



Parent-Student Sports Handbook

TABLE OF CONTENTS

I. Freedom Christian School Philosophy	
A. Mission Statement	page 3
B. Philosophy of Education	page 3
C. Statement of Faith	page 4
D. Student Motto	page 5
E. Sports Program Goals	page 5
II. Student-Athlete Section	
A. Eligibility	page 6
B. Conduct Requirements	page 7
C. California Interscholastic Federation	page 7
D. Code of Ethics	page 9
E. Sportsmanship	page 10
F. Anti-Bullying Policy	page 10
G. Participation	page 11
H. Responsibilities of Student-Athlete	page 14
III. Parent Section	
A. Learn from Athletics	page 15
B. Parent as Role Models	page 15
C. Playing Time	page 15
C. Expressing Concerns	page 15
D. Uniform Policy	page 16

I. FREEDOM CHRISTIAN SCHOOL PHILOSOPHY

A. FCS MISSION STATEMENT

Freedom Christian School is committed to providing a biblically-based, academically excellent education in a nurturing, family environment so its students can effectively accomplish the purpose for which they were created and impact the world for Christ.

B. FCS PHILOSOPHY OF EDUCATION

We believe that education is the process of developing a person spiritually, intellectually, socially and physically through understanding and applying truth. Through this process, a student is equipped to live a productive, godly life and is trained to pursue truth and its varied application as they fulfill their purpose in a global society.

This philosophy is addressed in the following ways:

Spiritual Goals

Students will know Jesus Christ as their Savior and their Lord, will demonstrate a desire to serve Him, and will be trained to live according to His teachings. Therefore, students will possess:

- An acknowledgment and understanding of their own sinfulness and need for salvation through Jesus Christ
- A basic knowledge and understanding of the foundational truths of Scripture
- Skills for memorizing and interpreting the Scripture
- An understanding of who God is: His persons, attributes, and work
- An understanding of their obligation to live a godly life as outlined in the Scripture through consistent Christ-like character in their daily lives
- A responsibility to use their talents, skills, and intellect to glorify God
- A knowledge of their personal worth to God and of the value He places on them and others

Intellectual Goals

Students will know and understand their world, its history, and how it functions. Thus, they will demonstrate proficiency in the following areas:

- Communication (reading, writing, speaking, and listening)
- Mathematical computation, analysis, and application
- Scientific method of inquiry
- Logical reasoning resulting in the ability to solve problems and make rational decisions

- Critical thinking and interpretation of data
- Integration of faith and knowledge
- Discipline for lifelong learning
- Appreciation of the arts and creative expression

Social Goals

Students will understand that they function in a local and global community.

Therefore, they will display:

- Christian character in interpersonal relationships
- Skills for working cooperatively and synergistically with others
- Personal and professional etiquette
- Respect for authority structures in society and in the church
- Knowledge of governmental institutions and functions
- Knowledge of and appreciation for the contributions of diverse cultures
- Respect for all people regardless of culture or socioeconomic level
- Personal responsibility for the welfare of others
- Skills for being a productive citizen

Physical Goals

Students will understand that their physical health is important. They will demonstrate this understanding in the following ways:

- Knowledge of general physical anatomy
- Awareness of proper hygiene
- Awareness of habits that result in physical fitness and good health
- Knowledge of Scriptural instruction regarding the care of the body

C. FCS STATEMENT OF FAITH

We believe the Bible to be the inspired and only infallible and authoritative Word of God. (II Timothy 3:16, II Peter 1:20-21)

We believe that there is one God, eternally existent in three persons: Father, Son, and Holy Spirit. (John 14:15-18)

We believe in the deity of our Lord Jesus Christ, in His virgin birth, in His sinless life, in His miracles, in His vicarious and atoning death through His shed blood, in His bodily resurrection, in His ascension to the right hand of the Father, and in His personal return in power and glory. (Luke 1:35, John 1:1-18, John 14:1-11, Acts 1:1-11, Acts 2:22-39, Hebrews 10:8-10)

We believe in the present ministry of the Holy Spirit by indwelling the Christian, enabling him to live a Godly life. (Acts 1:4-8, Galatians 5:16-26)

