

# ANGLETON CHRISTIAN SCHOOL



WARRIOR ATHLETICS

HANDBOOK

2019-2020

*“Competing for Christ without Compromise”*

Dear Parents,

Thank you for the opportunity to work with your athlete here at Angleton Christian School. This year, I was asked to take over the athletic director position. Sports have always been a big part of my life. After years of participating in and coaching junior high through varsity sports, God has brought me here to work with athletes in a setting that only ACS can provide. At ACS, we have the opportunity to teach beyond the sport. 1 Timothy 4:8 tells us that “physical training has some value, but godliness has value in all things, holding promise for both the present life and the life to come.” As I reflect on this verse, I see the chance to build up young men and women to become strong Christ-followers through application of athletics in their lives.

This year marks some other changes in our athletic programs here at Angleton Christian School. Our junior high and high school teams are participating in leagues. This has given us the opportunity to play more games and have some postseason competition. With these leagues, we are hoping to offer additional sports, such as track, golf, and tennis, to name a few.

Again, thanks for entrusting your athletes to us. If you have any questions or need to discuss our program, please feel free to contact me. We are looking forward to working with your athletes in the upcoming year.

Breck Koelemay

Angleton Christian School

Athletic Director

# WARRIOR ATHLETICS

## MISSION:

To collectively discipline and physically train students, and minister to coaches and others by acknowledging God's glory while competing for Christ. Angleton Christian School believes that many valuable lessons and principles learned in the classroom, at home and at church can be implemented in a competitive athletics program. Athletics provide an opportunity to exercise the body and mind and to develop and use God-given talents in daily commitment to excellence. We believe that Christians are expected to give their best effort in everything they do and we are committed to providing an environment that allows athletes to excel both as individuals and as members of a team. We are continuing to "train up a child" in our athletic program.

*"Whatever you do, work at it with all your heart, as working for the Lord, not for man."*

*Colossians 3:23*

## PURPOSES:

FELLOWSHIP—DISCIPLESHIP-- PHYSICAL TRAINING—MINISTRY-- COMPETITION

## CORE VALUES:

UTILIZING GOD'S WORD—COMMITMENT—RESPONSIBILITY—UNITY—DISCIPLINE—RESPECT—INTEGRITY

## SPORTS OFFERED

SEASON	SPORT	GRADE S
Fall	Cross Country (co-ed)	7 <sup>th</sup> -12 <sup>th</sup>
Fall	Junior High Volleyball (girls only)	6 <sup>th</sup> -8 <sup>th</sup>
	High School Volleyball (girls only)	9 <sup>th</sup> -12 <sup>th</sup>
Winter	Junior High Basketball (boys & girls)	6 <sup>th</sup> -8 <sup>th</sup>
	High School Basketball (boys & girls)	9 <sup>th</sup> -12 <sup>th</sup>
Spring	Elementary Soccer (co-ed)	3 <sup>rd</sup> -5 <sup>th</sup>
	Junior High Soccer (co-ed)	6 <sup>th</sup> -8 <sup>th</sup>
	High School Soccer (co-ed)	9 <sup>th</sup> -12 <sup>th</sup>
	Softball (girls only)	6 <sup>th</sup> -12 <sup>th</sup>
Year long	Cheerleading	6 <sup>th</sup> -12 <sup>th</sup>

\* We are looking to offer track, tennis, and golf in the spring.

## PARTICIPATION FEES

Sports participation fees differ by team competition level.

### **Junior High level athletics:**

\$100 per sport for students currently enrolled in ACS.

\$200 per sport for non-ACS students

### **High School level athletics:**

\$150 for the 1st sport and \$100 for each additional sport for students currently enrolled in ACS.

\$250 per sport for non-ACS students

### **For students enrolled at ACS, there is a family maximum fee cap of \$900.**

Additionally, all participants will need to pay a \$50 uniform deposit. This will be returned once your athlete has returned their ACS uniform to his/her coach. (See **UNIFORMS** section)

For Cheerleading, the fees will be determined by the cheer coach.

All fees must be paid before your athlete will be allowed to participate.

