
- Coaches must be present when weight room is in use. Athletes should follow all safety rules given by coaches.

### **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.