We believe in the resurrection of both the saved and the lost; they that are saved unto the resurrection of life and they that are lost unto the resurrection of damnation. (II Corinthians 5:1-11)

We believe that heaven and hell are definite places. (Matthew 5:22, Luke 12:5, John 14:1-6, Hebrews 9:27)

We believe in the spiritual unity of believers in our Lord Jesus Christ. (John 17, Ephesians 2:14-22)

D. FCS STUDENT MOTTO

I am a Freedom Christian School student and God has created me to succeed spiritually, academically, socially and physically. I am committed to live for Christ, to take responsibility for my studies, to think and speak clearly, and to work productively with others in a healthy manner that glorifies God.

E. FCS SPORTS PROGRAM GOALS

FCS supports the high ideals of a healthy participation in athletic endeavors. Our sports program gives students the opportunity to participate in team sports, to work together to understand the meaning of teamwork, to learn the importance of discipline, respect, and sportsmanship, especially in the face of adversity. The FCS mission is to create a positive Christ centered sports program. One where students can learn through instruction, hard work, discipline, competition, and a commitment to the “team” concept, with an emphasis on taking our Christian values and applying them to our daily lives.

Student-athletes learn how to balance their academic work with their athletic endeavors. Coaches and teachers work together with students to help them understand the importance of achieving this balance and, when possible, to help them learn how to develop skills for keeping their commitments in balance.

Our school places very high priority on good sportsmanship from our athletes, coaches and the parents. The NPAC league, of which FCS is a member school, echoes this priority and works diligently to encourage and enforce the code of good sportsmanship.

All student-athletes are expected to embrace the school’s traditions of outstanding sportsmanship, citizenship, and fair play.

The school calls upon parent support for these standards of excellence which are needed to ensure that the proper values are in place for athletes as guidelines for their participation.

FCS students will develop skills necessary to succeed as an athlete in the next grade level by setting long term and short term goals for personal development, learning fundamentals skills, and understanding the sociological side of sports.

The 3rd Principle of the CIF's Sixteen Principles of Pursuing Victory and Honor provides a good summary of FCS ideals:

To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.

II. STUDENT-ATHLETE SECTION

A. ELIGIBILITY

FCS encourages all students to participate on a sports team. Students are selected to varsity teams based on experience and ability. Although maintaining a 2.0 grade point average during the previous grading period is a minimum requirement by C.I.F., FCS also requires that a student-athlete have a passing grade in all core classes. Those who do not meet this requirement will be subject to review on a case-by-case basis and will be placed on Academic Probation.

Academic Concerns: Since eligibility depends on maintaining good academic standards, the student-athlete is required to take responsibility for his/her own academic well being. If, at any time, a student-athlete experiences academic difficulties in any class, he/she should notify the Principal and Athletic Director immediately. He/she is responsible to seek help and speak candidly with his/her instructor.

Academic Probation: A student in academic difficulty or placed on academic probation may become ineligible to continue in their sport for the remainder of the season and the following season. Any student whose grade-point average falls below 2.0 on a quarter or semester report card or who does not maintain passing grades in core subjects will be placed on academic probation for nine weeks and their parents will be notified. At this time the student will attend mandatory tutoring. An evaluation of the student's work will be made after four (4) weeks.

They may be reinstated to the sports program should their grades be at or above a 2.0.

B. CONDUCT REQUIREMENTS

Student-athletes must remain "a student in good standing" with the high school and display good sportsmanship at all times. All FCS student athletes are required to abide by all the behavioral standards as set out by the FCS Parent-Student handbook, the FCS Sports Handbook, and CIF Guidelines.

Disciplinary Probation: A student placed on disciplinary probation may become ineligible to continue in their sport.

C. CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF CODE OF CONDUCT FOR STUDENT-ATHLETES: Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles (the Six Pillars of Character): trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This Code applies to all student-athletes involved in interscholastic sports in California. The athlete understands that, in order to participate in high school athletics, he/she must act in accord with the following:

TRUSTWORTHINESS

Trustworthiness --- be worthy of trust in all I do.

Integrity --- live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what is right even when it is unpopular or personally costly.

