ATHLETIC PROGRAM HANDBOOK

CCS/CCHS

CCS ATHLETICS MISSIONS STATEMENT

"Growing body, mind, and Spirit - igniting athletes to shine for Christ in competition and in life."

"Christ-centred learning in all areas of schooling for Christ-like service in all areas of life."

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INTRODUCTION

Welcome to the new CCS/CCHS Athletic Program Handbook. This has been created to help inform families and athletes about what to expect from extracurricular sports at our school. Please remember that participating in these sports is not a right, but rather a privilege. We try to offer a variety of different opportunities so that as many students have a chance to participate as possible. *We are always looking for coaches and assistants to help run these programs* and on that note, remember to thank a coach regularly for their efforts and time spent with the team(s).

CCS MISSION

TO PROVIDE CHRIST-CENTERED LEARNING IN ALL AREAS OF SCHOOLING FOR CHRIST-LIKE SERVICE IN ALL AREAS OF LIFE.

CCS ATHLETIC PHILOSOPHY

At Chatham Christian School, we pursue athletic excellence by developing character, discipline, and teamwork - building body, mind, and spirit in the image of Christ. Through inclusive participation and intentional growth from youth to senior levels, our athletes strive to be a witness to the community by reflecting Christ both on and off the field.

MIDDLE/ELEMENTARY SCHOOL ATHLETICS

Middle School sports can be a great way to learn specific techniques, develop teamwork skills, perseverance skills, leadership skills, improve physical fitness, release stress, make friends and glorify God. Our goal is that it is a positive experience for all involved. If, at any time, students and/or parents have concerns, please bring them to the attention of an Athletic Coordinator with the intention of improving difficult situations.

There are a few expectations that a Student Athlete needs to be aware of in order to participate on a CCS team.

Volunteer Coaches – All our coaches are volunteers! They coach here at CCS for a multitude of reasons so please always remember that they *choose* to coach here and to coach you. Please remember to thank them regularly for their time and efforts.

Academics – Students need to be able to maintain a healthy balance in their life while they are at school. Athletics is only one part of school life. Academics take a priority at Chatham Christian, and therefore athletes must be able to meet classroom requirements in order to participate on a team.

Attendance – Athletes must attend practices and games and tournaments to the best of their ability, although academics does come first. If a student athlete is absent from school for more than half a day, they are not eligible to participate in a game or practice that evening. Exceptions must be approved by an Athletic Coordinator prior to the day.

Junior/Senior Teams – Junior teams are made up of athletes from Grades 5&6 (occasionally Grade 4 students will be invited to participate). Senior teams are made up of athletes from Grades 7&8.

Typical Sport Seasons –

Sept - Oct	ES/MS Cross Country
	Senior Soccer
	Junior Volleyball
Oct - Nov	Senior Volleyball
Dec - Feb	Senior Basketball
Feb and April	Junior Basketball
March-May	Senior Badminton
April - May	Junior Badminton
May - June	Track and Field

Communication with Coaches – out of respect to the team and coaches, it is very important that athletes communicate when and why they are not able to attend practices, games or meets. Staff Representatives will communicate with parents/guardians of upcoming events, and schedules can also be found on the shared athletics google calendar. A link for this calendar is found in the weekly family newsletters.

Uniforms – Student Athletes will be provided with a team shirt. Students are required to care for these team shirts throughout the season, bring them to all games (they are not considered in-class uniforms), and return them at the end of the season. Athletes will be expected to pay for replacement shirts that they have signed out but not returned. The expectation is that athletes wear their black PE shorts to all games and practices. **If the athlete is not wearing the proper uniform, they will not be allowed to participate.**

Playing time – Players on the "Active" Senior Teams can expect to receive at least 25% playing time *over the course of the season* (not necessarily each game). There may be games where a player does not play. On Junior teams, players on the "Active Team" can expect to play closer to equal playing time. A coach may choose to have a "Practice Team" in which players are encouraged to participate in practices but will not play in games unless invited by the coach. The goal of a "Practice Team" is to help develop the skills of the athletes.

Transportation – parents/guardians are responsible for getting their athletes to and from games in a timely manner out of respect to supervising staff and coaches. Please try to arrange for transportation as necessary and communicate with the Staff Rep your plans.

Behaviour – The expectation for athletes and coaches is that before, during, and after practices and games our behaviour is to reflect the Character of Christ. Athletes are expected to behave with respect, listen and obey any and all coaches, staff reps and referees, and represent CCS with integrity.

Staff Representative Roles – There is a volunteer Staff Rep assigned to each team. This individual is responsible for the following:

- Communicating all practice/game/tournament information with parents/guardians
- Attending all games to supervise athletes (parents/guardians are to supervise any other children)
- Reporting home game scores to the convener
- Ensuring there are enough drivers to get players to away games
- Ensuring that all players are picked up at the end of games.

HIGH SCHOOL ATHLETICS

Behaviour

The expectation for athletes and coaches is that before, during, and after practices and games our behaviour is to reflect the Character of Christ. Athletes are expected to behave with respect, listen and obey any and all coaches, staff reps and referees, and represent CCS with integrity.

