

HERITAGE CHRISTIAN SCHOOLS

ATHLETICS Handbook 2018-2019

PATRIOTS 

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HERITAGE CHRISTIAN SCHOOLS

SPORTS HANDBOOK

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SPORTS HANDBOOK

(After reviewing the contents of this handbook, please complete the “Athlete’s Participation Form” found on the final page. This form must be completed by parents/guardians and students and returned to the school office in order for the student to participate in the Heritage Christian Schools’ sports program.)

“I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” Philipians 3:14

OBJECTIVES

The sports program will support and integrate the Mission of Heritage Christian Schools (HCS):

HCS’s mission is to educate the *whole child* - spiritually, academically, physically, and emotionally; equipping the child for life and its varied circumstances. Each child is recognized as an individual with individual needs and abilities. We rely on God and His teachings and strive for academic excellence.

The objective of the sports program is to allow 5th – 8th grade students (4th grade can participate in Track & Field) the opportunity to enhance physical skills through scheduled practices, teamwork skills through the encouragement of each other and their coach, gracious winning and losing skills through competition with other private and public schools in the area, and the ability to be Christ-like in attitude and action on and off the field/court.

- The sports program will also provide opportunity for students to achieve the Vision of HCS which will be evidenced by students integrating and exemplifying our learning results (see the HCS Vision Statement on page 12).

SPORTS PHILOSOPHY

The foundation for any program in a Christian school must be the Word of God. Therefore, any program that exists in a Christian school must reflect the integration of Biblical principles into that program.

Since the athletic program is one of the most visible programs in a Christian school, it is paramount that it reflects Biblical principles. The ultimate goal of the athletic program in a

Christian school is synonymous with the Christian walk; that being, “to be conformed in the image of Jesus Christ” (Romans 8:29).

Athletics are a microcosm of life. Actions displayed on the field or on the court are often the same attitudes and actions which would be displayed in real life situations. There must be a difference between a secular approach to athletics and a Christian approach. Certain segments of our society appear to be caught up in the win-at-any-cost syndrome. This attitude can sacrifice not only the needs of those athletes involved for the success of the program, but can lose the primary importance of athletics which is to do the following:

- Provide each athlete with the opportunity to initiate, grow, and mature in his or her personal relationship with Jesus Christ.
- Foster vital relationships among team members coming from a team concept and direct leadership of the coach with Christian values.
- Provide simulations of life situations under a controlled set of circumstances in which spiritual values and attitudes can be nurtured and tested.
- Have a commitment to excellence in each particular sport undertaken.
- Realize that athletics are a means to an end, and not an end in themselves.

Winning in the eyes of the world is usually different than winning in God’s eyes. God’s interest in winning concerns our attitudes. These attitudes and their accompanying actions are fostered by focusing upon, and living out, the following two Scriptural principles:

1. Whatever you are doing in your athletic performance you are to do it with the total release of all mental and physical abilities and your emotional energies.

Colossians 3:23: “Whatever you do, do it heartily as for the Lord, and not for men.” “Whatever” means anything we do, including athletic participation. “Heartily” refers to your mental and physical abilities as well as your emotional energies. “As unto the Lord” means that we should perform as if Jesus Christ were our only audience.

2. You are to totally represent Jesus as Lord by saying and doing those things that He would have you say and do.

Colossians 3:17: “And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father.” Attitudes will reproduce themselves in actions.

These two Scriptural building blocks can be the foundation for truly winning in life as well as in athletics. While striving for victory and success through mastery of skills, adherence to the rules, and a sense of fair play, young athletes should remember that God looks past the outward signs and looks directly on the heart attitude.

Winning is applying God's attitudes and actions through the medium of athletics and working toward that which will better "conform us to the image of His Son."

Athletics are a major part of American life today. Like everything else in the life of a Christian, athletics must be kept in proper balance. It should not be given an inordinate amount of time, energy, and attention. The Christian approach to athletics stems directly from the school's Christian Philosophy of Education, which is foundational to everything that is done in the school.