Honesty --- live and compete honorably; don't lie, cheat, steal, or engage in any other dishonest or unsportsmanlike conduct.

Reliability --- fulfill commitments; do what I say I will do; be on time to practices and games.

Loyalty --- be loyal to my school and team; put the team above personal glory.

RESPECT

Respect --- treat all people with respect all the time and require the same of other student-athletes.

Class --- live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre-game and post game rituals.

Disrespectful Conduct --- don't engage in disrespectful conduct of any sort, including profanity, obscene gestures, offensive remarks of a sexual or racist nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials --- treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

Importance of Education --- be a student first and commit to getting the best education possible. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically, or the character to represent their institution honorably.

Role-Modeling --- Remember, participation in sports is a privilege, not a right and that the athlete is expected to represent his/her school, coach, and teammates with honor, on and off the field. Consistently exhibit good character and conduct as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

Self-Control --- exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

Healthy Lifestyle --- safeguard his/her health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

Integrity of the Game --- protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

Be Fair --- live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

Concern for Others --- demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to himself/herself or others.

Teammates --- help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

Play by the Rules --- maintain a thorough knowledge of and abide by all applicable game and competition rules.

Spirit of rules --- honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

D. CODE OF ETHICS (FCS and CIF)

It is the duty of all concerned with high school athletics:

- 1) To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- 2) To eliminate all possibilities which tend to destroy the best values of the game.
- 3) To stress the values derived from playing the game fairly.
- 4) To show cordial courtesy to visiting teams and officials.
- 5) To establish a happy relationship between visitors and hosts.
- 6) To respect the integrity and judgment of sports officials.
- 7) To achieve a thorough understanding and acceptance of rules of the game and the standards of eligibility.
- 8) To encourage leadership, use of initiative, and good judgment by the players on a team.
- 9) To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
- 10) To remember that an athletic contest is only a game – not a matter of life and death for player, coach, school, officials, fan, community, state, or nation.

E. SPORTSMANSHIP

The member schools of the CIF are committed to providing a sportsmanlike environment for students, coaches, and spectators. To that end, the CIF Federated Council has adopted the following sportsmanship and crowd control recommendations. Each member school is requested to commit itself to implementing these recommendations.

DEFINITION: A person who can take a loss or defeat without complaint, or victory without gloating and who treats his/her opponents with fairness, courtesy, and respect.

- 1) The following are expected to be role models demonstrating sportsmanship at all times:
 - a. Administrator
 - b. athletic directors
 - c. coaches and players
 - d. faculty members
- 2) Coaches, players and spectators will respect the integrity and judgment of sports officials.
- 3) The conduct of coaches and players generally sets the tone for CIF contests. They will be expected to maintain the highest level of decorum at all CIF contests.
- 4) The following behavior is unacceptable at all CIF high school contests:
 - a. berating your opponent's school or mascot
 - b. berating opposing players
 - c. obscene cheers or gestures
 - d. negative signs
 - e. noise makers
 - f. complaining about officials calls (verbal or gestures)

F. ANTI-BULLYING POLICY

- 1) FCS believes that all students have a right to a safe and healthy school environment. The school promotes mutual respect, tolerance and acceptance.
- 2) FCS will not tolerate behavior that infringes on the safety of any student. A student will not intimidate, harass or bully another student through words or actions. Such behavior includes: direct physical contact, such as hitting,

shoving; verbal assaults, such as teasing or name-calling; and social isolation or manipulation.

3) FCS expects students, staff and/or volunteers to immediately report incidents of bullying to the teacher or principal. Staff or coaches who witness such acts take immediate steps to intervene. Each complaint of bullying will be promptly investigated. This policy applies to students on school grounds, while traveling to and from school or a school-sponsored activity, whether on or off campus, and during a school-sponsored activity.

4) To ensure bullying does not occur, staff members and coaches will cultivate acceptance and understanding in all students to maintain a safe and healthy environment.

5) Teachers and coaches will discuss this policy with their students in age-appropriate ways and will assure them that they need not endure any form of bullying. Students who bully are in violation of this policy and are subject to disciplinary action up to and including expulsion.

