

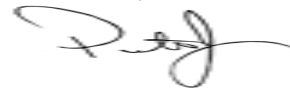
### **A note to parents:**

It is my pleasure to serve as the Athletic director of Colonial Hills Christian School. Please rest assured that your student athlete is of the most importance to us. Every effort is made to provide the best equipment, training and coaching as possible within the confines of our budget. Many of our coaches work on a volunteer basis, giving of their time and talents with little or no financial compensation. Our coaches are held to high standards of testimony, interaction with the athletes, and love of the game. Our goal is to please the Lord Jesus Christ in everything that we do. An emphasis is placed on the spiritual aspect of the sport and the athlete. Please pray for and encourage our coaches and athletic staff so that our program will not only train young people in athletics, but also make an impact on their lives spiritually.

For our program to continue to grow, we need every parent who has a student involved in the sports program to be involved as well. Please be ready to attend any booster meetings and provide assistance with the many needs of the program. The more involved you become the more you and your student athlete will gain from the program.

I encourage you to sit down and read this handbook with your student athlete. This is very important to the success of your child's athletic career at CHCS, and will help you as parents to understand the scope and philosophy of the athletic program of Colonial Hills Christian School. Thank you for allowing the athletic staff to work with your student athlete.

God bless,



Pete Johnson  
Athletic Director  
Colonial Hills Christian School

## **ATHLETIC HANDBOOK**

As an athlete of Colonial Hills Christian School, you are a chosen leader and should realize that it is an honor and privilege. You should also remember that with every privilege there is a responsibility. There will be more expected of you than the average student. You are a leader. Other students look up to you; be deserving of their respect.

I. The purpose of our Athletic Program:

1.) **To instill Christian character by preparing for life situations through athletics.**

Victory and defeat, joy and heartache, success and failure, health and pain, relaxation and pressure are just a few of life's events taught in practices and games.

"I can do all things through Christ which strengtheneth me." Phil. 4:13

2.) **To help develop a productive "work ethic" that honors the Lord Jesus Christ.**

Colossians 3:23 "And whatsoever ye do, do it heartily, as to the Lord, and not unto men."

3.) **To help develop confidence** by promoting physical fitness, mental awareness, social skills, and spiritual dependence following Christ's example from Luke 2:52, "Jesus increased in wisdom and stature, and in favor with God and man."

4.) **To increase and build proper school spirit and sportsmanship** by providing social activities for team support, respect for others and group harmony. Psalm 133:1: "Behold, how good and pleasant it is for brethren to dwell together in unity."

## II. **PHILOSOPHY**

The basic philosophy of the athletic department of Colonial Hills Christian School is to help build Christ-like characteristics into the lives of each student athlete through athletic competition while producing exemplary sports teams that honor the Lord Jesus Christ with their actions.

## III. **Effective Parent/Coach/Player Relations**

- A.) Love one another ( John 13: 34,35 )
- B.) Respect each other ( Romans 12:19
- C.) Pray for one another ( II Corinthians 1:11)
- D.) With full recognition of and respect for parental responsibility under God, it must be kept in mind that, for athletic participation, parents have delegated the responsibility and authority for their child to the coach. “Hands On” delegation by the parent is not acceptable. There will be direct and indirect impact on your child if situations like the following should occur:
  - 1.) **Parent “coaching” from the stands.** This can only be detrimental since the coach needs the full attention and concentration of his or her players. During a practice or game the players “belong” to the coach. Uninvited parent intervention during these times is a serious distraction and is detrimental to the program. **Parents are not allowed on the sidelines or in the team areas during practices or games unless asked by the head coach of that sport.**
  - 2.) Parents negatively approaching the coach or the player “on the bench” during the game, at half time, immediately after the game, or prior to the post game team meeting will cause problems that will require a later meeting with school personnel. The coach should receive full support from both player and parent.

