



2021-2022 PARENT STUDENT ATHLETIC HANDBOOK 7TH GRADE - 12TH GRADE



Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward.

It is the Lord Christ you are serving.

Colossian 3:23-24

NORTHWEST CHRISTIAN SCHOOLS

NWCSATHLETICS.ORG

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1. Introduction

The purpose of this athletic handbook is to provide a way to maintain consistency through the athletic program and to set forth the standards, policies, and guidelines by which we expect the Northwest Christian Schools (NWCSS) sports programs to operate. The rules/procedures of the athletic department are in place to promote safety, order, and assist the student-athlete in reaching their maximum potential for God's glory. This athletic handbook is comprehensive, yet not exhaustive. The athletic director and administration will make any decisions regarding questions or issues not discussed in this handbook.

It is this athletic department's sincere desire that parents and student-athletes thoroughly enjoy their sport experience with NWCS. Parents and student-athletes should familiarize themselves with the rules and procedures explained in this handbook. Please feel free to contact the athletic director or head coaches with any questions or concerns you have regarding this handbook or the athletic program. Thank you for your involvement with this sports program.

2. Athletic Philosophy

a. Mission Statement

To glorify God by establishing and maintaining a Christ-centered athletic program that reflects Christ to our surrounding communities, develops athletic excellence, establishes Biblical character qualities in our student-athletes preparing them for Christian life and service.

b. Philosophy & Purpose

The NWCS athletic program is an integral and important part of the student's total educational experience. Naturally, the athletic administration will promote and advance the overall educational goals and philosophy of NWCS. The athletic administration will strive to maintain an athletic program that is established and rooted in Biblical principles of Christian education. Biblical principles that support a well-maintained athletic program include:

1. Support the overall mission of the school.
2. Bring glory to God through all athletic pursuits.
3. Promote the development of Christian character.
4. Represent the Lord and the school well in the community.
5. Improve competency and excellency in sport.
6. Provide an atmosphere of Christ-centeredness and teamwork.
7. Encourage total development of the student-athlete (spiritual, physical, mental, & social growth).
8. Prepare student-athletes for Christian life and service.
9. Promote school unity and school spirit.

3. Philosophy of Competition

The athletic administration will strive to equip and empower coaches to develop team competitiveness and excellence in athletics. We take this assignment seriously and seek God's direction and wisdom to carefully and prayerfully develop and implement the strategy that we believe will result in, and lead to, a truly excellent Christian school athletic experience. Competition through athletics provides student-athletes the opportunity to learn valuable life lessons in a setting where coaches are available, and consequences are minimal.

We believe "winning" is always giving 100% to your teammates, yourself, and the Lord. We are not content with failure for the sake of "good sportsmanship." Winning games is most often accomplished in advance through practice, preparation, and effort. We wish to instill the desire to play hard, win or lose, to win with humility and lose with dignity. Athletic success is said to be the confidence that comes from knowing that one did his/her very best. **Our emphasis in this area will be two-fold: prepare to win and give 100%, then allow God to exercise His will and accept that joyfully.**

- ❖ Success = Ability + Preparation + Effort + Will
- ❖ Pride = Personal Responsibility in Daily Effort

4. Eligibility

NWCS belongs to the Washington Interscholastic Activities Association (WIAA). NWCS upholds all the standards of the WIAA and in certain circumstances may have more restrictive rules.

NWCS and the WIAA consider participation in activities is a privilege and not a right, therefore, certain standards of eligibility have been established. Standards on age, residence, and season limitation promote the Association's goals of fairness and equality of opportunity for all participants. Standards on scholarship, attendance, and amateur standing promote the Association's goals of educating youth and promoting activities as an integral part of the total education process.

Each athlete is required to have a current physical on file and take care of the following on FamilyID: Athletic Code of Conduct, various agreements, medical paperwork, and pay the sports fee. The Athletic Dept will check to ensure all WIAA eligibility requirements have been met by each athlete including minimum practice requirements before he/she can participate in practices/games.

ACADEMIC STANDARD ELIGIBILITY:

Student must meet both NWCS and WIAA standards to be eligible for athletics and activities.

