

# **WILLAMETTE VALLEY CHRISTIAN SCHOOL**

## **ATHLETIC HANDBOOK 2010-2011**

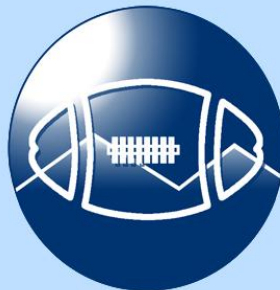
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## **Why are Athletics Important?**

*WVCS Mission Statement (Summarized)*  
Providing Quality Christian Education

### *Philosophy of WVCS Athletics*

Developing qualities in young people that will prepare them for success in all aspects of life.

### *Background*

The WVCS vision for athletics is much broader than teaching a student how to play a certain sport or even winning and losing. Our goal is to build qualities in young people that will help them now and after graduation. Athletics reinforces the positive attributes – good communication, teamwork, competition, sportsmanship, respect, commitment, hard work, responsibility, and accountability – that are important as students interact with peers, teachers, family members and employers. WVCS has adopted the following core principles into every sport at every level.

### *WVCS Athletic Core Principles*

#### Work Ethic

Very few people win the lottery. Everyone else who wants to be successful must work hard at it. A strong work ethic involves more than just physical conditioning. It also requires coming prepared mentally to improve each and every day. Athletes must come prepared to listen, learn and do what the coach requires.

#### Values

Trust. Honesty. Living a life of integrity. Can you be trusted to do what you say or follow through on promises made? Teammates trust each other that game plans will be followed and everyone will do what is required of them.

**W – Work Ethic**  
**V – Values (Integrity)**  
**C – Commitment**  
**S – Sportsmanship**

#### Commitment

Each team member is important to the team. Once a decision is made to go out for a team, you become a part of something bigger than one person. A commitment is made to teammates, the coach and the school to become the best that one can be. More importantly, a commitment is made to set aside personal goals for the good of the team.

#### Sportsmanship

Many people today have poor self-esteem since they feel their value is determined by their success or disappointments. Any athletic season will have its ups and downs; however, our goal for athletes is to learn from past performance, not dwell on it. If each team member plays to win and gives maximum effort, he/she can be proud win or lose.

## Sports Available

High School (Grades 9 <sup>th</sup> to 12 <sup>th</sup> )	Approximate Season Length
Boys Football (Partnership with Salem Academy)	Start: 2 weeks prior to Labor Day End: Late October / Early November
Girls Volleyball	Start: 2 weeks prior to Labor Day End: Late October / Early November
Boys & Girls Basketball	Start: 1 <sup>st</sup> Monday in November End: Late February / Early March
Boys & Girls Track and Field	Start: Mid-Late February End: Mid-Late May

Middle School (Grades 6 <sup>th</sup> to 8 <sup>th</sup> )	Approximate Season Length
Boys Football (Partnership with Salem Academy)	Start: Week School Starts End: Mid-Late October
Girls Volleyball	Start: Week School Starts End: Mid-Late October
Girls Basketball	Start: November End: December
Boys Basketball	Start: January End: February
Boys & Girls Track and Field	Start: March/April End: May

### Casco League:

WVCS is a member of the Casco league for high school volleyball and basketball. WVCS is classified as a 1A school. In Oregon, 1A schools have a student population of 1 to 115 in grades nine through twelve. Other participating league schools are as follows:

Country Christian	Oregon School f/t Deaf
CS Lewis	Perrydale
Falls City	St. Paul
Jewell	

### Special Districts:

WVCS is placed in Special Districts by the OSAA for football and track. Special districts may include teams that are outside the Casco league. Football at the 1A level follows 8-man rules.

### Middle School Leagues:

The football, volleyball and basketball teams generally compete against Casco league schools. Track teams may participate in the Metro-Christian League (Portland) or against Salem-area schools.