Athletics is a unique setting which affords each athlete the opportunity to more fully develop Christian character qualities that are taught in the classroom. We want our athletes to possess these positive Christ-like character qualities and to express them openly during competition. We are primarily interested in building eternal values in our athletes; therefore, we want to stress attitudes and actions in relation to God's Word.

GENERAL INFORMATION

- **Student Eligibility**

Student eligibility for the HCS sports program consists of the following:

- Student is to be enrolled in 5th – 8th grade (4th grade can participate in Track & Field) at HCS. For full participation, student must not be academically deficient on last report card.
- Student must not be on academic probation.
- Student must not be suspended or be under a discipline program which restricts participation in extra curricular activities.
- Once tryouts have been established and a sports team has been selected, no other student can join that team after the first game of the season. In certain cases, some children, due to parent job situations, are only able to be at school the second half of each year. In these cases, they are allowed to join a sports team after arriving.
- When a student is absent, he/she has an equal number of days to make up his/her work. He/She is allowed to play sports during his/her return, even though he/she has not made up all of his/her work. The exception to this is if the student has exceeded the days to have his/her work completed. For example, if he/she returns after being absent for two days, he/she cannot play sports after two days unless his/her makeup work is complete.

- **Academic Deficiency and Probation**

- In order to participate in sports, a student must maintain a C- average or higher.
- Eligibility will be ascertained and evaluated at the end of each grading period (status on RenWeb or report card).
- If a student falls below a C- average at the end of a grading period, he/she cannot participate in any school sport until a C- average is achieved. Information on the grading system can be found in the Academy and Junior High Parent Handbook.
- Checking on grade progress during a grading period will be the responsibility of the student and administration.
- During a student's ineligibility, he/she is expected to participate in all practices and attend all games as a member of the team.

- **Attendance**

- Athletes must be at all games and practices.
- When a student is absent from school, he/she may not play in the game on that day.
- If a student is at school but will not be able to attend practice or a game, the parent is to provide a written note to the coach or Athletic Director.
- Unexcused absences will result in the following:
 - One (1) unexcused absence – warning
 - Two (2) unexcused absences – next game suspension
 - Three (3) unexcused absences – expulsion from the team
- Being late to practice is unacceptable. Three tardies can lead to removal from the team.

- **Uniforms**

Athletes will be provided a uniform for each sport played. Athletes are responsible for being in full uniform on game day.

Spandex athletic sports shorts can only be worn underneath a school uniform, as long as they are black.

Athletes are not permitted to wear shirts under their jersey, unless it is a black compression shirt available from HCS. The cost of compression shirts are \$25.00 and can be ordered through the Athletic Director (cash, check or credit card are accepted).

- **Transportation**

- Away games
 - The school, through volunteer parents, will provide transportation to and from school for away games. After a game, any remaining students need to be returned to HCS. Drivers may not stop for food or do errands on the way to or from an away game.
- Tournaments
 - Parents will provide transportation to and from their homes.

- **Fees**

A sports fee of \$35.00 for each sport will be charged to the parent's FACTS account.

- **Awards**

At the end of each season, awards to honor the athletes will be given. Athletes on each team will vote for a Most Inspirational Player and Most Improved Player.

- **League**

HCS participates in the Christian Athletic League.

- **Discipline**

When the Athletic Director is aware of any of the following misconduct, a one-game suspension will be placed on the player(s):

- Abusive and/or vulgar language
- Leaving the bench in anger (without permission from the coach)

- Fighting
- **School Suspension**
If a student is suspended from school for any reason on the day of game, he/she cannot play in that game that day. Therefore, if a suspension does not occur on game day, the student is free to play.