- E.) Parents desiring to have input to the program should use the proper channels of communication. Proper deference to the athletic director or coaches to discuss your concerns in private will give them the opportunity to give you their undivided attention. If the parent's concern cannot be heard nor sufficiently addressed, then a parent may schedule an appointment with the Athletic director, High School Principal, and then the Administrator, in that order.
- F.) **Support is expected.** It is reasonable to expect that any parent who permitted their student to come out for a sports team should be supportive of the coach. Well-placed, constructive remarks given privately to a coach are always welcome. Simply airing negative opinions to those around you and your children should not be done because of the potentially negative spiritual consequences. Parents who show that they do not support the coach may jeopardize their student's team membership.
- G.) Each coach has full responsibility and authority to determine which players are entered into a game, when, and for how long. His/her best determination will be made on the basis of what is best for the team as a whole.

#### IV.) **Playing Time Policy:**

- A.) The amount of playing time is at the discretion of the coach.  
  
Any coach would do what is best for the team and will take skill, practice, attitude, conduct, etc. into consideration when it comes to playing time.
- B.) Quitting a team after the first scheduled game will make that student ineligible to participate in the next sport and will disqualify him or her from receiving any awards or recognition. If the sport is the last sport of the school year and the student quits, he/she will be

ineligible to play in the first sport of the next school year.

- C.) Parents need to help their child to understand that coming into a competitive program does not guarantee the child will make the team, or make the starting lineup, or play at all in a game, or ever be the “star.”

V.) **Description of the Athletic Program**

- A.) Colonial Hills Christian School is a member of the Independent Christian Schools of Georgia and Alabama Athletic Association- ICSGA. For information about ICSGA and for game results during specific sports seasons, log onto [www.icsga.org](http://www.icsga.org)
- B.) All athletic contests are operated under the rules and regulations governing that sport by the National Federation of High School Athletics.
- C.) **Interscholastic Athletic Opportunities Available:** Boys in grades 6-12 may participate in tackle football, cross country, basketball, and soccer. Girls in grades 6-12 may participate in cheerleading, soccer, volleyball, basketball, and cross country.

VI.) **Student Athlete Eligibility :**

A.) **5/6, JH and JV teams**

- 1.) Athlete is a Colonial Hills Christian School student enrolled full time in grades 5<sup>th</sup>-10<sup>th</sup>. Or the following: Homeschooled students and students from local schools without sports programs that meet the same eligibility standards that full time CHCS students do.
- 2.) Students in 4<sup>th</sup> grade may participate on the 5/6 basketball team in certain cases.
- 3.) All academic eligibility standards as required for varsity level students.
- 4.) JV players may not turn 16 before September 1 of the school year of participation.

## **Eligibility: Varsity Teams: Grades 8<sup>th</sup>-12<sup>th</sup>**

- 1.) A full time student of Colonial Hills Christian School or Homeschooled and students from local schools without and athletic program who have been accepted through the Homeschool/ Other Student application process in grades 8-12. Students must not have attained their nineteenth birthday prior to Sept 1 of the school year of participation.
- 2.) Not violated the transfer rule. Any student who changes ICSGA schools after entering 8<sup>th</sup> grade is a transfer and subject to the following stipulations. Transfer from one member ICSGA school to another ICSGA member school.  
**Student is ineligible to participate on the varsity level for one calendar year unless a bona fide move is made. Exception Clause:**  
The above stated transfer rule does not apply if the school that a student is transferring from is willing to sign –off on that student and family, indicating that the student and family has left that school in good standing.
- 3.) Not violated the eight semester rule if enrolled in grade 9 or above. Students have eligibility status for only 8 consecutive semesters from the time they enter the 9<sup>th</sup> grade at any school.

### **Academic Eligibility**

Athletes who fail any class for the quarter/semester will be ineligible for competition for three weeks and will be placed on probation for the next quarter. Grades will then be checked every 3 weeks during the next quarter by the principal / Headmaster. Students will be approved to play if grades are passing.

\*\* Students who become ineligible may still practice with the team and sit on the team bench or be on the sideline at all home games but are not allowed to travel or sit with the team at away games.