## **Participation Requirements**

- Insurance  
Athletes are required to have insurance coverage to participate in sports. Insurance can be purchased through the school, or you may use your own.
- Physical Exams  
Athletes are required to have physical exams every two years prior to their participation in athletics.
- Parent/Student Acknowledgment of Athletic Policies  
This handbook will be given to each student who wants to participate in athletics. The parents/guardians and the student will read the material and certify they understand the eligibility rules and school policies.
- Athletic Fees  
High School – Fees are \$100 per student / per sport  
Middle School – Fees are \$50 per student / per sport

Paperwork and athletic fees must be turned in before the end of the first week of practice.

- OSAA Eligibility Requirements
  - o Academic Standards  
WVCS follows the academic standards set forth by the OSAA. Additionally, the school has adopted the academic policy on page 8.
  - o Graduation  
Students become ineligible upon graduation from high school. After entering the 9<sup>th</sup> grade, students may participate in athletics for 4 consecutive years (8 semesters). Students below 9<sup>th</sup> grade will not participate with/on high school teams.
  - o Age  
Students who become 19 before August 15 are ineligible for athletics. Students who become 19 on or after August 15 remain eligible for the entire school year. Some exceptions do apply.
  - o Pay for Play  
Students may not accept monetary compensation in recognition of athletic ability, participation, and/or achievement. Students may accept non-monetary compensation (t-shirts, gift certificates, coupons, etc.) in recognition of athletic ability, participation, and/or achievement if the value does not exceed \$300 in any school year.

- Transfer Students  
Transfer rules are established to prevent and deter athletes from transferring to schools exclusively for athletic purposes. It is also considered undue pressure if any contact is initiated by a coach or other school representative with a student from another school for the purpose of athletic recruitment. All the transfer rules and exceptions are too complicated to list here. If a student transfers to WVCS during or after the 9<sup>th</sup> grade year, and is interested in participating in athletics, please contact the Athletic Director.
- Foreign Exchange  
Students from a foreign country, who are on a CSIET approved program, are eligible for one year from the date of enrollment if certain criteria are met. If a foreign-exchange student has specifically requested to attend WVCS, the school will need to file an exception request with the OSAA.
- Home School  
Students who home school are eligible to participate in athletics in the school district in which they live. Students living in the Gervais School District would be eligible to participate in athletics at either WVCS or Gervais. Home school students who participate would be expected to adhere to the same standards as WVCS students. Additionally, home school students should be aware of other rules that apply through the OSAA.

If you have questions or need clarification on any of the participation requirements – please contact the Athletic Director.

## **Knowing the Rules**

- Oregon School Activities Association (OSAA)  
OSAA establishes statewide rules that all Oregon schools must follow, including those related to student eligibility, length and number of contests in a sports season and appropriate conduct. See the OSAA website/handbook for additional information:  
[www.OSAA.org](http://www.OSAA.org)
- National Federation of State High School Associations (NFHS)  
Specific rules for football, volleyball, basketball and track are set by the NFHS. See the NFHS website for additional information:  
[www.NFHS.org](http://www.NFHS.org)
- Casco League  
Leagues are responsible for setting any additional rules for schools in their league and hosting league playoff events.
- In addition to following school and athletic department rules, students should be aware of any special rules their coach has for the team. A coach's rules will not conflict with any other rules that have been identified.

## **Sportsmanship**

Athletes, coaches, parents and all other spectators are expected to model good sportsmanship at all times.

### Athletes

All athletes will abide by a code of ethics, which will earn them the honor and respect of competitors and spectators. Any conduct that results in dishonor to the athlete, team, or the school will not be tolerated. WVCS

athletes should be diligent in preparation, relentless in effort, disciplined by nature, respectful in actions, self-controlled with words, humble in spirit, and aggressive in the pursuit of excellence, without regard to the score, opponent, time or officials.

**GOOD SPORTSMANSHIP MEANS:**  
**Allowing the PLAYERS to play the game.**  
**Allowing the COACHES to coach the game.**  
**Allowing the OFFICIALS to control the game.**  
**Having the SPECTATORS encourage everyone.**

### Parents and Spectators

It is important to make our guests feel welcome. All visitors should feel as they have been treated fairly and dealt with in a sportsman-like way. The skills of the visiting team should be recognized and appreciated. Everyone needs to work to create a positive atmosphere at WVCS.