GENERAL AND GRADE-LEVEL SPORTS OBJECTIVES

- **Good Sportsmanship**
 - Coaches, athletes, parents, and fans are to have conduct and attitudes which reflect the high standards of HCS at all practices, games, and tournaments.
 - Students are expected to play competitively while remaining encouraging to both their own teammates and the opposing team.
 - Parents will read the HCS "Parent's Sports Standards." They will indicate that they have read the standards by initialing and signing the consent form.
 - Athletes will read HCS "Athlete's Sports Standards." They will indicate that they have read the standards by initialing and signing the consent form.
 - Abusive and vulgar language are not acceptable.
 - Referees and coaches are to be treated with respect. Do NOT approach them before, during, or after a game. Concerns may be written and given to the Athletic Director.
- **Fifth Grade**
The emphasis of 5th grade sports is to introduce athletes to competitive sports. Athletes will develop good sportsmanship, become a team player, and improve skill levels. In 5th grade everyone plays, though not necessarily the same amount of time. Teams are heterogeneous, involving students with all skill levels. There will be no cuts unless there are not enough coaches for teams for all students. Some tournaments will be played.
- **Sixth Grade**
In 6th grade, athletes will learn advanced game skills. Athletes will continue to develop good sportsmanship, be a team player, and improve skill levels. Everyone plays, though not necessarily the same amount of time. Players will be put on teams according to ability. Team selections will be done by the coaches and Athletic Director, with input from the administration. Cuts are not made at 6th grade level unless there are not enough coaches to accommodate all students who wish to participate. More tournaments are played at this level.
- **Junior High**
The emphasis of Junior High sports is to compete at as high a level as possible. Competition is within our league as well as tournaments. Athletes will prepare for High School sports. Athletes continue to develop good sportsmanship, be a team player and improve skill level. When multiple teams are possible, teams will be established according to ability regardless of student grade level. Team selection will be done by the coaches and Athletic Director, with input from the administration. Players will not necessarily play the same amount of time and in some cases may not get playing time in every game. Cuts are not made at Junior High

level unless there are not enough coaches for the students who wish to participate. Tournaments are played throughout the season at this level.

- **Tryouts**

As mentioned above, in the event that coaches are not available to staff teams for all students who wish to participate, HCS will institute a system of tryouts and make cuts.

COACHES

- **Requirements**

To insure that HCS coaches meet the standards set by the school, we request that all coaches be Christian and meet the following requirements:

- Fill out an application
- Interview with the Athletic Director and/or an Administrator
- Proof of completion of a course in First Aid/CPR

All coaches will need to complete the fingerprinting process for clearance to work with students. HCS will pay for the fingerprinting service.

Coaches are encouraged to attend the Academy & Junior High Awards ceremony for their team at the end of the season (see HCS calendar for dates). Coaches are welcome to plan and organize an end of season party (and any other athlete recognition) for their team.

- **Guidelines for Coaches**

Like everything else in the life of a Christian, athletics must be kept in proper balance. The Christian approach to athletics stems directly from the school's Christian Philosophy of Education, since it is foundational to everything that is done in the school.

Of particular importance to this process is the role of the coach. Each person filling the role of coach for HCS should be thoroughly familiar with the school's philosophy. As administrators, teachers, and coaches, we are to be thoroughly taught by the Holy Spirit so that our lifestyle might influence each athlete to see life from Christ's point of view. As a coach, it is important to realize that this position of authority and responsibility must be carried out in a Biblical fashion.

Athletics is a unique setting which affords each athlete the opportunity to more fully develop Christian character qualities that are taught in the classroom. We want our athletes to possess these positive Christ-like character qualities and to express them openly during competition. We are primarily interested in building eternal values in our athletes; and, therefore, we must stress attitudes and actions in relation to God's Word.

The attitude and approach of the coach is crucial in Christian athletics. Coaches are to ensure that all competitions are begun with prayer, emphasizing that all abilities are God-given, and praying that each athlete would release his total energies into his performance on the field/court. The coach sets a proper tone for the team, the fans, and the school. It is important

that his/her conduct and influence consistently promote and embody a Christian approach. Coaches are to understand and teach that the goal of athletics is the same as the goal in life: to become conformed to the image of Christ (Romans 8:29). The goal of conforming to the image of Jesus Christ is one which requires the coach's total allegiance. Athletes should be led to believe that winning doesn't always mean who has the greater score. Below are examples of spiritual victory and spiritual defeat.