Student Eligibility

1. Students must be enrolled in a minimum of 2 credit courses.

2. Any students that transfer from another school for grades 10-12 are considered ineligible to play sports at the new school. This is an OFSAA ruling but there are exceptions to this and all transfer students must apply with a "Transfer Appeal Form". There is an opportunity to apply 3 times a year before the Fall, Winter and Spring season. Such an athlete is to see an Athletic Coordinator at the start of the school year if they know they are interested in trying out for sports so that the deadlines for this appeal are met and so we know if you are eligible to participate or not.

3. Attitude and Effort – willing participation in drills and activities, active encouragement of others, and commitment to functioning as team players are expected.

Team Selection and Playing time

Our goal is to run teams in both junior (Gr 9 and 10 students) and senior (Gr 11 and 12) divisions. This is, of course, dependent on coach availability and the number of athletes wanting to participate.

If we do not have enough participants for both divisions, we typically (but not always) run a senior team that juniors are welcome to try out for.

Coaches will organize “try-outs” for our sports teams and will select the team as they see fit. There is no guarantee of playing time in high school athletics. However, because the Junior teams have a stronger focus on developmental skills, there is more of an effort to provide playing time for everyone at that level.

Juniors Playing on a Senior Team

- In general, if we run both a junior and senior team in a sport, it is expected that junior-aged players will play on the junior team for the season. Some of the reasons for this are:
    i. Players will probably receive more playing time leading to more game experience and development.
    ii. Players will have a better chance to develop leadership skills which will benefit the player and program in the future.
    iii. Basic skills and fundamentals are emphasized and are important to master before playing in the senior program.
    iv. Socially, it is usually easier for junior players to remain on the junior team.
- Senior coaches may want to bring players up for individual games or tournaments in order to encourage junior development and, in some cases, strengthen the senior team.
- It may be desirable, at times, to have junior players try out for a senior team. The possible reasons to consider may be…
    i. The player is of the quality that he or she will receive regular playing time at the senior level, may develop faster at the senior level, and may improve the senior team’s ability to compete.
    ii. There is a need at the senior level that a junior player may be able to adequately fill.
- The decision to allow a junior player to try out for a senior team will be made in conjunction with the junior and senior coaches, the player, parents, and the athletic coordinators.
- If at the end of the tryouts, the senior coach decides that it would be good for the team and individual player to remain on the senior team, and if the coach can say with certainty that the player will receive regular playing

time, a request to an Athletic Coordinator will be made to allow the junior player to play for the senior team.

Major/Minor Teams –

Major teams are those that participate in the local league (LKSSAA), local tournaments, and the Christian school tournament (OCSSAA) which typically includes travel and overnight stays. Practices are typically 3-5 times a week.
Minor teams are teams that are typically formed only for one tournament and/or some exhibition games, therefore requiring less of a time commitment as the number of practices are reduced.
The decision whether a team/sport is considered minor or major is based on the interests/commitment level of the team and typically decided on a year-to-year basis.

Typical Sport Seasons – Below are the 3 seasons and what we traditionally offer.

Fall: September - mid-November

- Cross Country
- Girls Basketball
- Boys Volleyball
- Golf
- Tennis

Winter: mid-November - late-February

- Boys Basketball
- Girls Volleyball

Spring:

- Badminton - late February - end of April
- Boys Soccer - late March - May
- Girls Soccer - late March - May
- Track and Field - March - May/June
- Beach Volleyball - May

Student Athlete Guidelines

1. **Attendance** – In order to be considered a member of a team, students must commit to attending at least 85% of practices and games.

2. **Absences** – If a student athlete is absent from school for more than half a day, he/she is not eligible to participate in a game or practice that evening. Exceptions must be approved by an Athletic Coordinator prior to the day.

3. **Communication with Coaches** – out of respect to the team and coaches it is very important that athletes communicate with their coach **as soon as possible** if they are not able to attend practices and/or games, tournaments, or meets. Coaches plan their practices and lineups with the expectation of having a certain number of players in attendance and therefore it can be frustrating not knowing if someone is not going to be there. Keep in mind that many of our coaches are not staff at CCHS and so will not typically be aware if someone missed school because they are sick, etc. *Therefore, athletes need to communicate directly with the coaches.*

4. **Fees**:
   - The school covers the cost of league fees and up to 3 tournaments per team. At times a team will decide to play in more – athletes are required to pay for the extra tournament fees.
   - The athlete is expected to provide their own equipment such as specialized shoes, knee pads, shin guards, etc.
   - The cost for a hotel, including the coach/chaperone's rooms, is to be covered by the athletes on the team for overnight tournaments and meets. Athletes are also responsible to pay for and/or bring their own food and drinks. Hotel rooms will typically be booked by the Athletic Coordinators.

5. **Uniforms**
   An Athletic Coordinator will hand out uniforms to the team. Athletes are responsible for cleaning and bringing their uniforms to any and all competitions for the season. Athletes will not receive their team uniform until they return any previous uniforms to the Athletic Department and will be required to cover the replacement cost if they lose something.

