

Parent/Student Athletic Handbook



Woodland Christian High School

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Philosophy

The athletic program at Woodland Christian High School is designed to be an integral part of the student's Christian school experience. Jesus Christ is to be our focus, both on and off the athletic field. We will strive to demonstrate His attitudes, actions and mind set (Phil. 2:3-5)). We are to do everything as unto the Lord and not as unto men (Col. 3:23).

Our desire is to glorify God by operating a program that is academically strong, spiritually nurturing, mentally stretching, physically developing and emotionally maturing. Our teams will strive to be competitive and excellent in all their endeavors (II Tim. 4:7). 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 Athletic Experience...one that will show our students how to grow "in wisdom and stature and in favor with God and men" (Luke 2:52).

The athletic program at Woodland Christian High School is a co-curricular activity which is an extension of the overall educational program. It is being established for both the advancement of the students and the school. Participation in the after school sports program is a privilege provided for students who have demonstrated academic integrity and good conduct.

At Woodland Christian High School (WCHS), we believe that opportunities should be made available for all students to compete in sports. Participation and commitment to excellence in sports will be two of the many lessons our students will learn. Our goal is to provide a quality sports program, while also giving students the opportunity to develop and display Christ-like attitudes and actions during competition.

We believe that "winning" is giving 100% at all times to your teammates, yourself and the Lord. We wish to instill the desire to play hard, win or lose, to win with humility and lose with dignity.

We also desire that the students at WCHS learn the attitudes and character traits of Jesus Christ through the sports program. It is around His example that we pattern our philosophy. This can be manifested through competition with teammates and opponents.

Goals

Woodland Christian High School emphasizes four goal areas. We realize these goals are significant, practical and attainable. If the athletes achieve these goals, we believe that the athletic program has been successful.

1. Christ is the center of our sports program and our desire is that the athletes and coaches should honor Him by their conduct and attitude, thereby being a witness to opponents and the community.
2. We want our students to give 100% of themselves during games and practice times.
3. Our goal is to teach our athletes to respect teammates, authority figures and opponents.
4. To maximize potential it is necessary that our athletes learn perseverance and the desire to improve their athletic skills and challenge their teammates to do the same.

We believe these four goals are our key ingredients to a successful sports program. These goals will not only enhance our athletes during competition but also teach them vital lessons for their personal lives.

Character Qualities

Endurance: Doesn't give up (Gal. 6:9; II Tim. 4-7)

Humility: Shows the attitude that God is the one responsible for his/her abilities, talents and success (Gal. 6:14)

Intensity: Gives total physical and mental effort (Col. 3:23)

Commitment: To dedicate your time and effort towards that sport (Col. 3:17)

Discipline: To show the way of life (Prov. 10:17)

Respect: Honor athletes, teammates, coaches and officials with words and actions (Prov. 1:7)

Responsible: Handles decisions wisely; takes the initiative to work and make intelligent decisions and accepts the consequences for personal actions (Rom. 14:12)

Self Control: Remembers that whoever guards his mouth and his tongue keeps his soul from troubles (Prov. 21:23)

Rules and Regulations

1. Theft of goods or equipment may result in expulsion from the team or activity. Theft is interpreted as the unauthorized possession of equipment or goods belonging to Woodland Christian School or any other school, organization or individual.
2. School equipment is to be worn only while participating in practice or during scheduled contests or with the approval of the supervisor. The student is expected to keep uniforms clean and in good condition. Loss of issued equipment or damage to issued equipment will be the student's financial obligation, and WCHS reserves the right to withhold transcripts until the obligation is satisfied.
3. A student is not to be given special treatment or privileges on a regular basis to enable him to participate in non-school athletic activities, such as reduced practice times, special workouts, late arrivals or early dismissals.
4. Students shall not be permitted to participate on any college, junior college or university athletic teams.
5. Loyalty to the school, teammates and coaches is expected.
6. Each team member must dress properly to and from each game. Athletes will also dress appropriately for practice. Athletes are expected to maintain the school dress and hair code at all times.
7. Coaches will have the authority to set and enforce the rules and standards of their sport within the guidelines of WCS policies.
8. Each student has the responsibility to take the initiative to get all assignments from his/her teachers before leaving for that day's game. Work not turned in because of a game is not a valid excuse.

Eligibility

The athletic policy at Woodland Christian High School reflects our desire to prepare young adults physically as well as mentally. Our priorities are such that academics are first and athletics second. Because of this, we have established the following policy to insure that our students will receive a proper education.

1. To be academically eligible at Woodland Christian High School, you must maintain these minimum standards:
 - Have no F grades on your report card
 - Maintain above a 2.0 overall GPA
 - Not be on disciplinary probation

Eligibility will be checked every 4 1/2 weeks. If a student fails to meet these requirements they may continue to practice with the team until the next grading period and may rejoin the team if they have met the requirements.