- **Examples of Spiritual Victory:**

- To demonstrate the fruit of the Spirit during normal and stress situations. A Christian coach or athlete should always be under the control of the Holy Spirit, or quickly correct his mistakes using Biblical principles.
- To lead a team member or an opponent to a saving knowledge of Jesus Christ.
- To learn how to trust God for everything.
- To develop a personal relationship with God by prayer and Bible reading.
- To praise God for physical victories because every good thing comes from Him.
- To treat our bodies well and use proper health practices because God created our bodies to serve Him.
- To submit to the rules of the game and the officials who enforce the rules because God has directed Christians to be submissive to authority.
- To praise God for physical defeats by understanding that God is good and perfect in His will.
- To develop the understanding of the need to present oneself as a living sacrifice unto God, serving Him presently in athletics, and to continue serving Him in all that is done for an entire lifetime.
- To give a total release performance by giving 100% for Christ.

- **Examples of Spiritual Defeat**

- To use grotesque language toward opponents, referees, fans, or other coaches.
- To belittle an opponent. This is damaging because both teams have the same worth, being created in the image of God.
- To allow winning to dominate the life of the team or the life of an individual. This **MUST** be reserved for Christ alone!
- To intentionally break the rules of the game or use foul tactics to gain desired results.
- To destroy or mistreat athletic equipment, locker room facilities, or, worse yet, to exploit athletes.
- To become angry to the extent of losing one's temper or becoming uncontrolled.

- **Measures to Help Develop Spiritual Victory**

- Before each game, conduct team devotionals which are aimed towards instructing athletes in their Christian service to God as athletes.
- Conduct team prayer meetings before each game. Meet with Christian school parents for devotional before games.
- Encourage athletes, themselves, to be leaders in preparing and leading the team devotionals and prayer times.
- Provide opportunities for athletes to volunteer to share their personal testimonies as to what God is doing in their lives through athletics. Perhaps this could be done before

students in a chapel service led by the Athletic Department, or, perhaps brief testimonies could be given in morning faculty devotions.

- As Christian athletes, have the team visit other Christian schools or churches to give testimony of what God is doing in their lives.

STATEMENT OF FAITH

At HCS, we believe:

- The whole Bible is the inspired and infallible Word of God, without error in the original writings, and is the supreme and final authority in all matters of faith and conduct.
II Peter 1:21; II Timothy 3:16
- There is one God eternally existing in three Persons: Father, Son, and Holy Spirit.
II Corinthians 13:14
- Jesus Christ was begotten by the Holy Spirit, born of the Virgin Mary, and is true God and true man. *John 1:1-2,14; Matthew 1:18; Philippians 2:5-8*
- The Holy Spirit is a Person, is God, and is co-equal with the Father and the Son. He convicts the world of sin, righteousness, and judgment. He regenerates and indwells the believer. He is his constant guide and teacher, and the enabling power for victorious living and dedicated service. *John 15:26, 16:7-8, 13; Titus 3:5; Acts 1:8*
- Man was created in the image of God. He sinned, and thereby incurred for himself and the whole human race not only physical death, but also spiritual death which is separation from God. *Romans 5:12, 19; Genesis 1:26-27* (We believe and hold that the events recorded and people named in the Genesis account of creation are history; that man is unique, in that he was created in the image of God; that he was created by a special act of God, both biologically and spiritually and not from any previously existing forms of organic life.)
- The Lord Jesus Christ died for man's sins, according to the Scripture, and all who believe in Him have the forgiveness of sins through His blood. *I Corinthians 15:3; Ephesians 1:7*
- Christ arose bodily from the dead and ascended into heaven, where He is now the believer's High Priest and Advocate. *I Corinthians 15:4; Hebrews 7:25*
- The imminent return of Christ from heaven will be personal and visible, and He will judge the living and the dead. *Acts 1:11; John 5:28-29*
- An individual becomes a child of God by being born of the Holy Spirit by the Word of God through a personal faith in Jesus Christ. *John 1:12-13; Titus 3:5*
- The church, instituted by Christ, consists of all true believers. The Great Commission to make disciples of all nations is the supreme mission of the church of this age.
I Corinthians 12:12-13; Matthew 28:19-20
- The ordinances of the Church are water baptism upon personal confession of faith, and the Lord's Supper in remembrance of Christ. They are, however, not to be regarded as means of salvation. *I Corinthians 11:23-26; Romans 6:4*
- A bodily resurrection of both the just and unjust will occur with a state of everlasting blessedness for believers and a state of eternal punishment for all unbelievers.
I Thessalonians 4:13-18; Revelation 20:11-15
- The Christian life is devoted to God, conforming to the teachings of the word, and dedicated to the service of Christ. *Romans 12:1-2*