- Minimum WIAA standards: passing 6 out of 7 classes at the end of the semester.
- NWCS standards: 2.0 GPA or higher, No "F's" in any classes.

ELIGIBILITY:

- The "first" grade check will be done 5 weeks into the 1st semester.
- After the first initial grade check each semester, grades will be checked every 3-5 weeks (flexibility is dependent on holidays, progress/report card dates, etc.)

EVALUATION PROCESS:

Grade Check Date

Students are notified if they are not meeting the academic eligibility requirements, and they then have two weeks at the minimum to improve their academic standing, or their eligibility will be compromised. Athletes will be eligible to participate in practices and games during this time frame.

Reinstatement Date

Grade check will be done again for athletes who did not meet standards on the "Grade Check Day". Grades will be checked through the FACTS system, or a teacher can email the Athletic Director on the reinstatement date. If the athlete's GPA is not at a 2.00 (or above) or the failing grade is not improved to passing, the athlete is declared academically ineligible, and ineligibility will last for **one week**. Athletes will be eligible to practice on "red," but athletes will not be eligible to participate in games, travel with the team, or dress for home games.

TERMINOLOGY for Grade Check Eligibility:

- GREEN-** Athletes who meet all requirements on grade checks dates. They are a "GO" for their sport's seasons and are eligible for practices and games.
- YELLOW-** Athletes will be given two weeks to improve their grades after not meeting grade check. These athletes are eligible to practice and participate in games.
- RED-** Athletes who do not pass grade check or improve after a minimum 2-week window will be placed on 1 week of ineligibility from contests until the next grade check day.

Anytime a student goes on "RED," that student will be given the opportunity to have his/her grade reviewed in a week even if the next official grade check is further away. If a student moves off of "RED," he/she will progress back to "YELLOW." The student will need two strong grade checks to ultimately move back to "GREEN" status.

2021-2022 Grade Check Dates:

- Mon, October 11th Grade Check
- Mon, Oct 25th Re-instatement day if student meets eligibility standard.

- Mon, Nov 8th- Grade Check
- Mon, Nov 22nd Re-instatement day if student meets eligibility standard.

- Mon, Dec 13th- Grade Check
- Wed, Jan 5th- Re-instatement day if student meets eligibility standard

- Mon, Jan 10th - Grade Check
- Mon, Jan 24th - Re-instatement day if student meets eligibility standard.

- Mon, Jan 31st Grade Check
- Mon, Feb 14th Re-instatement day if student meets eligibility standard.

- Mon, Feb 28th Grade Check (3rd quarter progress report grades are due)
- Mon, March 14th Re-instatement day if student meets eligibility standard.

- Mon, March 21st Grade Check
- Fri, April 1st Re-instatement day if student meets eligibility standard.

- Mon, April 11th Grade Check
- Mon, April 25th Re-instatement day if student meets eligibility standard.

- Mon, May 2nd Grade Check
- Mon, May 16th Re-instatement day if student meets eligibility standard.

- **Monday, June 20th** Checking final grades after 2nd semester grades are done will determine eligibility for the Fall 2022 sports season pursuant to WIAA rules (5-week rule) and other Fall 2022 programs as applicable.

APPEAL:

If a student feels an error has been made, it is the student's responsibility to pick up an **APPEAL** form in the Athletic Office and turn it in by the next morning. An advisory committee will meet the next day to evaluate.

FALL ELIGIBILITY STATUS / END OF YEAR GRADES / SUMMER SCHOOL:

This policy applies to current Northwest Christian Students. If a student is eligible to re-take a class in the summer, the summer school grade will replace the previous grade if it is higher, and it is the exact course. No classes can be re-taken unless they are a C- or below. If summer school is not attended, the final grade for second semester is what fall athletes will be held to on their return. ***If an athlete ends their final grades on "RED," the student will be ineligible to play in a contest the first five weeks of the season.***

Athletic Forms & Fees

In order to participate in athletics at NWCS, students are required to complete the following items **prior** to being eligible to participate in their 1st practice.