## PHILOSOPHY OF COACHING:

At ACS, coaches have a responsibility to model Christ-like behaviors and attitudes for their student athletes. They play a crucial role in the development of each student athlete's character and attitude. Coaches must be knowledgeable in the sports they teach, dedicated in their preparation, and able to motivate student athletes to always do their best. They have the great responsibility and opportunity to mold young lives for Christ. ACS coaches are expected to provide and maintain structure and to ensure that the ACS philosophy regarding athletics is implemented into their coaching at all times. ACS athletic programs should be integrated with other school programs so that our goal of educating students with a biblical worldview remains foremost in our efforts.

## REQUIREMENTS

***AS A MINIMUM STANDARD, ALL ATHLETES MUST FOLLOW ALL ACS STUDENT HANDBOOK GUIDELINES IN ADDITION TO THE ATHLETIC HANDBOOK.***

Participation in athletics develops the student mentally, physically, socially, and spiritually. The activities of the athletic department are a part of Angleton Christian School's total educational program of affirming and challenging a student's potential. All participants are expected to strive for Christ-like character just as they should during the school day. The standards of conduct apply to practice sessions, home and away games, and any other time the student is representing the school. All students represent ACS at sporting events, whether on the field or in the stands, therefore their conduct needs to reflect Christian sportsmanship toward the opposing team(s) and toward the officials.

Participation at ACS in team athletics is a privilege and not a right. Team athletics is offered for both boys and girls at different class levels depending upon the athletic event. There may be some individual sports options (ex: tennis) as well for both boys and girls. It is the goal of the athletic program to promote fitness, teamwork, and sportsmanship while reinforcing the Christian principles that are central to ACS. In the younger grades, emphasis will be placed on participating and developing the skills of the contest. In the older grades, greater emphasis will be placed on winning the competition, and as such the opportunity to participate will be equal, but the level of participation by individual students may not be equal.

Designated Angleton Christian School high school sports (9-12<sup>th</sup> grades) are governed by the rules of Texas Athletic Association of Christian Schools, the league we are participating in. All Angleton Christian School junior high sports (6-8<sup>th</sup> grades) will operate very close to the guidelines to allow student athletes to gain knowledge of the requirements at upper level sports.

Requirements for participation in the ACS Athletic Program include the following:

- 1.) Ensure that all required paperwork is on file in the Athletic Office.
  - a.) Obtain an annual Pre-participation Physical Evaluation Physical Exam (This should be performed by the student's personal physician.)
  - b.) Signed Covenant Page in back this handbook
  - c.) Signed Pre-participation Physical Evaluation Medical History
  - d.) Signed Steroid Use Agreement Form

**Make sure you understand the rules regarding:**

\*Student Eligibility

\*Student Physicals

\*Concussions [http://www.nfhs.org/media/1018446/suggested\\_guidelines\\_management\\_concussion\\_april\\_2017.pdf](http://www.nfhs.org/media/1018446/suggested_guidelines_management_concussion_april_2017.pdf)

\*Steroid use [https://www.nfhs.org/media/869188/steroids\\_parent\\_brochure.pdf](https://www.nfhs.org/media/869188/steroids_parent_brochure.pdf)

\*Player Conduct

\*NOTE: Students will not be allowed to participate in PRACTICES or GAMES until they have completed the enrollment process with the Admissions Office and all of the above-mentioned paperwork is on file in the Athletic Office.

- 2.) Maintain Academic eligibility as outlined in the ACS Parent/Student Handbook
- 3.) Payment of participation fees.

## **POLICIES**

### **ATHLETIC PRACTICE TIMES**

All athletes, no matter how many sports they participate in, are required to attend the before school or after school athletic practices for the duration of the specific sport they sign up for. Practice times are established based on availability of facilities and the coaches' schedules. High School and Junior High sports may begin before the school year starts. Practices will end at selected times due to location and availability of facilities. Due to the nature of Angleton Christian School facilities, practice locations and times may vary. Athletes are expected to attend all practices. Permission to miss practice must be given by the Head Coach before the practice begins.