- Because the Christian life is devoted to God, conforms to the teachings of the Word, and is dedicated to the service of Christ, HCS holds to the scriptural teaching that marriage is a covenant relationship intended to unite a man and a woman for life. At creation, God designed marriage for companionship, sexual union, and the birth and nurture of children. Sexual intimacy rightfully takes place only within marriage. Marriage is to be characterized by mutual love, faithfulness, and submission. Therefore, same-sex marriage and the unrepentant practice of homosexuality would be a breach from the teachings of Scripture, and thus a violation of this Statement of Faith. *Genesis 2:21-24; Leviticus 20:13; I Corinthians 6:9-11*

Students at HCS are exposed to these Biblical principles through our Bible curriculum, chapel times, and most importantly through the lives of the teachers and staff at school. We believe an exposure and awareness of these principles and the life values they teach are of critical importance in a child's life. However, students are never placed in a situation of mandatory decision-making nor are they pressured in any way, expressed or implied, into acceptance of these principles.

PHILOSOPHY OF EDUCATION

We believe in educating the whole child - spiritually, academically, physically, emotionally; equipping the child for life and its varied circumstances. Educating the child is equipping the child to process information spiritually (Statement of Faith), mentally, physically, and emotionally. Learning is not a goal within itself, but the child develops the skills needed to learn so that in any setting in life, he/she would have the skills to achieve.

In an atmosphere of discipline and love, we present academic skills and spiritual truths to the child. We believe the Bible is the supreme and final authority in all matters (Statement of Faith). All instruction is given in a Christ-centered environment by individuals modeling Christ and integrating the scriptures. *II Timothy 3:16-17*

Each child is recognized as an individual with individual needs and abilities. Material, whether it is spiritual or academic, is presented with respect to this uniqueness. Individual responsibility to parents, teachers, country, and God is taught and encouraged. Each child was created in the image of God (Statement of Faith). Each child is different, and that individuality is fostered. *Psalms 139:14*

We succeed in our task of educating the child if the child can interact positively with his/her peers, teachers, and parents. Education is not just for the classroom. Education is meant to equip the child with skills that transfer into all aspects of life (Statement of Faith). This is successful when the principles are not just internalized, but are interactive in life's experiences. *II Corinthians 13:11*

We succeed in our task of educating the child if the child experiences the love of Christ such that this world and our place in it are understandable and meaningful. The successful product of HCS

is not the student who can just answer questions, but one who has the skill and learning experiences to find information, analyze data, solve problems, and make proper choices in life.
1 Timothy 4:12

MISSION STATEMENT

HCS's mission is to educate the *whole child* - spiritually, academically, physically, and emotionally; equipping the child for life and its varied circumstances. Each child is recognized as an individual with individual needs and abilities. We rely on God and His teachings and strive for academic excellence.

CORE VALUES

In order for HCS to create an educational institution that impacts a child in all areas of his or her life, the following set of guiding principles and values will guide the school's practices in fulfilling its mission:

We **CARE** for our students.

- C** – HCS will **CHALLENGE** students to **CHOOSE CHRIST** as the center of their lives, and grow them and our school in the Lord.
- A** – HCS will **ACHIEVE** a safe and encouraging environment which provides the opportunity for academic excellence while meeting the individual needs of our students.
- R** – HCS will **REACH** beyond the boundaries of our school to partner with parents and to minister to our community.
- E** – HCS will **EVALUATE** today based upon yesterday's experiences and tomorrow's dreams.

