



2009/2010 ATHLETIC HANDBOOK

HENDERSONVILLE
CHRISTIAN SCHOOL

Mission Statement

It is the mission and purpose of the Hendersonville Christian School Athletic Program to partner with students and parents in providing a positive athletic experience consistent with biblical truth, using athletic involvement as a tool to teach lessons for life.

Athletic Theme Verses

1 Corinthians 6:20 "For you were bought at a price, therefore glorify God in your body and in your spirit, which are God's." (NIV)

1 Corinthians 10:31 "Therefore, whether you eat or drink, or whatever you do, do all to the glory of God." (NIV)

Revelation 14:7 "Fear God and give glory to Him, for the hour of His judgment has come; and worship Him who made the heavens and earth, the sea and springs of water." (NIV)

Goal of Athletics at Hendersonville Christian School

The goal of athletics at Hendersonville Christian School is to build championship programs that are centered on glorifying God. "Commit to the LORD whatever you do, and your plans will succeed." (Proverbs 16:3)

To this end, we will:

1. Involve the student body, parents, faculty, and staff in developing school unity and spirit.
2. Maintain a clear Christian testimony to opposing players, fans and officials.
3. Expect players, parents, and fans to show up at games, contests, and matches with a winning attitude. This includes:
 - A. entering with an expectation of honoring God,
 - B. entering with an expectation of winning (bring a positive winning attitude),
 - C. entering with an expectation of giving the players and coaches full support, and
 - D. entering with an expectation of respecting the officials and opponents.

Hendersonville Christian School Rules and Policies

1. Athletes will respect and abide by all Hendersonville Christian School rules and policies.
2. Participating in athletics is a privilege and athletes will be held to high standards for behavior.

Effective Parent/Coach/Player Relations at HCS

1. Love one another.
2. Respect one another.
3. Pray for one another.

4. 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 the young person to the coach. "Hands-on" delegation is not acceptable. There will be a direct/indirect impact on the young person if things such as the following occur:

A. Parental coaching "from the stands". This can only be detrimental. A coach needs the full attention and concentration of his players. During a practice or game, the athlete needs to demonstrate loyalty to the coach. Uninvited parental intervention during these times is a serious distraction and is detrimental to the program.

B. Parents negatively approaching the coach or their young person on the bench during the game, at half time, or immediately after the game. A coach should be able to expect full support from both player and parent. If a parent wants to talk to the coach, he/she should call the coach the next day.

5. Parents desiring to have input should use the proper communication channels and procedures. If their concern/input is not heard or sufficiently responded to by the coach first, then they may proceed through proper channels by talking with the headvarsity coach of the particular sport, the Athletic Director, Upper School Principal and Headmaster, in that respective order, until the matter has been handled satisfactorily. Proper deference should be shown toward the coach by scheduling an appointment with him/her to discuss concerns in private when he/she can offer you his/her undivided attention. The Athletic Office will not entertain most matters unless they have first gone to the primary coach.

6. Support is expected. It is reasonable to expect that any parent who has permitted his/her young person to come out for a team should be supportive of the coach. Well-placed constructive criticism given privately to a coach is welcomed, but simply airing negative opinions to others (including children) should not be done. Please keep in mind the mission statement of the school which involves partnership between the parents and HCS.

7. Players and parents are also encouraged to contact the Athletic Chaplain for assistance with spiritual matters related to athletics.

8. Each coach will have the full responsibility and authority to determine when players are entered into a game and for how long. His/her determination in this area will be made on the basis of what will best benefit the team as a whole. This does not mean that there will be absolutely no consideration given to the individual needs of a player. It does mean however that instruction and guidance on making a total team effort is of primary significance in this particular educational experience at Hendersonville Christian School.

9. Parents are required to attend a pre-season meeting for each team in which your athlete(s) participates. Team rules will be discussed, along with sizing and ordering of additional athletic apparel.

Description of the HCS Athletic Program

1. Affiliation

- A. HCS is currently competing in the Blue Ridge Christian Conference and the National Association of Christian Athletics.
- B. As a full member, we will abide by all decisions handed down by these Leagues.