- 6) Expected student conduct includes, but is not limited to the following:
- a. Any student who engages in bullying may be subject to disciplinary action up to and including expulsion.
 - b. Students are expected to immediately report incidents of bullying to the coach, teacher and/or principal.
 - c. Students can rely on staff to promptly investigate each complaint of bullying in a thorough and confidential manner. However, the school reserves the right to fully investigate each report.
 - d. FCS prohibits retaliatory behavior against any complainant or any participant in the complaint process.
 - e. Any one witnessing or experiencing bullying are strongly encouraged to report the incident; such reporting will not reflect on the target or witnesses in any way.

G. PARTICIPATION

Participation in FCS athletics is considered a privilege, not a right. The student-athlete shall become a more effective citizen and learn:

To develop self-discipline, respect for authority, and the spirit of sacrifice and hard work. The team and its objectives must be placed above personal desires.

How to compete. A team or individual student-athlete may not always win, but will always succeed when continually striving for their best performance. Learn to accept defeat by striving to improve your individual and team skills.

To develop sportsmanship; to accept any defeat like a true sportsman, knowing you have done your best; to treat others as you would have them treat you; to develop social traits, including emotional control, honesty, cooperation, and dependability.

Continued improvement is essential to good citizenship. As an athlete, you must establish a goal and constantly strive to reach that goal with a strong sense of commitment and dedication. Always try to better yourself with the skills involved and those characteristics set forth as desirable.

To develop a balance between academic work, sports participation, and rest. As an athlete, you must develop the healthy discipline of managing your time very efficiently while you are doing your academic work. Participating on a sports team requires a great deal of time that might otherwise be devoted to school work. One must learn how to complete school assignments and team requirements and *still receive ample rest* to remain healthy and alert.

TRANSPORTATION: Parents are responsible to insure students have transportation to the school before the game/practice and back home after the game/practice. Students who are not being transported by a parent will be assigned a vehicle. Students may not change vehicles before or during the trip to the event. The only exception is when a parent who was not previously at an event arrives at the event to transport the student. If the ETA of students' return to the school after a game/practice is unknown, parents should arrange to have someone available to pick up students within twenty (20) minutes of a phone call from the student upon return. This is important since it shows respect and appreciation for the volunteer coaches and drivers who have other commitments. If Extended Care is in session upon the student's return, the student will receive free EDC for twenty (20) minutes after their return from the game/practice – giving the parent time to return to the school. Travel expenses will be calculated before the season and parents will be billed for transportation costs. Whenever a parent drives the team to an event, that parent will be reimbursed for their expense.

FOOD MONEY: Middle school and varsity teams will often stop at a restaurant after away games. It is the responsibility of the student's parents to insure their athlete has money for food before they leave to go to away games.

KINDERGARTEN – 2ND GRADE TEAMS

A kindergarten – 2nd grader's participation in a sport means the student will play in the game. However, the amount of play time will be determined by the

student's attentiveness to the game and the coach's instruction. It is important that the safety of all the student-athletes is guarded. Thus, the student's ability to listen to their coach will determine their amount of game time. As with any new skill, the more practice a student-athlete has, the better their ability. Working with young students outside of practices will enable them to progress more quickly.

3RD- 6TH GRADE TEAMS

A 3rd-6th grader's participation in any sport does not guarantee he/she will get to play in each game. Every student will play at each practice. However, students will play in games as the coach deems appropriate. Because 5th and 6th grades are introductory middle school, the sports department will determine whether they play with the 3rd-4th grade or with the 7th-8th grade. Students in these grades must play on the teams designated by the sports department.

7TH AND 8TH GRADE TEAMS

Only 7th and 8th grade players will be eligible to participate in Middle School sports. If 6th grade players are needed, the coach must petition the A.D. in writing to request an exception to this policy. The 6th grade player is not eligible until approved by administration.

7TH-12TH GRADE TEAMS

A student who does not *fully* participate in their physical education class on a game or practice day cannot participate in any after-school sport activities, unless permission has been obtained from the coach and P.E. instructor.