VISION STATEMENT

Our mission to educate the whole child – spiritually, academically, physically, and emotionally – is evidenced by students integrating and exemplifying our vision and learning results. If HCS serves its students effectively:

- HCS students will be **Christ-like** in attitude and action.
- HCS students will be academic achievers who, through ability and effort, are **capable** for life and work in the 21st century.
- HCS students will be **cooperative** workers and leaders skilled in teamwork and social skills.
- HCS students will be **courteous** and respectful of others, self, and property.
- HCS students will be decision-makers, **cognizant of choices and consequences**, using their own principles and the appropriate counsel of others to guide them.
- HCS students will be **critical thinkers**, ready for the analysis, evaluation, and synthesis necessary for life in the 21st century.
- HCS students will be **committed** to attaining and maintaining a life-long passion for learning and using that learning/passion to help others in the community.
- HCS students will be effective **communicators**, both oral and written, fully utilizing new technology

STATEMENT OF NON-DISCRIMINATION

HCS does not practice any form of discrimination expressed or implied in regards to race, color, creed, religion, or ethnic origin. This policy is held in accordance with the beliefs of Heritage Bible Church (*Romans 2:11* - "There is no preferential treatment with God."), in accordance with the moral conscience of the School Board, and in compliance with the directives of the Association of Christian Schools International (ACSI).

Heritage Christian Schools Parent's Sports Standards

As a parent of a Heritage Christian Schools athlete, I have read and am in agreement with the Vision of the school as it relates to the expected student learning outcomes, the philosophy of sports and the guidelines given for the coaches. I will uphold these philosophical statements and encourage my student to live up to the standards presented.

I understand that the Athletic Director and administration of Heritage Christian Schools make decisions based on the needs of the entire program and all teams involved.

I understand that the decision to have as many teams as there are available coaches and students means that there will be limited practice times.

I understand that the scheduling of practices, games, and tournaments can change. I know that many of the changes are outside the control of Heritage Christian Schools. I agree to make a reasonable effort to accommodate the changes.

I agree to support the coaches and sports program of Heritage Christian Schools in the following ways:

- Appreciate the coaches as they give of their time and efforts to develop students' athletic abilities.
- Work with the coaches by encouraging my athlete to practice diligently and to play to the best of his/her ability.
- Partner with the coaches as they build teams that care for all team members.
- Respect the coaches and their decisions about team play.

I agree to practice good sportsmanship at all sporting events associated with Heritage Christian Schools by doing the following:

- I will be a positive presence, verbally and physically, at practices, games, and tournaments. I will use no abusive or foul language, booing, or inappropriate gestures or actions.

- I will model respect for authority. I will refrain from criticizing officials during and/or after games. Concerns about referees can be taken to the Athletic Director.
 - I will be an encourager to all players, coaches, referees, and other parents.
 - I will observe the autonomy of the court, playing area, and seating areas of the team/coach.
 - I will represent my athlete and myself well by having an attitude and actions that reflect the high standards of Heritage Christian Schools.
-

Heritage Christian Schools Athlete's Sports Standards

I understand that all activities at Heritage Christian Schools work to help me grow spiritually, academically, physically, and emotionally. As I grow I will show the following traits:

- I will be **Christ-like** in attitude and action.
- I will be an academic achiever who, through ability and effort, is **capable** for life and work in the 21st century.
- I will be a **cooperative** worker and leader skilled in teamwork and social skills.
- I will be **courteous** and respectful of others, self, and property.
- I will be a decision-maker, **cognizant of choices and consequences**, using my own principles and the appropriate counsel of others to guide me.
- I will be a **critical thinker**, ready for the analysis, evaluation, and synthesis necessary for life in the 21st century.
- I will be **committed** to attaining and maintaining a life-long passion for learning and using that learning/passion to help others in the community.
- I will be an effective **communicator**, both oral and written.