2. Programs Offered

- A. Junior Varsity (may include grades 6-10)
Football(future, 7-10 only), Volleyball, Baseball Basketball, Soccer, Cheerleading
- B. Varsity Programs that include grades 6-12
Football(future,9-12 only), Volleyball, Baseball, Basketball, Soccer, Cheerleading

3. Uniforms

- A. Uniforms are to receive the utmost of care. Any damage to or loss of uniform will be the responsibility of the athlete to whom it was issued. Uniforms are to be cleaned after each game. The coaches will determine and inform students what method of cleaning is to be used.
- B. Clean uniforms are to be turned in to the head coach after the last game of the season. The uniforms are considered school property and cannot be kept. If a uniform is not turned in, \$200 will be charged to the student's school account.
- C. Uniforms may only be worn for games, meets or matches.

4. Locker room conduct

- A. Locker rooms are to be left clean after each practice session.
- B. There shall be no horseplay in the locker rooms at any time.
- C. All personal items are the responsibility of the individual athlete. The school will not be held responsible for valuables left in the locker room.
- D. No food or drink of any kind should be brought into the locker rooms.
- E. Any athlete involved in the damaging of any athletic equipment will pay for the repairs, receive a one game suspension, and possibly be dismissed from the team.

Athletic Eligibility

1. All participants in all programs must maintain at least a 2.0 grade point average with no F's on the most current nine-weeks or semester report card to remain eligible for participation in athletics.
2. Athletes who fall below the above-stated requirements will be declared ineligible. Athletes may be reinstated after the next progress report if they meet all requirements for athletic participation (no F's in any class and a 2.0 grade point average).
3. Any athlete that has been declared ineligible due to grades will still be able to practice. The athlete is not allowed to be in uniform during a game or travel to any away games during the week.

4. All ineligible athletes are encouraged to spend time with their teachers at the end of the school day in order to enhance their learning and aid in recovering their eligibility.
5. HCS Eligibility/Ineligibility Dates - Eligibility for sports will be reestablished when progress reports are issued. Any variations from this policy must have administrative approval.
6. The Athletic Department will check with the Guidance Department at the end of each reporting period. Parents are strongly encouraged to keep up with their student's progress by holding the student accountable concerning school work.
7. Students must meet the following guidelines to participate:
 - A. To be eligible in the first semester, a student must have passed a minimum of five credits applicable toward a high school diploma during the previous year.
 - B. At least two units must have been passed during the second semester or summer school.
 - C. To be eligible during the second semester the student must meet one of the following conditions:
 1. Credits earned in an approved summer school may apply for first semester eligibility. A maximum of two units per year may be used.
 2. Students must be making satisfactory progress toward a diploma.

Behavior

1. If the Athletic Director and/or coach determine that an athlete is not demonstrating a positive overall attitude, or if that coach receives input from academic teachers that a lack of effort is being demonstrated in the classroom, the student athlete may either be put on probation or dismissed from the team. A parental conference would precede any dismissal.
2. Hazing or inappropriate harassment will result in suspension of athletic participation.
3. Athletes that are caught urinating anywhere besides the bathrooms will be immediately removed from the athletic program for an undetermined amount of time.

Participation Requirements

1. To participate in an athletic contest at HCS, a copy of an official birth certificate must be on file with the School Office. The official birth document must meet the following criteria:
 - A. It must be an original certified document.
 - B. It must be obtained from the state, county, or city government in which the student was born.
 - C. It must include the given and surnames.
 - D. It must be legible and unaltered.

2. To participate in an athletic contest at HCS the Parent Consent form must be on file with the Athletic Department.
3. To participate in an athletic contest at HCS each athlete must have a physical on file with the Athletic Department. Physicals must be dated on or after April 1, 2009.
4. No athlete may participate in a practice or game for the next season of participation until the season they are currently participating in is complete. Exceptions will be made for tryouts only.