### **DISCIPLINE**

Discipline will be enforced in regard to conduct, responsibility, and other areas deemed necessary by the athlete's coach. Coaches must have freedom to discipline athletes in the same manner students would during the school day, or as the coach feels necessary.

### **DISCIPLINE MANAGEMENT PLAN**

The following discipline management plan will be enforced at the administrative level of the athletic department. Each student will be disciplined in firm Christian love, according to his/her needs as determined by the administering coach. All students are expected to follow all of the rules and guidelines set before them.

The disciplinary system noted below will be consistent throughout Warrior and Lady Warrior Athletics; however, the physical consequences are at the discretion of the coach currently in direct leadership over the athlete.

Levels of offense are determined by administrative action taken. The athletic consequences will be directly tied to the administrative discipline program. (These consequences are listed in the Student/Parent Handbook).

Administrative action taken will vary depending on the offense. Below are the discipline outline and the levels of consequences that may occur:

**-Strike One**-This is a warning for General Misconduct, including missed practices and disrespect.

--**Consequences:**

- 1 missed practice will result in player not starting the next game
- 2 missed practices will result in a player not allowed to play in next game; however, the player is required to attend the game and support the team
- Athlete/Athletic Administrator/ Coach Conference
- Physical discipline assigned by head coach

**-Strike Two**- This is an action taken for continued misconduct and/or additional actions, such as verbal or physical issues among players toward each other or toward coaches.

--**Consequences:**

- Phone call to parents
- Physical discipline assigned by head coach

**-Strike Three**- This is additional action taken for things such as players creating dissention among the team, fighting, cursing, and vulgar actions among players. Also continuing any of the above will result in this level of discipline.

--**Consequences:**

- Phone call to parents
- Physical discipline assigned by head coach
- Suspension from next home game

**-Additional Discipline Issues after Strike Three may result in the following:**

- May not travel with any team to away games until such a time that athlete reaches better standing.
- Removal from athletic department immediately until such a time that the athlete reaches an understanding of expectations and shows change to a better standing.

Disciplinary tactics used at the head coach level may include but are not limited to the following....

- Extra conditioning
- Team apology
- Removal of starting position
- Quarter or half suspension
- Game or event suspension
- Written and verbal apologies to individuals

## SCHEDULING

All games and meets are scheduled by the coaches and/or athletic director. Game dates and times are established yearly based on availability of facilities. The AD has the freedom to designate coaches to set schedules upon that being communicated and agreed upon.

## POSITIONS AND EVENTS

Coaches have freedom to place athletes in positions/events that he/she feels best for the team. Athletes are expected to play the role assigned to them barring any physical injury that prohibits them from participating in that activity.

Preclusions: Injuries may preclude an athlete from playing particular roles or competing in particular events. If an athlete has an injury that keeps them from performing their assigned role and tasks, a parent note will be accepted for the first 3 days. After 3 days, a doctor's note will be required as severe injuries must be dealt with medically to ensure the health of our athletes.

## UNIFORMS

All athletes will be issued team uniforms prior to the start of the first game. These uniforms are the property of Angleton Christian School and will be collected at the end of the respective athletic season. Once the sport season ends, all uniforms must be turned in to the coach or Athletic Director no later than one week from the last game. When athletes accept uniforms, they are agreeing to take care of it and return it in a condition that it can be used again for the next season. If the uniform is deemed unacceptable for future use, the athlete will forfeit the uniform deposit, allowing ACS to replace that garment. The Athletic Director/coach will determine the status of every uniform prior to it being issued and again once it is returned, and will also be responsible for determining if the uniform is suitable for future use. No player will be allowed alter or put any marks or names of any kind on ACS uniforms. If a player desires to wear undergarments such as undershirts or compression tights, they must match the team uniform. All accessories must also follow the guidelines which differ depending on particular sports. Coaches will inform players of the accessories allowed at the start of each sport season. All accessories required for particular sports, other than the school issued uniform, will be provided by the athlete (ex: knee pads, shin guards, socks, shoes, etc.).