The following behavior is not acceptable at any contest: booing or jeering, mocking or taunting or yelling negative comments at players or officials. Officials should never be confronted before, during or following a contest. If a problem occurs, inform the school administration (coach/athletic director) and allow them to deal with the situation. A game official or school administrator (or their designee) has the authority to remove any person from an athletic contest for unsportsmanlike behavior.

### Parent's Code of Ethics

As a parent of a student athlete we ask that you support and enhance the athletic experience. Please remember the following:

- Always be positive and supportive with every athlete, without adding undue pressure and unrealistic expectations.
- Allow your child to speak for him/herself. It is their learning experience.
- Respect the judgment and integrity of each coach.
- Model the highest standards of conduct and sportsmanship. Support your team by cheering for them, not by cheering against the opponent or the officials.
- Encourage your child to work hard and to compete at a level appropriate with their ability and development.

## **Academic Policy**

Academics come first at WVCS and each student athlete should strive to achieve the highest academic G.P.A possible. However, to participate as a student athlete at WVCS, the minimum academic standards for participation are a 2.5 G.P.A. and no F's. If a student athlete does not meet the minimum academic standards at the end of any progress period, either prior to or during the season, the following process will occur:

Student will meet with the academic advisor and develop a contract including a list of written objectives to be met within a specified time. A copy will be sent home for the student and parent/guardian to sign and return to the academic advisor **on the next school day**. Copies will be given to the coach and athletic director.

During the probation period, the student must take responsibility to obtain weekly progress reports from teachers according to the contract requirements. These must be delivered to the academic advisor at the end of each week. Failure to fulfill this requirement may result in suspension of practices and/or games.

At the end of the scheduled probation period, the academic advisor will meet with the student for evaluation of the academic progress and discuss the following options:

- Release from contract
- Extend contract period
- Suspension from practices and/or games
- Termination from the sports program (no refund of athletic fee)

The Academic Review Committee will determine the final decision.

If at any time you desire a meeting to discuss your student's academic progress, please call the school's academic advisor.

## School Attendance Policy

Any missed portion of a school day **must** be an excused absence, according to the criteria of the WVCS handbook, for the athlete to participate in practices or games. Failure to comply will result in one of the following:

### Unexcused School Absence:

1. First offense: Player will be suspended from that day's event, or the closest event to the day the violation was committed.
2. Second offense: Player will attend **all** practices, but be suspended from events for one week. The athlete will sit on the bench in uniform at home events. The athlete will not travel with the team to away events.
3. Third offense: Participation privileges will be terminated for the remainder of the season.

### Excused School Absence:

Examples of excused absences include doctor's appointments that could not be arranged for any other time, illness, death in the family, etc.

### Absences - (Excerpt from WVCS School Handbook)

Students must be in attendance at school if they wish to participate, play or participate in any activity, performance or game. **Students with a pre-arranged absence must attend classes for 50% of the school day in order to practice or participate in any game or performance.** Students absent due to illness any part of the day **may not** participate in practice, games, performances, or other student activities.

## **Other Athletic Policies**

### Admission / Season Passes

Admission is generally charged for high school athletic games. Discounted season passes for regular-season home games are available to purchase for one sport or all sports. Admission is not charged for middle school games.

### Conflicts in Extracurricular Activities

Inevitably in a school situation, scheduling conflicts will arise between athletic events and other school activities. When the athletic schedule is produced, care will be taken by the athletic director to avoid conflicts, if possible. In some instances, a student will have to choose prior to the season between such things as playing on an athletic team or taking part in a drama production. A student who is participating on an athletic team is expected to attend all regularly scheduled practices and contests and should not expect to miss practice to try out or practice for another activity.

### Conflict Resolution

If a conflict arises with a coach, the first responsibility is for the athlete to discuss the situation with the coach. This should occur before the parent speaks to the coach. If no resolution is found, the next two steps of appeal are to the athletic director and then the principal, in that order. Before or after a game is not an appropriate time for a parent to approach a coach to discuss a conflict.