- i. **Registration** of student for the specific sport on NWCSS' FamilyID webpage. This includes acknowledgement of all permissions, and entry of necessary information.
- ii. **Payment:** Payment of the specific sport fee. The fee may be paid online during registration, or parents can submit a form requesting the fee be rolled into the students' FACTS tuition account.
- iii. **Athletic Physical Form:** The WIAA requires that each participant (prior to participation) in an activity/program must have on file a statement or prepared form from a medical authority licensed to give a physical examination, certifying that the participant's physical condition is adequate for the activity or activities in which the athlete wishes to participate. The physical exam shall be valid for 24 consecutive months. Athletic physicals must be valid for the entire sports season in which an athlete will participate in.
- iv. **Signed Athletic Code of Conduct**

5. Athletic Misconduct

POLICY

Involvement in the Northwest Christian Schools interscholastic athletic program is a privilege, not a right. The conduct rules listed below are a 365 policy that apply to all student/athletes at Northwest Christian High School year-round. Violations of the Code of Conduct are cumulative for grades 7-12.

PROCEDURES

The investigation of incidents, disciplinary actions and procedural due process shall be the primary responsibility of the head of school, the principal of the school in which the student/athlete attends, and the Athletic Director.

DETERMINATION OF MISCONDUCT

- a. Student/athletes determined to be in violation of the Northwest Christian High School Athletic Code and his/her parents shall be notified by the Principal or Athletic Director of the specific violation as well as the consequences.
- b. If the student-athlete and/or parents are not in agreement with the decision of the principal and/or Athletic Director, they may appeal to the headmaster within three (3) business days of the decision. The disciplinary action will remain in effect while the head of school studies the appeal.

- c. Following violations, the student shall be eligible for reinstatement only after the terms of his/her suspension have been fulfilled and a reentry meeting with the Principal/AD has occurred. The head of school, principal or athletic director shall have the final authority as to the student's reinstatement of eligibility.

DISCIPLINARY ACTIONS

Violations Concerning Behavior/Alcohol/Tobacco/Illegal Drugs			
Prohibited Conduct	First Offense	Second Offense	Third Offense
Flagrant/Volatile One Time Event or a Pattern of Unsportsmanlike Conduct: Taunting, Physical or verbal abuse, inappropriate gestures, public foul or abusive language, negative or inappropriate social media posts	Reviewed case by case by AD/Administrator; 1 to 2 game suspension or removal from team.	Suspended for a season*	Suspended for 1 Calendar Year*
Actual Possession/Use of: <i>Alcohol/Illegal drugs or marijuana, Tobacco/E-Cigs/Vaping Products</i>	Investigative: 30% of Season* Self-Report: 15% of Season *	Investigative: 100% of Season* Self-Report: possible reduction with certain criteria met. ie. substance abuse counseling	Investigative: 1 Calendar Year* Loss of letter, awards, or records earned
Proximity Possession for: <i>Alcohol/Illegal drugs or marijuana, Tobacco/E-Cigs/Vaping Products</i>	Investigative: 15% of Season* Self-Report: 0% of Season without usage	Investigative: 30% of Season* Self-Report: 0% of Season without usage	Investigative: 100% of Season* Self-Report: 0% of Season without usage
Illegal Acts Including hazing or conduct unrepresentative of NWCS	Reviewed case by case by AD/Administrator		

* % of season will be determined by multiplying the number of regular season contests by % and rounding to the nearest whole number. Carry Over Language – if the % is not fulfilled during the present sports season, it will carry over to the next sports season that the athlete completes in good standing.

DEFINITIONS PERTAINING TO ILLEGAL SUBSTANCES

- a. **Actual Possession:** The act of having a substance in one's custody or control. Actual possession occurs when the item is in physical custody of the person charged with possession.
- b. **Proximity Possession:** In the absence of physical possession, if a student-athlete covered by this code is inadvertently at an event and becomes aware of the illegal use or availability of alcoholic beverages, marijuana, legend drugs, anabolic steroids, or tobacco products at that event, they are required to remove themselves from that event immediately and self-report (Refer to letter **f** below). *Student athletes who fail to self-report OR make a willful choice to remain at the event are in violation of the rule.*

- c. **Discovery by Investigation:** The process by which an administrator/coach/advisor arrives at a conclusion regarding a student's involvement in an activities code infraction without the student's full/honest cooperation.
- d. **Discovery by Self Report:** Participants who self-report must do so within 2 school days after the event.