School Attendance

1. All athletes are expected to abide by attendance requirements in the HCS Parent/Student Handbook.
2. All athletes should be in class the entire day on the day of a game or practice in order to participate that afternoon or evening. A student will be counted absent from first hour after 8:35 a.m. Exceptions may be granted to this policy if the absence was due to a doctor's appointment or was pre-arranged with the Upper School Principal.
3. If an athlete is too sick to come to school, then he/she is too sick to practice or play. However, a doctor or dentist appointment is excusable on the day of a game or practice, as is any absence that was pre-arranged with the Upper School Principal.
4. Any athlete who misses physical education class due to an injury or illness will not be allowed to practice or play on that day.
5. Athletes returning late from a game will not be excused for any tardiness or from assignments or tests given the following day. Under certain circumstances the Athletic Director or Upper School Principal may make exceptions to this policy.
6. Each athlete is responsible for assignments missed when athletic travel requires absence from a particular class. If possible, students are encouraged to check with teachers for assignments prior to "away" trips.
7. Any athlete with ten or more absences in a semester may not miss an academic class to participate athletically. A student with ten or more absences during the current or previous semester may not try out for a team. He/she may also be removed from a team of which he/she is currently a member. Exceptions to these rules must be made by school administration.

Trips/Attire/Special Lunches

1. Conduct

- A. All athletes are representatives first of our Lord Jesus Christ, second of their parents and family, and third of Hendersonville Christian School and the Athletic Department. This responsibility should not be taken lightly.
- B. Athletes are expected to conduct themselves like ladies and gentlemen at all times, on and off the field or floor.
- C. Seating arrangements for away trips will be girls in the front of the bus, boys in the back; one seat on each side will remain open for equipment and/or coaches.
- D. Drivers of the vehicles have the responsibility to transport our athletes safely. It is imperative that their requests be followed. Use of seat belts is required on vans.
- E. All team members will travel together on school vehicles to away games. Any exceptions to this policy must be approved by the Athletic Director.
- F. Any damage done to vehicles from horseplay or carelessness will be the financial responsibility of the individual(s) who caused the damage.

2. Dress

- A. We are representing Christ and HCS. Take pride in your personal appearance and dress properly.
- B. The dress code for away trips will be:
 - 1. School dress for that day, or
 - 2. A uniform look (not game uniforms) such as team warm-ups, ties or sports jackets.

3. Return Trips - Athletes will not be allowed to ride home with anyone other than parents unless a Travel Release from the parent has been received.

4. Special Lunches with Coach - Any time students attend a luncheon with a coach or coaches, Permission Slips must be completed by a parent and turned in to the School Office and the luncheon must be scheduled during the student's regular school lunch period.

Playing Time Policy

1. Junior Varsity - The philosophy of this level is to increase each athlete's fundamentals, abilities and competitiveness. The emphasis is development over winning.

2. Varsity - The coach will choose a starting team for each game and substitute players at the appropriate times, with an emphasis on winning and being successful.

3. Quitting - Once a student has been selected to be on a team or squad, he/she will not be allowed to quit without a parental conference with the head coach/sponsor, unless the athlete suffers from a serious injury or is seriously jeopardizing academic considerations. If a student quits a sport, that student may not participate in another sport during the season or during the next sports season. If the reason for quitting is deemed inappropriate, the Athletic Department reserves the right to

refuse participation in another sport. This decision will be made by the coach and Athletic Director.

NOTE: It is assumed that parents will instruct and prepare their children for a competitive program here at HCS. All students need to understand that they may not make a team, they may not make the starting team, they may not play at all in a game, or they may not be "the star." Success is not synonymous with playing time. Success is contributing to the team or squad's benefit with the abilities God has given.

Detentions and Suspensions from School

1. Students are not allowed to try out if, during the current or previous semester, they have exceeded ten absences from school or any class.
2. Any participating athlete receiving a suspension from school will not be allowed to participate in an athletic activity on that day.
3. Any participating athlete receiving a suspension from school will not be allowed to participate in the next scheduled game. If a game is not scheduled on the day of the suspension, then the athlete must sit out the next game on the schedule. The athlete is not allowed to be in uniform.
4. Students receiving a one day suspension from school between playing seasons will be ineligible to play in the first game of the next season.
5. A two day suspension or a second one day suspension will result in automatic loss of athletic participation for a probationary period to be determined by the Athletic Director and Upper School Principal.
6. A third suspension for a participating athlete will result in possible loss of athletic participation for the remainder of the season. Loss of participation will be determined by the Athletic Director and Upper School Principal.
7. Use of a school athletic facility without a coach present may result in an automatic one day in-school suspension.
8. A player who is assigned a detention must inform his coach of the date of detention and the reason.