**Students who display an attitude which is detrimental to the standards and testimony of themselves, CHCS, and the Lord may be declared ineligible. This decision will be made by the Administration and the Athletic Director.**

**VII. School Attendance and Assignments**

- A.) All athletes are expected to have a good attendance record.
- B.) Athletes must be in school on the day of a game to participate. A student must be in class by **11:00 A.M.** to be counted as “attending” school. Exceptions may be made by the administration due to medical appointments, or family situations that require a student to miss class.
- C.) **Late night games will not excuse an absence or tardy** the following day. Ball games also will not excuse work due. Plan ahead. Missed work or assignments must be obtained from the classes the athlete will be missing prior to departure from the school due to the block schedule.
- D.) If a student is too sick to be at school or has not arrived on campus before **11:00 A.M.**, he may not attend practice nor may he/she play in a game if it is scheduled on that same day.
- E.) Any student athlete who is suspended from school will not be allowed to practice on that day. **In addition, that student will be suspended from at least one game.**
- F.) Any student athlete who receives 35 demerits will be removed from the sport he/she is participating in for

the remainder of the season. This student is ineligible for any individual award or letter.

**Rosters, Schedules, Practices, Meetings:**

- A.) At the start of each sport season, game schedules will be produced and made available in the foyer by the front office. The schedules are as up-to-date as possible. Changes beyond our control will occur from time to time during the season, affecting the dates or times of games. Schedules will also be available on the athletic webpage at [www.chcsathletics.org](http://www.chcsathletics.org).
- B.) Every effort will be made to keep parents aware of practice times through the players and /or the athletic website . If you should have any questions concerning practice times, please make your inquiries from the coach of that sport.
- C.) Attendance at all practices is mandatory unless excused by the head coach.

Missing practices that are unexcused will cause the player to lose playing time, be benched, or removed from the team. Unexcused tardiness to practice may result in the same discipline. You must inform the coach if you will be late for practice. Examples of excused tardies to practice would be: getting help in a subject from a teacher or designated tutor (see the coach first), medical appointments, and situations deemed excused by the coach. Being in the principal's office for disciplinary reasons is not an excused tardy.

- D.) All male and female athletes will abide by the school dress code at all times during practices and games, and while on campus. Girls may wear school- approved P.E. shorts to practice or their own shorts as long as they come to the top of the knee, or spirit pack shorts that are school approved. Female athletes are not allowed to roll the waistband of their shorts. All boys must keep shirts on at all times. Athletes who violate

the school dress code may be disciplined or dismissed from the team.

E.) INJURIES: Report all injuries to the coach or Athletic director ASAP.

## **IX Guidelines for Away Games:**

- A.) All athletes must ride the school-provided transportation to and from away games as well as practices. The only exception to this rule is: students whose parent has given permission to the AD/Coach for them to follow the bus to the game or ride home with another student's parents. (**This should be only for extreme situations, not because your student doesn't like to ride the bus**). No student is allowed to drive to or from games with another student. On athletic trips where both boys' and girls' teams are traveling together, girls will sit in one part of the bus and boys in the other. Remember this is not a date, but a Christian school-sponsored event.
- B.) Any damage caused to a vehicle from horseplay or vandalism will be the responsibility of individual(s) who caused the damage. Parents will be charged for any expenses necessary to repair damages.
- C.) **No radios, I-Pods, MP3 players or CD players are allowed on trips. Items "smuggled" in will be confiscated.**

**X Restaurant Guidelines:**

- A.) Teams will pray together on the bus before entering the facility.
- B.) NO one is allowed to leave the restaurant without permission of the head coach, or adult in charge.
- C.) Practice good table manners. No throwing food, being loud. Make sure your area is clean before leaving.

**XI Home and Away Game Policy for Players and Spectators:**

To uphold our Christian testimony and to be pleasing to the Lord, the following must be adhered to:

- A.) Fans and players need to refrain from the use of abusive or negative comments to players, coaches, officials, and other fans. Players who violate this rule will be disciplined and possibly removed from the team. Fans may be banned from attending games.
- B.) Be respectful during the national anthem and prayer. Team players should stand facing the flag with their right hand over their heart.
- C.) Always be courteous to officials, referees, and visiting teams and their fans. They are our guests and should be treated kindly and respectfully. Please do not approach them before, during, or after the game for any negative reason.
- D.) Please pick up your trash and dispose of it properly.
- E.) Be respectful of other schools' dress codes when on away games. The athletic department will make students and parents aware of any school's dress requirements before the away game.