6. Athletic Uniform Policy

- a. The student-athlete is fully responsible for the care of his/her school-issued athletic uniform. Athletic uniforms must be worn properly and completely and worn only for games. The athletic administration does not keep extra uniforms on hand in case a student forgets their uniform on game day. Any lost or damaged uniform will be paid for by that individual at a replacement cost. Uniforms that must be re-ordered outside of normal purchasing often cost much more because of the special ordering process.
- b. The athlete is responsible for school-owned equipment that has been issued to him/her. It will be the financial responsibility of the athlete to pay the cost of lost or damaged equipment.
- c. School-issued uniforms should not be worn other than is necessary for sport's participation.

7. Athletic Policy on Sunday Activities

- a. **In Season**
As a rule, no NWCS athletic team will play or practice on a Sunday while in season. Any exceptions to this policy must be approved by the Head of School of NWCS.
- b. **Summer Activities**
During School related summer activities, coaches may occasionally schedule a Sunday activity due to the nature of summer tournaments, but grace must be extended without penalty to those who have convictions about Sunday observance.
- c. **Sunday Club Practices**
The NWCS Campus will be closed to all club sports activities on Sundays. Occasional exceptions may be made pending the approval of the Facility Director and Athletic Director.

8. Transportation Policy

Athletes and team members are expected to travel to and from contests with the team when transportation has been arranged for this purpose. **Riding with another adult will involve a written request (text will count) from parents and approval from the coach or A.D.** If the student is riding with another student, written permission which includes FamilyID needs to be obtained from the parents of both the rider and the passenger and approved by the coach or A.D.

- a. **Vehicle Care/Passenger Rules**
Each athlete should treat the bus/van with respect including removing all trash and personal items before exiting the vehicle. Passengers should respect the authority of the driver and Refrain from loud, disrespectful "attention-getting" behavior.
- b. **Personal Electronic Devices**
An athlete is allowed to bring a personal electronic device for the purpose of personal music or schoolwork, but it is at the discretion of the coach. Students are only allowed to text/call with permission from their coach.

C. Elective (Generally across the state or interstate travel) Games

1. Must be approved by the Athletic Director and the Principal
2. Students will not be released before noon on the day before if the match/game starts in the morning of the following day or released early at all if the match/game starts in the afternoon of the following day. Exceptions to this rule must be approved by the A.D., Principal, or Head of School.
3. The program is responsible for all costs associated with the elective travel. This includes bus, driver, fuel, and accommodations if needed.
4. Students may not carpool or ride with parents. Exceptions to this must be approved by the Athletic Director or the High School Principal
5. Elective out of town games may not be scheduled on Easter, Christmas, or Thanksgiving Weekend. Exceptions to this must be approved by the Athletic Director or School Principal

9. Athletic Awards

a. Individual Awards

Each NWCS sport program determines the awards given to their players and the criteria for earning the awards. The Athletic Department will print certificates. Programs may choose to order their own awards through approved team funds.

b. Varsity Only – Letters/Pins

- i. First year varsity players will earn a letter (Not per sport, but once for varsity).
- ii. Second year and beyond varsity will receive a pin.
- iii. Varsity lettering policies will be determined by the coach and approved by the A.D.

*In order to receive any of the above awards, the student-athlete must complete the season apart from an injury.

10. Athletic Participation

A. Homeschooler Students and Athletic Eligibility

Students must be enrolled in the NWCS Home School Program to participate in NWCS athletics and must meet the same requirements as traditional students. Please check with the Home School Director for more information.