NFHS and HCS Rules Concerning Technical Fouls/Cautions/Ejections

1. Any athlete receiving a conduct technical foul in basketball, a caution in soccer (yellow card), a caution in volleyball (yellow card), or a verbal caution in baseball or softball will immediately be removed from the contest. Any basketball, volleyball, softball or baseball player receiving a caution or conduct technical in two consecutive contests will be removed from the contest and be suspended from the next scheduled contest. Any soccer player receiving yellow cards in consecutive contests for unsportsmanlike conduct or verbal responses will be removed from the contest and suspended from the next contest.
2. An athlete who is ejected for using personal abusive language, flagrantly or maliciously contacting another person, or making obscene gestures to opponents or spectators shall be ineligible for a minimum of the next contest to the maximum of one year depending on the seriousness of the violation. Any attempt to verbally abuse, make obscene gestures to, threaten, or strike an official or member of the opposing coaching

staff shall be considered a serious violation making the athlete ineligible for a minimum of the next two contests to the maximum of one year.

3. Any athlete who leaves the bench area to become involved in a conflict will be disqualified from that game and will be subject to a minimum of a next game suspension depending on his or her involvement.

4. An athlete who is ejected for the second time in the same sport will have his/her athletic eligibility removed.

5. If, at the discretion of the Upper School Principal, Athletic Director or the head coach, an athlete's play or attitude displays a direction which is contrary to the direction of the Athletic Program of HCS, he/she may be removed from a team or squad. A parent conference will precede this action.

Practice and Game Participation

1. Practices are important to each team's success and attendance is mandatory.

2. A player should not be absent from a practice or game without prior permission from his/her coach.

Examples of situations where missing a practice/game is acceptable:

A. Death in the family

B. Illness

C. Doctor's appointment from injury suffered during the athletic activity

D. Prior approval from the head coach to be absent.

Depending on the reason for the absence, the athlete may be required to do extra work at the next practice to make up for time lost. This is to ensure fairness to all members of the team.

3. Players will not be excused from practices or games for outside jobs.

4. The individual coach will handle unexcused absences from a practice. Two unexcused absences may result in removal from the team.

5. Players will not be excused from HCS practices or games in order to attend practices or games associated with outside athletic organizations. The commitment made to the HCS program has top priority. This will be especially enforced for sports programs that conduct tryouts.

Schedules

1. At the beginning of each season, game schedules will be posted on the web site, www.hcsmustangs.org. Changes may occur during the season which will affect the schedule but these will be kept to a minimum. They will also be updated on the web site and daily on the hotline. (*Future Plans.*)
2. The list of coaches for each team and their email address is on the web site.
3. Directions are obtained from MapQuest.
4. In the near future, each team will have a hotline number that players are expected to call regularly to keep updated on practice and other team-related details.

Athletic Spectator Guidelines

1. Only those with official duties will be allowed on the player side of the field or court. All others are asked to remain on the spectator side of the field or court.
2. Student dress at athletic events should be consistent with school policy. (See HCS Parent/Student Handbook.)
3. Please help in any way possible with cleanup after games/matches. Your help is greatly needed and appreciated.
4. Always be courteous to the officials and referees. Do not approach an official at any time. Any contact with an official in a negative manner can result in ejection from the athletic contest and possibly bar the offending individual from being allowed to attend future contests.

Athletic Physicals

1. Every athlete is required to have a physical examination/parent consent form completed within the last 12 months and filed in the Athletic Office before he/she will be allowed to practice or participate in the athletic program of HCS. A physical examination is valid from April 1, 2009 through the 2009-2010 school year.
2. A physical/parent consent form can be obtained through the School or Athletic Offices.
3. The physical form must be properly completed by a licensed doctor of medicine or a nurse practitioner in written collaboration with a licensed medical doctor or a certified physician's assistant in written collaboration with a licensed medical doctor.
4. These physicals must be completed before the first practice.
5. Any athlete who has been restricted by a doctor from participation because of an illness or injury **any time before or during** the season must secure a doctor's release to be eligible to participate again on a team/squad at HCS.

Athletic Participation Fees

1. A \$250 Activity Fee is charged to every student at HCS. A portion of this fee goes to athletics. If and when football is added, an additional fee will be charged to cover the cost of operating that program.