### Detention

If an athlete must at any time serve a detention, the following will occur:

- a. The athlete will be required to serve his/her detention on the next WVCS scheduled detention date. The athlete will be able to participate in all events, including practices and games, until the scheduled detention date.
- b. If the athlete does not serve detention on the next WVCS scheduled detention date, the athlete will not be allowed to participate in any practices or games until the detention has been served. The athlete will not be able to dress down for a game; however, it is expected he/she will be on the bench with the team.

### Dropping a Sport

Quitting a sport after the season has begun may create problems for the entire program. On occasion, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the athlete is to consult with their coach and also the athletic director. Athletic fees are not refundable.

### Equipment

School equipment checked out to the athlete becomes his/her responsibility. The athlete is expected to keep it clean and in good condition. Equipment, practice gear, warm-ups, and uniforms are to be used only in practices or contests, or as directed by the coach. Uniforms,

practice gear and warm-ups are not to be worn in PE classes or at other times unless directed by the coach. Loss or unreturned equipment is the financial obligation of the athlete up to the full replacement value. No athlete will be allowed to participate in a sport until all previously issued athletic equipment has been returned or proper restitution is made. If equipment is not returned timely, a late charge may be incurred or grades/diploma may be delayed.

### Facilities

On occasion, WVCS may rent or use another facility for its practices or games. There is a high demand for these gyms and fields, so there may be times where practices or game sites may vary. Our privilege to use these facilities could be revoked at any time if we don't properly care for them. We should attempt to leave the facilities in equal or better condition than we found them.

### Injuries

All injuries that occur while participating in athletics must be reported to the coach. The coach or athletic director may request that an injured student, wishing to return to participate, be cleared by a physician.

### Missing Practices/Contests

When an athlete joins a team, a commitment is made not only by the athlete but also by the parents. It is hard work scheduling around an athlete's scheduled practices. If an athlete is going to miss a practice or contest, the coach should be consulted as far ahead as possible. If a family finds it necessary to be gone for an extended time during the season, it is important to work with the coach so he/she can plan. Missing a practice or contest will generally result in some consequence.

Generally, if a player misses practice the day before a game for any reason other than an excused absence, he/she will NOT participate in that event.

### Release from Class

If a student misses a class because of an athletic contest, it is the responsibility of the student to turn in all work due that day BEFORE leaving school. Scheduled tests and quizzes must be taken BEFORE leaving unless other arrangements have been made with the teacher. The student is responsible to get notes or handouts before departure, or as agreed upon by the teacher. Pre-arranged absence forms must be signed by appropriate teachers before leaving for an event.

### Squad Selection / Playing Time

In accordance with our philosophy of athletics and our desire to see many students participate, coaches are encouraged to keep as many students on a team as they can without compromising the integrity of their sport. Time, space, facilities, equipment, coach's preference, and other factors may place limitations on the squad size for any particular sport.

Typically, no limitations are put on the number of participants in track. Volleyball and basketball usually are the most limited, because of team size and indoor space limitations. It is the coach's decision to determine the number of players to be named to a team in a given season.

Students who make a team will not necessarily see equal playing time. No amount of playing time is guaranteed to any athlete. Playing time depends on the skill and experience of the athlete and how those attributes blend with the rest of the team and the level of competition. At all levels below high school varsity, it is generally expected that an athlete will participate in each competition, but there may be occasions when this does not happen.

### Travel

All athletes are expected to travel to away contests in transportation provided by the school. Any exceptions must be pre-arranged with the athletic director. Athletes are also expected to ride home in the same vehicle. However, if a parent/guardian is at the site of the contest, following the game he/she may take his/her student home after checking with the coach. Any other arrangements must be pre-arranged with the athletic director at least one day prior to the contest. Athletes will not be allowed to ride home with other student drivers.

When at away events, the coach may decide to stop at a restaurant before or after an event. Appropriate dress and behavior are expected.

An expected return time will be communicated. If a student calls a parent from a certain distance away, please ensure transportation will be there shortly. Most coaches should have their duties completed within 10 minutes after return and be able to go home too.

### Volunteers

Parents are needed in every sport to assist with fundraising, transportation to away games and helping at home games. Coaches will provide volunteer sign-up sheets at the beginning of the season for parents to complete.