B. 8th Grade Eligibility

As a rule, 8th graders are encouraged to participate in their junior school programs. Rare exceptions will be made with administrative approval to salvage a team or provide opportunities for JH athletes where a sport lacks a JH program. If a coach requests the athletic department consider allowing an 8th grade to play on varsity, the Athletic Department and Admin team would form a committee to determine if this rare situation would be allowed.

C. Minimum Practice Participations Standards

In order for a practice to count as a legal practice an athlete must attend at least half the regularly scheduled practice.

D. Multi-Sport Participation

It is not advisable for a student to participate on two different sports teams during the same season. It is possible, however, to play on two different sports teams during the same season if both head coaches, parents, and the athletic director give approval.

E. Medical Clearance

No athlete may participate in NWCS athletics without being cleared by a qualified medical person. If an athlete goes to a doctor or PT for an injury or suspected injury, they must obtain a note clearing them to participate before being allowed to practice or play. Practices that an athlete attends without proper medical clearance will not be counted as an official practice.

F. School Attendance Policy Gameday & Practice Eligibility

Students must be at school to participate in practices and games unless they have an excused appointment such as a doctor, dentist, physical therapy, orthodontist, counseling, or a pre-approved situation by the A.D. Exceptions to this policy can only be made by the A.D., Principal, or Head of School. Please call the A.D. in the morning to get approval if there is a situation that you feel could be excused. Athletes will not be able to miss more than ½ of their scheduled classes for any excused appointment to participate in a practice or game. For teams arriving back extremely late from an away game, an excused late arrival could be permitted the next day, but this decision can only be made by the A.D., principal, or HOS.

G. School Discipline

Athletes must understand that any type of school discipline takes priority over athletics. School administration schedules detentions and they are not required to check an athlete's schedule in advance. A teacher may detain an athlete after school if required work is not completed. If an athlete is unable to travel with the team due to a school discipline issue such as **detention**, the student may participate that day with the team if they are able to arrange transportation. Students may not participate in a game on the day of serving an in-school or out-of-school **suspension**.

11. Playing Time

o High School Teams

Playing time is at the discretion of the coach. While our athletic mission statement applies in full, the varsity level has been established to fully embrace and enthusiastically represent our Lord and school while competing at an interscholastic high school varsity level. At the varsity level, decisions around playing time are determined by several factors. Emphasis shifts from a participation philosophy to a more mature, competitive philosophy. Using our athletic statements and with uncompromising integrity, it becomes important to give all teams their best chance of succeeding. This will, in many cases, mean some players, either because of disciplinary action or individual talent level, will see less playing time, or in some cases, no playing time in each event.

o Junior High School Teams

The Junior High School emphasizes participation and skill development while also trying to give the team opportunity for success. Absence from practice or a poor attitude displayed will influence participating in a contest. One goal for junior high teams is to generate enthusiasm and improved skills that can transfer to later years on a varsity squad.

a. Factors Affecting Playing Time

- i. The skill the player demonstrates and development of skills as the season progresses.
- ii. The ability to function effectively as part of a team, to follow the game plan and to put the team's success first,
- iii. The effort, attitude and seriousness devoted to practices.
- iv. The way a player fits into the strongest combination of players.

b. Ways to Increase Playing Time

- i. Practice so intensely the coach wants to reward you with playing time. Coaches notice intensity in practice, not occasional periods of intensity, but every day, every-minute intensity. To have a legitimate reason to talk to a coach about playing time concerns, a player must bring to that meeting a history of practicing with excellence.
- ii. Understand everything the team does, both offensively and defensively. A player cannot expect to play if the coach has doubts about his/her understanding.
- iii. Develop knowledge of as many positions as possible. You never know when the opportunity may come, due to another player's injury, illness, or another reason. Be ready to go whenever and wherever needed.
- iv. Want to play, whether for long or short periods of time; be ready by staying in the game mentally, while on the bench. When the coach starts to think about whom to sub into a game, your chances of being chosen will be increased if he/she sees you focused, aware of the game situation, and encouraging your teammates.
- v. If you are a player that comes off the bench, genuinely cheer for those who are playing. A true team player will cheer for their teammate's success. Team success also enhances the opportunity for all players to get playing time.