**XII GENERAL INFORMATION:**

- A.) Sports Fees need to be paid before the first game or sooner. Fees are as follows and can be paid in the

high school office: **football - \$100.00**; all other sports including cheerleading - **\$75.00**.

- B.) Athletic awards will be presented at the end of the season for each individual sports team. It is our philosophy to recognize all of our athletes, but only a few will receive awards for outstanding achievement. Student athletes must finish the season in “good standing” to be eligible to receive any award. “Good Standing” refers to not missing games and or practices due to disciplinary action or academic failure.
- C.) Varsity Letters will be awarded to student athletes in grades 9<sup>th</sup> –12<sup>th</sup> only. Underclassmen who play at the varsity level due to the necessity to field a competitive team and meet the requirements for a letter will receive a certificate of special recognition.
- D.) The following requirements are necessary to earn a varsity letter:
  - 1.) Be in the 9<sup>th</sup> –12<sup>th</sup> grade
  - 2.) Football: Play at least two quarters (time equivalent) in all regular season games.
  - 3.) Basketball: Play at least one quarter (time equivalent) in all regular season games.
  - 4.) Volleyball: Play at least in one game in each regular season match.
  - 5.) Cheerleaders: Cheer for at least one complete sports season.
  - 6.) Be a manager or statistician for one full season for a varsity level sport.
  - 7.) Cross Country: Run in at least half of the scheduled meets.
  - 8.) Soccer: Play in at least one half of every regular season game.
- E.) Parents need to insure that their student athletes have their physicals before they begin practice. Students

failing to have their physicals before the first game will not be able to play or dress out. Physical forms are available in the high school office or online at [www.chcsathletics.org](http://www.chcsathletics.org).

- F.) Parents, we need your help to insure that the athletic program here at Colonial Hills continues to improve. Parents of student athletes **are required** to help out in gate and concession areas. All parents will be scheduled and a copy of the times you are needed to work will be sent to you. **A fee of \$55.00** will be charged for not working your assigned time and your student's report card will be withheld until payment is made.
- G.) Uniforms and equipment: Treat school equipment with care. Take care of uniforms and any equipment issued to you. Any loss or damage of school equipment or uniforms due to neglect or carelessness will be repaid by the student or parent in full. Uniforms and equipment should be turned in no later than one week after the last game of the sport you are participating in. Remember, uniforms and equipment are not souvenirs; they are the property of CHCS. Keeping any part of a uniform or piece of equipment without the permission of the Athletic director is stealing.
- H.) Team Camps: Student athletes who are enrolled in CHCS before the end of the previous school year who wish to participate in athletics should attend at least one team camp (attend spring football if playing football) or be involved in summer league play to be eligible to participate in sports. Example: If a student is planning to play football, he should be involved in Spring Football which takes place before the end of school. If a student plays basketball, volleyball, or soccer, he/she should attend at least one of the above-mentioned camps, if offered.

- I.) Student athletes are strongly encouraged to participate in summer weight training and conditioning programs. These programs are free of charge and designed to enhance our athlete's athletic performance.
- J.) The varsity locker rooms are reserved for students playing the varsity sport that is "in season" (on occasion it may be necessary for the JV team to use the varsity locker room as well.) All PE students not on the "in season" varsity team must use the PE locker rooms.

**COLONIAL HILLS CHRISTIAN SCHOOL**  
**Athletic Agreement Form**

This form must be returned to the Athletic Department signed by both parent and athlete before the athlete may participate in athletic events at CHCS.

I, \_\_\_\_\_, a student athlete at Colonial Hills Christian School, have read and understand the CHCS Athletic Handbook and agree to abide by the rules and policies set forth therein. I also understand that failure to abide by and support these rules and policies may cause me to be dismissed from any athletic team on which I am participating.

We, \_\_\_\_\_, the parents/guardians of the above student athlete, have read the CHCS Athletic Handbook and agree to abide by and uphold its rules and policies.

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

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_