I understand that participating in the sports program of Heritage Christian Schools is a privilege. I agree to the following to earn the privilege of participation:

- I will maintain the good grades needed to participate. I understand that if I do not achieve at least a C- average on my report card, I cannot fully participate until my GPA is brought up.
- I will be self-controlled and well disciplined at school. I understand that if I am suspended or under a discipline restriction, I will not be allowed to participate in sports.
- I will be responsible to bring all sporting equipment to school on practice days and equipment and uniform on game days.
- I will follow the rules of the school for sports. I understand this means following proper dismissal procedures, changing in the appropriate rest rooms, and being at the designated practice areas at the proper times. If I remain after school, waiting for practice or game, I agree to obey the rules and follow instructions of the After-School staff.

In order to make my sporting life at Heritage Christian Schools a positive experience for my family, I will do the following:

- I will be responsible for taking all flyers, notes, and information immediately to my parent/guardian.

- I will take home a schedule and keep it for planning with my parent/guardian.
- I will discuss with my parent/guardian transportation plans for all away games.
- I will be the one responsible for getting my equipment and uniform to school on the right days.
- I will share with my parents/guardian the good and the hard things that happen during practices, games, and tournaments. I will tell my parents/guardian immediately about any serious concerns I have.

I agree to support the coaches of Heritage Christian Schools in the following ways:

- I understand that the coach is in authority over me.
- I will respect the coach and his/her decisions about team play.
- I will appreciate that the coach is giving his/her time and efforts to help me and my team.
- I will participate with the coach in all prayer times and devotionals led by the coach at practices, games, and tournaments.
- I will work with the coach by practicing diligently and playing to the best of my ability.
- I will help the coach build a team that cares for all team members.

I agree to practice good sportsmanship at all sporting events associated with Heritage Christian Schools by doing the following:

- I will be a positive presence, verbally and physically, at all practices, games, and tournaments. I will not use abusive or foul language, booing, or inappropriate gestures or actions.
- I will use appropriate aggression. I will not use excessive force, take cheap shots, or behave in an inappropriately threatening manner to any of my team mates or opponents.
- I will speak positively and refrain from any language that is demeaning, racial, offensive, or inappropriate to my teammates or any opponents.
- I will model respect for authority. I will refrain from criticizing officials during and/or after games. (Concerns about referees can be taken to the coach or Athletic Director.)
- I will be an encourager to all players, coaches, referees, and parents. I will treat the opposing team with respect.
- I will practice self control. When I encounter someone who is behaving badly and trying to provoke me, I will try and respond in a way that will make my coach and school proud of me.
- I will observe the autonomy of the court, playing area, and seating areas of the team/coach.
- I will represent myself well by having an attitude and actions that reflect the high standards of Heritage Christian Schools.

I understand that the Athletic Director and administration of Heritage Christian Schools make decisions based on the needs of the entire program and all teams involved.

I understand that the scheduling of practices, games, and tournaments can change. I know that many of the changes are outside the control of Heritage Christian Schools. I agree to make a reasonable effort to accommodate the changes.

Heritage Christian Schools Athlete's Participation Form

This page must be signed by the student athlete AND the parent/guardian and returned to the **Athletic Director** before the student can participate in sports at Heritage Christian Schools.

Student Name _____

Grade _____ Teacher _____

Student:

As an athlete, I desire to grow in my faith, character, and skills through athletics. I commit myself to participate with a willing and diligent attitude, and be committed to attend all practices and games, as well as being an encourager and team player by my words and actions.

Please initial the following:

_____ I understand that participation is a privilege and I will meet the requirements of sports participation.

_____ I have read the sports objective for my grade.

_____ I have read the Heritage Christian Schools Athlete's Sports Standards.

Student Signature: _____

Parent:

As a parent of an athlete, I give permission for my student to participate in the sports program of Heritage Christian Schools. I commit myself to support the Heritage athletic staff and the Heritage Christian Schools Sports Philosophy.

Please initial the following:

_____ I have read the Heritage Christian Schools Sports Philosophy.

_____ I have read the sports objectives for my student's grade.

_____ I have read the Heritage Christian Schools Athlete's Sports Standards and the Heritage Christian Schools Parent's Standards.

_____ I understand that the sports fee will be charged to my FACTS account for each sport in which my student participates.

I give permission for my student athlete to travel to away games.

Parent Name _____

Parent Signature _____ Emergency phone number _____

List any allergies the student may have _____