12. Commitment Policy

Athletes and parents must understand they are making a commitment to the Lord, their teammates, and their coach when participating in the athletic program. This commitment carries with it the expectation of attendance at all games, practices, and meetings unless excused by illness or the coach's permission in advance. Participation on teams outside of school should be considered secondary and therefore, should have secondary priority when there is a conflict unless prior arrangements can be agreed upon between the athlete and the coach and the absence meets the WIAA guidelines. This commitment extends to getting proper nutrition and rest and keeping up with schoolwork. This commitment also extends to quitting a team. Once selected to a team, the athlete and his or her parent/guardian have committed themselves to supporting the school/team through the completion of the sport season. Each athlete has a responsibility to him or herself and the team to finish the season unless, in consultation with the coach, early release from the team is advisable.

13. Student-Athlete Responsibilities

a. Committed to Team.

- I. **Be Committed** to your team. Attend every practice and game. It is the responsibility of the student-athlete to fully communicate to the coach any tardiness or absences pertaining to games or practices that may occur. (This also pertains to any out of the norm situation.) If they are at school, they should be at practice. If the student-athlete fails to fully communicate, disciplinary action will occur which can result in a penalty of up to a (1) game suspension.
- II. **Be Prepared** for all games and practices. Use your time wisely.
- III. Fulfill your **Academic Obligations** on time and in full. When it is necessary to miss class time due to travel to an athletic event, the following regulations will apply:
 - a. All due assignments should be turned in to the teacher prior to leaving.
 - b. All new assignments should be obtained before leaving. Late penalties may be assessed by the teacher for work not completed upon the student's return.
- IV. An athlete that receives a detention must miss practice to serve the detention. Coaches have the right to discipline players who are late/ miss practice for detentions.

b. Support your Coach and Team

- i. Remain positive towards coaches and teammates.
- ii. Support team goals and coach objectives before personal goals.
- iii. Follow team rules established by your coach.
- iv. Engaging in hazing of other athletes or students will not be permitted.

c. Strive to Represent NWCS Well

- i. Respect officials and obey their decisions (All authority comes from God. (1 Pet 2:13).
- ii. Show proper respect to your opponent.
- iii. Play hard within the rules of the game. Achieve a thorough understanding and application of the rules of the game.
- iv. Be a good steward of facilities and equipment. Continue this principle when traveling.
- v. Win with humility, lose graciously, and congratulate opposing players and coaches.

d. 3 & 2 Policy-Use Social Media Appropriately

In order to use social media appropriately, NWCS athletics must seek to SHINE in our social media usage. By using this acronym, it will allow for student-athletes to enhance their social media presence.

3 Do's

1. **Support:** Use social media to support God, NWCS, family and yourself. Show support and congratulate others' content on great games or practices. Use social media to express positivity rather than negativity.
2. **Highlight:** Use social media to highlight your coach, teammates, team, and yourself on accomplishments. Along with anything else which exemplifies a Christ-like mindset.
3. **Inspire:** Use social media in a Christ-like mindset to inspire those who pay attention to your account. Empowering others is an impactful thing you can do to show God's love.

2 Don'ts

1. **Illegal or Foolish Activities:** The standards that are held by NWCS.
2. **Extreme Emotions:** There is nothing wrong with being your authentic self-online, but you should be aware and careful of the dangers of social media usage. Keep in mind waiting at least 24 hours before you let the emotions like anger, jealousy, or frustration spill over onto social media. What may seem like a fine post at the time may end up costing you in the short term and long term in your careers. Be authentic but think in a Christ-like mindset before posting, tweeting, or texting anything that may be considered negligent.

e. Maintain NWCS Standards for Dress Code

The dress code for away trips will be:

- I. School dress for that day.
- II. A uniform look (not game uniforms) such as team warm-ups, ties or sports jackets.