2. Every athlete must have paid the sports fee, signed the Physical Form, filled out the Emergency Medical Form and signed the Participation Agreement Form. Parents must also sign these forms. You may not compete in games until these forms are filled out. If finances are a problem, we will find a way to defray the cost.
3. Athletes must meet all CIF requirements.
4. Woodland Christian High School coaching staff has the right to cut a member of the team at their discretion.

Other Eligibility Requirements

Physical Exam

You must have a valid physical on file in order to practice or play on any of the after school sports teams. Physicals are good for one year from the date of examination. Typically athletes will receive the exam at the same time during each year.

Injuries

All injuries must be reported to your coach so that proper aid may be given. Be sure to let your coach know of any allergies or other ailments that require special attention.

Conditioning is your responsibility prior to the start of the season. Prepare yourself so you can stand the physical stress that practice will put upon you. Begin easy and work up to a high level of

conditioning so you will be ready for the start of the season. If the injury is considered serious, an injury report form must be filled out by the coach.

Athletes who become injured during the course of a season are expected to attend practices and to be with the team during contests both home and away. There is a great deal to learn about the sport and a number of ways they can assist teammates during the period of rehabilitation following an injury. Most of all, we want the injured athlete to feel that he/she remains an integral part of the team.

Uniforms, Equipment and Facilities

1. Your coach will issue you a uniform before the first contest. Keep it clean and in good condition. It is to be worn only at the contest or as directed by your coach.
2. Lost or damaged uniforms must be paid for in full.
3. Check with your coach for the type of practice uniform he/she desires you to wear.
4. Any loss or damage of school equipment due to neglect or carelessness by the student will be repaid in full by the student at current cost.
5. You are to be out of the building twenty minutes after practice is completed. Have a place to go if your ride does not come on time. Coaches should not leave before all players do unless there is other staff present. Do not make your coach stay at the gym or school to supervise you.
6. Any disrespect for school facilities will result in disciplinary action including removal from sport or dismissal from Woodland Christian.

Practice Policy

Practice periods are the foundation to any successful team. What you do in practice is what you would do in a game. We expect that you would hustle and be determined regardless of ability.

1. Be dressed on the field or floor and ready for practice on time every practice session. There is no punctuality and enthusiasm.
2. All members of the team are expected to attend every practice unless excused in advance by the coach.

3. Work hard to better yourself. Be serious. Have fun without being a clown. Focus your attention on doing your best. Never be content with mediocrity. You develop by doing your best.
4. No complaining, criticizing or excuses and no gossiping. Earn respect. If you have a problem, deal with it individually and privately with the coach.
5. Never leave the field or floor without permission.
6. When the coach is talking, pay attention and do not talk until he or she is finished.
7. Take good care of all your equipment. It's quality not quantity that endures.
8. Do things the way you have been told. Form good habits in practice.
9. Work hard during practice to condition yourself physically and mentally.
10. Being prepared leads to self control and confidence.
11. Expect the best from your teammates because they expect the best from you.
12. Pray for teammates and coaches daily.

Attendance at School and Practice

1. Athletes must be in attendance for at least 3 periods to enable them to participate the day of a game or practice unless an early dismissal would prohibit 3 classes. Chapel is considered one class. Family emergencies or medical exceptions should be cleared with the school office.
2. A coach must be consulted if any athlete must miss practice or a game. An athlete missing a practice or a game without good reason may be subject to disciplinary action.
3. These offenses will result in disciplinary action by the coach of each sport. The exact nature of the consequences will depend upon the specific circumstances of the case.
4. Advance notice MUST be given to the coach by the athlete or it is unexcused, unless absent from school on that day.

Player Conduct and Appearance

The coaching staff expects each player to conduct himself/herself in a way that will reflect the behavior of a scholar and a lady or gentleman in the classroom, in public, on buses and as a representative of the school. The latter requirement is stressed on team trips, in public places and as guests of various opponents. Such action is intended to eliminate that behavior which would bring disrespect upon the individual or the school, (i.e. vandalism, taking of souvenirs) while representing Woodland Christian School, etc.

1. You will be expected to be well-groomed at all times. The head coach will explain his or her dress requirements. We must remember that we want to look the best we can in representing our school.
2. You will be expected to exercise courtesy at all times.
3. Do not be critical of the school you are visiting or that we are hosting.

Transportation

Transportation to and from games will be the responsibility of parents. Under no circumstances will a student be assigned to drive participants to or from games.

Sports Opportunities

Woodland Christian High School has available to high school students a limited number of varsity and junior varsity athletic teams in interscholastic competition. The following is a list of the sports offered.

	<u>HS Boys</u>	<u>HS Girls</u>
Fall	Football Cross Country	Volleyball Cross Country
Winter	Basketball Wrestling	Basketball
Spring	Baseball Golf	Softball Soccer Golf

Note: Girls can compete in the SJS Girls golf tournament held in the Spring as individuals. Notice should be given to the Athletic Director if interested in doing so.