6. **Multi Sports**
   At CCHS we strive to have room for athletes to participate in multiple sports at a time, however, academics are always a priority. Attendance of 85% may be a stretch and therefore, communication with all coaches involved and the AC is paramount.

7. **Health cards** – Athletes are required to have their health cards with them at any away games and tournaments.

8. **Academics**
   Students need to be able to maintain a healthy balance in their life while they are at school. Athletics is one part of their school life but not the most important. Academics take a priority at CCHS, and therefore athletes must be able to meet some minimum requirements in order to participate on a team. These requirements are as follows:

- Student-athletes must maintain a 60% grade in *each class.* If his/her grade falls below 60%, a conversation needs to happen with an Athletic Coordinator about taking some time off until the grade improves.
- If a student/athlete has a late or missing assignment, they *cannot practice or play* until the assignment is handed in and the teacher of the class in question has communicated with an Athletic Coordinator.
- It is the student's responsibility to make up on the classwork that they miss due to games, tournaments, or meets. They need to speak to their teacher prior to their absence to get caught up as needed.

9. **Student Drivers** – Our preference is always to have adult drivers for away games and tournaments. If needed, students may drive provided that they have their G2 license and signed permission forms from their parents/guardians and the appropriate insurance coverage. Any athletes riding with other students need to have a signed permission form as well. A signed form is good for the whole school year.

VOLUNTEER COACHES

All our coaches are volunteers! They coach here at CCHS for a multitude of reasons but always remember that they are volunteers that chose to coach here. Remember to thank them regularly for their time and efforts.

We are often looking for volunteer coaches or assistants to fill certain roles. If you or someone you know would be suitable for these roles please reach out to an Athletic Coordinator. We can be reached at the school in person, by phone 519-352-4980 or by email at sports@chathamchristian.ca .

GUIDELINES FOR SPECTATORS

A Profile of an Ideal Parent of an Athlete:* (adapted/modified from Abbortsford Christian School's Athletic Program Handbook)

1. Supportive. Support your child and attend as many contests as possible.
2. Maintains the Proper Perspective. Avoid putting pressure on your children to start, to score, or to become the star of the team.
3. Careful. Support the coach in public, around other parents and fans.
4. Positive. Do not speak negatively about the coach in front of your child.
5. Purposeful. Understand the ultimate purpose of athletics (see athletic philosophy on page 4) Athletics at CCS exist as an integral part of the total educational mission of the school, and participation in athletics is a privilege, not a right.

6. Role Model. Serve as good role models for the students, athletes and other fans.
7. Thankful. Appreciate the educational opportunity that your child is receiving in our athletic program. This includes the enormous time and effort provided by the coach.
8. Involved. Read our Athletic Handbook and volunteer to help with projects and events that we host.
9. Exemplary. Serve as beacons of good sportsmanship.
10. Respectful. Show respect to everyone involved in school athletics - the coaches, athletes, fans, officials, and administrators. Abide by procedures for our athletic program.
11. Thoughtful. You are encouraged to follow the "24 hour rule" if possible - wait 24 hours to gather your thoughts and allow emotions to settle before addressing a pressing concern. Express concerns and questions in a courteous and civil manner and do it at the right time and in the proper setting (right after a game on the court in front of everyone is the wrong time).
12. Appropriate. Follow the chain of command at CCS when you have a concern. First, encourage the athlete to speak with the coach. Second, have a parent speak to the coach and/or staff representative for the team. If the concern(s) persist or is/are not resolved, have a parent contact the Athletic Coordinators.
13. Knowledgeable. Understand that the goals of the team and athletic program are more important than the hopes and dreams you have for your child.
14. Uplifting. Avoid complaining. Be positive. Be thankful. Express your thankfulness to the coaches who are giving so much of their personal time to develop your child as an athlete and as a person.

Spectators Code of Conduct (adapted from OFSAA)

- Spectators are reminded to cheer in a positive manner. Applaud effort and teamwork. Cheer FOR and not against.
- Respect officials' and coaches' decisions. Leave officiating up to the officials. Leave coaching up to the coaches.
- Do not interfere with the competition.
- Be courteous and respectful.
- Supervise additional siblings or family members and keep off the playing area

CONCUSSION AWARENESS

A concussion can happen from a hit to the head or body or a whiplash motion that makes the brain move rapidly within the skull. It is a brain injury that causes changes in how the brain works. Some symptoms could be headache, dizziness, difficulty concentrating or remembering, irritability, or sleep difficulties. Symptoms may not show until days later and if left unattended, could result in long lasting issues.

We ask that all parents watch this short informative video on concussions. (https://www.youtube.com/watch?v=PvTS4bvrTRU)

At CCS, we have a form for coaches and staff representatives to go through if an athlete has had a blow to the head, face or neck or a blow to the body that transmits a force to the head. Parents/Guardians will be notified when this tool is used. When a concussion is suspected, athletes are urged to go to a Doctor as follow up. They will not be allowed back to practice or games until cleared by their Doctor.