Tryouts

1. Teams (all levels)

A. Teams that have tryouts are selected by the coaching staff for each sport at the beginning of each season.

B. After a set tryout period, a selection of players is made, and the team is formed. In the future, a team hotline will be in place and revised to announce the selections or the coach will share face to face with the participants who did not make the team. A list will never be posted publically.

2. Cheerleading Squads

A. Tryout dates for varsity cheerleading will be announced in the spring.

B. Selections are made by the varsity coaching staff.

C. Young ladies are selected based on their cheering ability, appearance, enthusiasm, and ability to work with a team. These selections are made after two to three days of clinic and a tryout session with the judges.

D. Candidates must meet the academic qualifications listed in the Athletic Handbook.

E. Philosophy of cheerleading

1. Our purpose for cheerleading is to develop a sense of good sportsmanship and to instill, promote, and uphold school spirit, enthusiasm, and cooperation among the students at HCS while building relationships between opposing schools.

2. The goal of the cheerleaders is to create and direct enthusiasm to the game. They should cheer for their team and respect the opponent.

3. No cheerleader will be permitted to quit the squad before the end of the season, except in cases of long-term injury or illness. A doctor's excuse will be necessary.

4. The number of cheerleaders that will be chosen each year is determined at the discretion of the Athletic Director and coach.

3. General Policy - Cutting any young person can be critical to that person's self esteem. Before an athlete is cut, the decision is thoroughly discussed by the judges and/or coaches involved. They will strive to make the best choices they can with the wisdom God has granted them. Teams will be announced by either: (1) individual team hotline, (2) personal letter, or (3) direct communication.

4. Commitment Policy - While realizing there are opportunities for participation in other organizations, we require that any athlete who is on an HCS team to make that team a priority. This includes practices and games.

Awards/Post Season Banquets

1. Awards are used in HCS athletics for two general purposes and are given at the discretion of the head coach and the Athletic Department.

- A. Recognition of God-given ability and achievement.
- B. Motivation.

2. Awards are issued for JV and Varsity sports at the Awards Night in the spring.

3. Senior Athlete Awards are given to the young man and young lady athlete who excel in athletics during their high school years at HCS. This is normally an athlete who participates in more than one sport. Senior Athlete Awards are presented at the Academic Awards ceremony in May.

4. Academic Athlete Awards go to the young man and young lady (junior or senior) who maintain the highest grade point average while participating on one of the athletic teams/squads at HCS. This award may only be won once either in an athlete's junior year or senior year. Academic Athlete Awards are presented at the Academic Awards ceremony in May.

5. Christian Athlete Awards are the highest awards given in the HCS Athletic Department. This is presented to the young man and young lady who best demonstrate the qualities of a true winner and godliness in their action and attitude while participating in the Athletic Program of HCS. The coaches and the Athletic Director decide this award with approval of the Upper School Principal. Christian Athlete Awards are presented at the Academic Awards ceremony in May.

6. The purchase of lettermen jackets is the sole responsibility of the individual athlete. Jackets may be purchased from First Team Sports. Letters and emblems for a particular sport may be received after a varsity athlete has met one of the following requirements. This applies to sports offered at HCS.

A. Sufficient playing time:

- 50% of all halves in soccer
- 50% of all contests in volleyball
- 50% of all matches in tennis (future)
- 50% of all quarters in basketball
- 50% of all innings in baseball or softball
- 75% of all golf contests (future)
- 75% of all wrestling contests (future)
- 75% of all track and field meets
- 75% of all cross country meets
- 75% of all swim meets (future)

B. Varsity cheerleaders participate in all team competitions, cheer at 90% of HCS basketball games, demonstrate leadership on and off the floor, and actively participate in school spirit activities.

C. Recipient of an all-conference or all-tournament selection while participating on an HCS varsity team/squad.

D. Service as a team manager, statistician or bookkeeper for at least two full seasons of a varsity sport.

E. Any additional letters awarded to participants may be at the discretion of the coach, to be approved by the Athletic Director.

NOTE: No letter may be received if a player quits or is dismissed from a team or squad.

Athletic Insurance

Since the risk of injury increases dramatically for students participating in athletics, all students participating in the athletic program at HCS must be covered by health insurance. The school supplies supplemental insurance to each student at HCS as part of his/her enrollment.