Students, including those on injury recuperation, are required to attend all practices, team meetings, and games. This represents an essential part of their dedication and commitment to participate in their sport.

P.E. CONTRACTS: In order to insure academic success, all middle school and varsity students who are participating in a sport may take a study hall instead of P.E. during the season. If students/parents sign a P.E. Sports Contract the student's P.E. grade will be based on his/her attitude toward other players and coaches, their faithfulness to every practice and game, and their effort in all practices and games. If the student is unable physically to participate, the student must have a physician's note to receive an excused absence from a game or practice. Without such a note, every absence from a practice or a game will lower the student's P.E. grade. It is the coach's responsibility to assess a daily grade for participation and keep attendance at all games and practices.

H. RESPONSIBILITIES OF THE STUDENT – ATHLETE

CLEARANCE PROCEDURES - Prior to participation, a student-athlete must adhere to the following procedures:

Read, understand, and agree to abide by the Sports Handbook.

Submit “Physician’s Report Form” to the School Office.

Each player is required to have a current physical. No student will be permitted to play until a physical or record thereof has been completed.

Sign “Participation Contract” form for each sport and submit it to the office.

All uniforms will be checked out from the school office. All uniform contracts should be signed and returned to the school office. All uniforms must be returned to the school office within two (2) weeks of the conclusion of the sport played. If a player loses their uniform during the season, he/she will be billed for the replacement cost. Failure to return a uniform will result in withholding of the diploma or report card until the replacement fine is paid.

Sign “Athletic Participation Parental Consent” form for the year and submit it to the school office.

DEDICATION: The athlete should be aware that nothing worthwhile is accomplished without hard work and a sincere desire to succeed. The athlete must also understand that this means making a commitment to attend all practices, contests, and team meetings. It is very important that an athlete realize that an attendance commitment must be given the highest regard. No one will be excused from a practice, game, or team meeting without consultation with the coach. If an emergency or illness prohibits you from attending, you are required to notify the coach immediately. In addition, student-athletes should practice their skills outside of their corporate practices if they want to improve significantly.

III. PARENT SECTION

You can play an essential role in helping your student-athlete learn the values of winning by offering congratulations and discussing the efforts made by individuals and the team.

A. LEARN FROM ATHLETICS

Help your student-athlete learn from both winning and losing experiences by crediting the other team, discussing what was successful, and accepting a win or loss gracefully, and using the experience to set individual goals to improve as a player and as a team.

B. PARENTS AS ROLE MODELS

The importance of parents behaving as model spectators cannot be overstated. Parents who support the CIF Code of Ethics and Sportsmanship Guidelines provide a role model for other parents and students alike. For any high school, it is of particular concern when parents harass officials or make comments in the stands regarding judgment decisions made by the coach. This is counter-productive and tends to destroy the values of good sportsmanship and the game. FCS and the NPAC do not tolerate poor sportsmanship on the part of fans or athletes, and will place sanctions upon fans that deviate from this Code of Conduct.

We encourage parents to discuss ways to help their student-athlete improve; to speak about their student's behavior; to support the coach's expectations for their student and the team, including support of the coaches' philosophy, the team's rules and requirements, and last, but not least, scheduling.

We strongly encourage parents not to discuss placement on teams, playing time, or strategies used by the coach during games. These are the responsibility and the duty of the coaches.

C. PLAYING TIME

We understand that, at times, it may be difficult to accept that an athlete (especially your student) is not playing as much as you hoped he or she would. Playing time will be based on student attendance at practice, student effort during practice, and student skill levels developed through additional practice apart from corporate practices. Please remember that coaches make judgment decisions based on what they believe to be in the best interest of the team, decisions that take into account all members of the team, not just one particular athlete.

D. EXPRESSING CONCERNS

If you have a concern other than team placement, playing time, or game strategy, or wish to discuss a problem or issue concerning your student, begin by contacting the coach directly. Please choose a time other than a game day.

Usually, the concern will be resolved at this level. Otherwise, please contact the Athletic Director.

E. UNIFORM POLICY

Uniforms must be returned to the school office within two weeks of the completion of the team's season. Any student who does not return his/her uniform will be billed by the school for the cost of the uniform.