Team Selection

In any specific sport where sufficient interest is evident we will attempt to provide a J.V. team and a varsity team for these sports. J.V. teams are viewed as developmental or instructional in nature whereas the varsity team is viewed as scholastic.

Junior Varsity (JV)

At this level, practices are still viewed as foundational but with increasing skill and experience. The goal is preparation for varsity participation. Game participation becomes increasingly more challenging. All team members shall be given opportunities to participate.

At the JV level, every player will receive playing time. Playing time will definitely not be equal because of the skill levels and need of that particular game.

Varsity

At the varsity level, each sport is viewed as inter-scholastic competition for the mature, skilled, experienced athlete. Our teams will participate through the Sac-Joaquin Section in Division 5 (Football Div. 7) in the Central Valley Christian League.

Number of Participants

Participants in a sport may be selected on the basis of competitive tryouts. If the number of students trying out for a sport exceeds the number of players that can reasonably be handled for practice sessions, uniform availability, etc., then some of the players may need to be "cut." Desire alone on the part of a student is not always sufficient.

Making the Team

Students are chosen for team membership on the basis of:

1. Level of skill the student already possesses in comparison to the other students trying out. Size, speed, strength and agility are all factors that are taken into consideration.
2. The natural abilities that a student might possess that would indicate a high potential for development of skills not yet refined.
3. The attitude and effort that the student shows in the tryouts.
4. The evidence that indicates that the student can be a part of a team and place the welfare and achievement of the team ahead of personal gratification and recognition.

Participation

Playing time accorded a player will depend upon :

1. The skill the player possesses.
2. The growth and development of skills as the season progresses.
3. The ability to function effectively as part of a team, to follow the game plan and to put team success first.
4. The effort, attitude and seriousness devoted to practice sessions.
5. The way a player fits into the strongest combination of players that the coach can put on the field or court.

Selection of Starting Players

The starting players will always be a “judgment call” by the coach in question. In every sport the performance of the player will be subjected to the human element of evaluation. That is why head coaches and assistant coaches will often discuss their evaluations to make sure they are not missing something that other coaches have noticed. In this regard, desire alone is not the primary factor any more than it would be in the adult world of competing for jobs. This is no reflection upon the worth of a student, his character or his value as a person. It is simply an evaluation of his/her talents in that sport.

Middle School Participation

Our middle school athletic teams participate in the CCL and RCCL leagues. At this level practices are viewed as a time for teaching the basic skills necessary for playing at the higher levels of competition. At the middle school level we believe that all team members should be given the opportunity to participate. In addition, every team member will play in every game unless there are disciplinary reasons or health restrictions that would limit participation. Although all team members are expected to play, playing time may not be equal because of the specific needs of each game.

Appropriate issues to discuss with coaches

1. The mental, physical and spiritual treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child’s behavior.

It may be very difficult for your child to accept that he/she may not play as much as they hoped. Coaches are professionals. They are charged to make judgment decisions based on what they believe is equitable and best for all students involved. As you have read in the list above, certain items are open for discussion with your child's coach. Other decision making must be left in the hands of the coach assigned the responsibility of coaching your child's team.

Issues not appropriate to discuss with coaches

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between the coach and the parents or guardians. These conferences are encouraged. It is important that both parties involved have a clear understanding of the other's position. When conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Procedures to follow when you discuss a concern with a coach

1. Call to set up an appointment
2. Call the coach's school number (on-campus coaches) or home phone (off-campus coaches) or the athletic department to secure the appropriate number.
3. IF the coach cannot be reached using the step above, call the Athletic Director and he will assist you in setting up the appointment.
4. Please DO NOT confront a coach before or after a contest or practice without setting up an appointment. These can be emotional moments. Meetings of this nature are not likely to promote resolution.

Awards

Each athlete participating in after school sports will receive a certificate of participation. There are four specific awards given to athletes who have demonstrated extra effort in the following areas:

1. Most Improved
2. Most Valuable
3. Most Inspirational
4. Coach's Award

These award's will be given on an awards night following each regular season.

Sportsmanship

The Woodland Christian School athlete must learn and respect the rules of sportsmanship for poor sportsmanship is a reflection on the team, school, coaches and the individual.

1. Sportsmanship begins with respect for our opponent. We will treat them as we would want to be treated.
2. On the day of the game, it is important that the athletes dress nicely.
3. It is important for all players to pay attention to the game while they are on the bench. In addition, it is important to encourage your teammates and be ready to participate at any time.
4. To win fairly is the team's goal in any contest. This should occur regardless of the opposing team's behavior.
5. Profanity will never be tolerated in contests or practices.
6. Losing is a part of competitive sports and our athletes must learn to win with humility and lose graciously. They will always acknowledge their opponent's effort after the contest, win or lose.
7. We will always respect the judgment of officials, even if we feel their judgment is in error.
8. Sportsmanship is control of your heart, mind and tongue. We should attempt to reflect Christ-like attitudes at all times.

Players may be suspended for poor sportsmanship and fans will be removed from home games for displays of poor sportsmanship.