## FREEDOM TO PARTICIPATE

Student athletes that have made a commitment to a team that are academically eligible by school standards, and have not been suspended from athletic competition by the school or athletic department, are expected to fulfill their commitment to ALL workouts and competitions. Please do not withhold your child from practice or competition for grades if he/she is eligible by school standards. If there are disciplinary issues that you are dealing with at home, please talk to us about them instead of pulling your child off the team for any duration of time. We can work together and come along side you and assist in discipline. It has been found that involving the coach with disciplinary issues you are struggling with can be much more effective than removing your child from the guidance and instruction provided by coaches and sports. Remember, we are interested in the whole student athlete and the development of them spiritually as well. Spiritual aspects can be very helpful in academics and athletics, as well as areas of discipline.

## ELIGIBILITY

Eligibility is an important factor in the athletic program of Angleton Christian School. It is our desire that students do well in their studies, and therefore, when grades seriously drop, the ineligibility system serves as a reminder to students to keep a healthy balance between school and work or other activities. If a student is deemed ineligible, he/she may NOT play in any athletic competitions until the grades are in good standing.

Eligibility will be assessed upon distribution of progress reports and again when report cards are issued. An athlete must maintain an average of 70 or above in each class to remain eligible for practice and competition in an extra-curricular activity. If an athlete does not maintain an average of 70 or above in all courses, he/she must adhere to the guidelines below. As stated in the ACS Parent/Student handbook, student athletes must also have attended all classes, and be making an 'S' or better in conduct at the reporting periods to participate in athletics.

- 1.) Athletes failing any classes will be ineligible to participate in games until the grades are in passing status. During periods of ineligibility, athletes are expected to be working with the teacher in the classroom of the subject(s) that needs attention. The athlete must attend tutorials and participate in the remainder of practice after tutorials are over. When the athlete is passing all classes, he/she is once again eligible for full practice and competition. Term of eligibility will be determined at the end of every third week. When the teacher notifies the athletic director that the athlete is passing, then the athlete may begin competing beginning with the following Friday. An athlete deemed academically ineligible may not ride with his/her team to or from the extra-curricular activity which he/she is involved in. This includes any and all riding arrangements. If a team is carpooling, the ineligible athlete may not ride in a car with any other athletes going to the game.
- 2.) Students are allowed to participate in competitions or contests only if the student is in good standing which includes enrollment in at least four accredited academic courses and passing all classes during the grading period. In determining whether or not the student is passing, his or her grades from the beginning of the semester to seven days before contest must be considered. All students with failing grades must go to tutorials, then come to practice if time allows.
- 3.) An ineligible athlete may not leave school early to go watch the game in which his/her team is playing. The length of time for ineligibility after a grading period shall be at least one week.
- 4.) Eligibility rules will be strictly enforced. Under **NO CIRCUMSTANCES** will an ineligible athlete be allowed to participate for the duration of his/her ineligibility.

## PARENT COACHING

Coaches need freedom to teach athletes the techniques and skills they deem necessary for the betterment of their program. Please allow them to do this without negating the things they are teaching.

Please do not coach your child from the sidelines or bleachers. This creates a terrible dilemma for athletes, as they do not know who to listen to. Furthermore, it is very distracting not only for the player, but for the coaches and opponents alike.

## TRANSPORTATION

Transportation for all student athletes will be provided to all home games, if the event is held away from the school grounds. All off site practices will also include transportation to those sites for all athletes. Students will be provided transportation to all away events as well. We believe that a team should look and act as one unit and travel together to prepare mentally as a unit for the competition. School and/or church vans will be used to transport the athletes to and from practices and/or games. In some instances, parents or coaches may need to use personal vehicles to transport some athletes. All students are expected to conduct themselves in a manner that honors God, whether they are riding in vans or personal vehicles.

## PLAYING TIME DISTRIBUTION

Elementary Level: This level sports are developmental by nature. Developmental levels are designed for foundational learning of the basics of the sport. In addition, this level of sport does include competitive play. Playing time at this level will be equal among all players. The coaches will do their best to allow each player equal playing time. The importance of preparation through practice will be instilled in the athletes at this level. Thus, coaches will reinforce that criterion by starting only those players that show up to practices and participate. Permission from the coach to miss practice must be given at this level in order to teach the importance of team unity and preparation for the games. Missed practices without permission will impact the playing time of athletes. Disciplinary issues and academic ineligibility will also impact the playing time of athletes at this level.