School dress code rules apply when traveling for NWCS sports to and from competitions. Any exception to this rule is at the discretion of the coach and athletic director.

f. Fund Raising

Fund raising is a vital part of the athletic budget each year. Athletes are expected to be involved in these activities.

g. Player Removal

The Coach, Athletic Director, and/or Administration retain the right to remove any athlete from an athletic team who violates the rules or philosophy of the NWCS athletic program.

h. Player Ejections

Player ejection from a game may warrant further game suspension in accordance with league rules and/or the WIAA Handbook. Further disciplinary action may be taken by NWCS administration depending on the situation and circumstances of the ejection.

14. Parent Responsibilities

a. Support Student Commitment

- i. Release your athlete to the coach and the team. Ensure your athlete attends all scheduled practices and athletic contests and abides by the athletic department's training/athletic rules. Help your student-athlete stay eligible academically by monitoring and encouraging progress.
- ii. Be flexible whenever possible. As carefully as planning is done, changes in times and schedules sometimes need to be made.

b. Support the Coach.

- i. Believe in and support the coach's judgment, character, actions, strategy, and overall philosophy and this will help your child do the same. In contrast, criticism and constantly questioning a coach's actions and overall program will likewise lead the student-athlete in that way. The attitudes and ideas communicated in the home will often be carried out in the heart and mind of the athlete.
- ii. Pick up players on time after practices/games. Our coaches will work to finish on time.
- iii. Help your child's team by being a scorekeeper, team mom or dad, driver, scoreboard operator, stat keeper, giving a devotional, etc.
- iv. Attempt to relieve pressure for the coach, not increase it.

c. Support the Team

- i. View the game with team goals in mind. Accept the goals, roles, and achievements of your athlete. Realize that all players cannot be on the "starting team," but each player is critical to the team's success.
- ii. Accept the judgment of the officials and coaches and remain in control.
- iii. Shout encouragement from the sidelines, and refrain from coaching, criticizing officials, or condemning a child during the game.
- iv. Be a daily encourager and pray regularly for athletic teams and coaches.
- v. Adhere to the Spectator Sportsmanship Policy.

d. Social Media

Strive to only post positive team building information on social media. Negative commentary about coaches or other players can only result in hurt feelings and broken relationships.

e. Carpool

NWCS personnel will make every effort to provide school transportation to athletic events. Under some circumstances, parents may have to carpool players to away games (dependent upon bus/driver availability). In this instance, parents are responsible for transportation while school personnel will assist in the arrangements.

f. Meetings/Information

Parents ought to make every effort to attend any informational meetings offered by the athletic department and/or coach. Also, please be familiar with the athletic policies.

15. Coaches Responsibilities

Coaches should be men and women that are committed to Christ, love young people and are knowledgeable in their sport. Please remember coaches are not perfect. They are individuals who are growing personally and professionally and are at different stages of maturity in their coaching careers. Please extend grace and gratitude to the NWCS coaches.

Coaches are expected to:

- a. Consistently communicate with all people involved in an appropriate manner. Hold meaningful, organized practices emphasizing the fundamentals of their sport.
- b. Abide by the NWCS Athletic Handbook and Employee Policies.
- c. Serve as a positive role model for players and exemplify godly character, behavior and leadership.
- d. Be competent and knowledgeable teachers of their respective sport.
- e. Inspire in players a love for the game and a desire to compete.
- f. Teach Christian character qualities and take advantage of teachable moments in athletic situations.
- g. Encourage academic success.
- h. Show restraint and respect when dealing with officials and opposing coaches.
- i. Reinforce respect and good sportsmanship in practice and game situations and hold their players accountable for sportsmanship and behavior.
- j. Coaches will have the authority to set and enforce team rules and standards of their sport within the guidelines of school and athletic policies.
- k. Coaches will be reviewed by the athletic director on a regular basis.
- l. Coaches are the designated individuals to relay game results and athletic accomplishments to the media. All other scheduled interviews with the news media need to be approved by the athletic director and/or school director. \
- m. The coach, athletic director, and/or administration have the responsibility to hold their student athletes accountable to team rules which includes the right to remove any athlete from an athletic team that violates the rules or philosophy of the NWCS athletic program and uphold WIAA policies.