Junior High Level: This level sports are also competitive, yet still developmental as well. Playing time is still not guaranteed to each athlete, however, coaches will attempt to give all athletes an opportunity to play and improve throughout the season. Playing time will not be given to athletes who do not obtain permission to miss practice(s). Disciplinary issues and academic ineligibility will also impact the playing time of athletes.

High School Level: This level sports are competitive by nature. Therefore, playing time is not guaranteed to athletes on the upper level teams. Coaches must have freedom to distribute playing time in such a way that creates the best opportunity for team success. Playing time will not be given to athletes that are academically ineligible. Playing time will not be given to athletes who do not obtain permission to miss practice(s). Disciplinary issues and academic ineligibility will also impact the playing time of athletes.

## STRENGTH AND CONDITIONING

All High School and Junior High athletes will be required to participate in the Warrior Athletic strength and conditioning program during their season, as well as during their off-season sessions, if set by coaches. Head coaches will determine the strength and conditioning training for their individual teams. If their in-season coach desires to do strength training, he/she needs the freedom to do that as well. This is not up to the preference of the athlete or the athlete's family.

## VARSITY/JUNIOR VARSITY SELECTION

If there are enough athletes per sport to field a junior varsity and varsity squad, selection for the varsity team will be competitive. Tryouts will be judged by the skill level of players involved. Character will be taken into account as well, but will not be the sole indicator. The character expectation at ACS is high and athletes must possess it at all times. Once that is established, the skill level of athletes determines their playing time and positions. The coaches must have freedom to determine skill level and character in each athlete. This level of athletes will only occur in the 9<sup>th</sup>-12<sup>th</sup> grade sports.

## LETTERING POLICY

The opportunity of obtaining Athletic Letters may occur once an athlete is on the Varsity squad (and in the 11<sup>th</sup> grade) and meets the following requirements:

Volleyball – Participates in at least 50% of games (not matches) played by the **varsity** team or in the opinion of the head coach to have made a major contribution to the team (the latter is subject to approval by the Athletic Director). Athlete attends at least 90% of in-season practices/workouts. Players may not be ineligible for more than 3 weeks of the varsity season.

Cross Country – Participates in at least 50% of all **varsity** level runs and qualifies to participate in upper level events. Athlete attends at least 90% of practices/workouts. Players may not be ineligible for more than 3 weeks of the season.

Basketball – Participates in at least 50% of quarters played by the **varsity** team or in the opinion of the head coach to have made a major contribution to the team (the latter is subject to approval by the Athletic Director). Athlete attends at least 90% of in-season practices/workouts. Players may not be ineligible for more than 3 weeks of the varsity season.

Soccer - Participates in at least 50% of games played by the **varsity** team or in the opinion of the head coach to have made a major contribution to the team (the latter is subject to approval by the Athletic Director). Athlete attends at least 90% of in-season practices/workouts. Players may not be ineligible for more than 3 weeks of the varsity season.

Softball - Participates in at least 50% of games played by the **varsity** team or in the opinion of the head coach to have made a major contribution to the team (the latter is subject to approval by the Athletic Director). Athlete attends at least 90% of in-season practices/workouts. Players may not be ineligible for more than 3 weeks of the varsity season.

Cheer - Participates in at least 50% of events held by the varsity team or in the opinion of the head coach to have made a major contribution to the team (the latter is subject to approval by the Athletic Director). Athlete attends at least 90% of in-season practices/workouts. Players may not be ineligible for more than 3 weeks of the varsity season. If a demerit system is established by the Head Coach, and the athlete is on probation and cannot participate due to that issue, the athlete will not be eligible for lettering.

#### **Special Provisions:**

A senior participant who is on the varsity squad and has not met the quarter participation requirements, but has met all practice and eligibility requirements during his/her senior varsity season may be awarded a letter jacket **at the discretion of the Athletic Director**.