16. Communication & Conflict Resolution

Both parenting and coaching are difficult responsibilities. By keeping lines of communication open between parents and coaches, many potential problems can be avoided. This begins with clear communication from the coaching staff to the parents and the student-athletes. The following guidelines are in place to help resolve conflicts, if and when they occur, in an appropriate manner which upholds the dignity of the student-athlete, parents and coaching staff.

a. Communication Expectations from Coaches:

- i. Philosophy
- ii. Team requirements and athlete expectations
- iii. Procedure should student-athlete be injured during participation.
- iv. Consequences
- v. Location and times of all practices and contests

b. Communication Coaches expect from Parents/Student-Athletes:

- i. Concern expressed directly to the coach. Student-athlete should make this first step. (See protocol for conflict resolution at the end of this section)
- ii. Notification of schedule conflicts well in advance.
- iii. Concerns about philosophy/expectations before commitment is made to the team.
- iv. Positive role-modeling at contests and practices.

c. Concerns to Discuss with Coaches:

- i. Treatment of your student-athlete, mentally and physically.
- ii. Ways to help student-athlete improve.
- iii. Concerns about student-athlete's behavior.
- iv. Coaching Philosophy.
- v. College options and recruiting.

*One of our goals is to instill in our student-athletes a sense of ownership and responsibility for their actions. Therefore, it is important that student-athletes learn necessary communication skills and learn how to resolve conflicts in a God-honoring way (Matthew 18 principle).

*Do not attempt to confront a coach before, during or directly following an athletic competition or before/during a practice. This includes speaking with a coach, writing emails or sending texts. Communication of this nature rarely promote resolution. Therefore, the "24-hour rule" will always be in effect. This rule allows for time to reflect and pray, as well as emotionals to calm down so a rational, facts-based discussion may take place. The parent/coach meeting should be factual in nature as friend to friend in unity without acrimony or judgement. Please prayerfully consider your motives before approaching a coach. Please note the order of the conflict resolution policy:

d. Protocol for Conflict Resolution

Step 1- Player to Coach

Step 2- Parent/Player to Coach

Step 3- Parent/Player to Athletic Director

After Step 3- The Athletic Director will brief the Principal/Head of School of the issues and concerns. Following this briefing, the Athletic Director will communicate further action points, meetings, or plans with parties involved as we strive to work through every situation with grace and humility.

17. Spectator Sportsmanship Policy

The role of the fan is vital to the NWCS athletic department. The athletic department, players and coaches appreciate the support of the parents and fans through prayer, finances, attendance, cheering, and participation.

- A. It is important to make guests to our school activities feel welcome. All visitors should feel they have been treated fairly and dealt with in a sportsmanlike way. The skills of the visiting team should be recognized and appreciated. Everyone needs to work to create a positive atmosphere at NWCS.
- B. The following behavior is not acceptable at any contest:
 - Booing or jeering, mocking, or taunting.
 - Yelling negative comments to officials or other teams.
 - Confronting officials, coaches, or other participants during or following a contest.
- C. If a problem occurs, inform the athletic director, or school administration and allow him/her to deal with the situation.
- D. A game official, school administrator, athletic director, or a school board member has the authority to remove anyone from the premise of an athletic contest for unsportsmanlike behavior. The school may also deny the privilege of attending future contests.

18. College Athletics

If the student-athlete plans to enroll in college as a freshman and wishes to participate in NCAA Division 1 or 2 sports, he/she must be certified by NCAA Initial Eligibility Clearinghouse and must meet academic guidelines. Please see the school guidance counselor or athletic director for more details. Helpful resources include: *The Guide for College Bound Student Athletes*, ncaa.org, eligibilitycenter.org, playnaia.org.

Northwest Christian Schools Athletic Handbook Verification Form

By signing below, I agree to:

- Follow the guidelines, procedures, and rules presented in the NWCS Athletic Handbook.
- Support the team, players, coaches, and athletic program for which I/my student-athlete is participating in.
- Participate in athletics in a manner which honors Christa and NWCS, whether as a student-athlete or a fan.
- Fulfill my commitment and responsibilities to Christ, my team, and NWCS.

Student Signature

Parent/Guardian Signature

Date