Any athlete that did not meet the participation requirements due to injury or illness that would have otherwise lettered may be awarded a letter jacket **at the discretion of the Athletic Director**.

Anyone who does not meet the participations or practice requirements because of conflicts while participating in multiple ACS sponsored extra-curricular activities may receive a letter jacket **at the discretion of the Athletic Director**.

**Definition of Participation** – Receiving playing time in a varsity level competition. Suiting up and being on the sideline is not defined as participating. Playing time on the JV level is not considered varsity participation.

\*\*\*Final say in regard to all lettering will be left up to the discretion of the Athletic Director.

\*\*\*A letter jacket will be provided by Angleton Christian School for first time letterman.

\*\*\* Athletes will be eligible to receive a letter jacket from ACS once they reach the level of competition that warrants one, and the lowest age eligible for a jacket is Junior year of high school. . A student may only be eligible for ONE letter jacket for their entire high school tenure at ACS. All letters and decorations will be the responsibility of the athlete.

\*\*\* Letter jackets remain the property of Angleton Christian School and can be revoked in instances where a student/athlete is removed from Angleton Christian School.

## **Fan Behavior (summary)**

Fans should:

- \*Always set a POSITIVE example.
- \*Exhibit RESPECT for the Contest Officials AT ALL TIMES.
- \*Exhibit RESPECT for the Opposing Team AT ALL TIMES.
- \*Exhibit RESPECT for the Coaches and Players AT ALL TIMES.
- \*Not cheer against your opponent.
- \*DISPLAY ACTIONS that demonstrate PRIDE in their school and beliefs.
- \*USE WORDS that demonstrate PRIDE in their school and beliefs.
- \*Never use profane or inappropriate language.
- \*Know and have an appreciation of the rules of the game.

## **Prohibited Activities**

Live animal mascots, cannons, firearms, fireworks, etc. are prohibited at athletic contests.

No dogs or other animals are allowed at contests.

Noisemakers are prohibited at events held in field houses/gyms.

In events held in field houses/gyms, megaphones may be used only by cheerleaders in uniform. Megaphones must not be used to strike walls, bleachers, or playing surfaces.

Bands, when permitted, shall play only during time-outs and intermissions. Individual instruments may not be used as noisemakers.

No sound systems, other than the one(s) provided by the host school is allowed at secured sites or at neutral sites unless mutually agreed.

Body paint and like decoration shall not be permitted by players or spectators (Exception: Small marking as sold by cheer or other school organization on the cheek are permitted)

This rule applies to all games held at neutral sites. If a school is not going to permit this activity at their facility, the opponent should be notified in advance of the contest.

Streamers, confetti or other such materials are not allowed at neutral sites.

Air horns and bullhorns, handheld or otherwise, are not permitted at any contest.

The use of, or appearance of using, any controlled substance (alcohol, drugs, etc.) before, during or after games at contest sites is prohibited.

Except in their normal course of business, emergency vehicles shall not flash lights or sound sirens during the course of a game.

## CONFLICT RESOLUTION:

Parenting, teaching, and coaching are valuable vocations, and sometimes those situations encounter difficult situations. By keeping the lines of communication open between student athletes, parents, teachers, and coaches, many problems can be avoided.

***“If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. But if they will not listen, take one or two others along, so that every matter may be established by the testimony of two or three witnesses.”***

***Matthew 18:15-16***

An important goal in athletics is to instill in our student athlete a sense of ownership and responsibility for their actions. Therefore, it is important that student athletes learn necessary communication skills and learn how to resolve conflicts in a God –honoring manner. A constant effort should be made by student athletes to address coaches respectfully, and coaches will make every effort to handle athletes in a respectful manner. Please review the order of conflict resolution in athletics:

Step One- Player and Coach

Step Two- Parent , Player, and Coach

Step Three- Parent, Player, Coach, and Athletic Director

Final Step- Parent, Player, Coach, Athletic Director, and Administrator



## WARRIOR ATHLETIC COVENANT

*“Competing for Christ without Compromise”*

I acknowledge that I have read and am submitting myself and my child to all things set forth in the Warrior Athletic Handbook.

Parent:

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Athlete:

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date