

GILBERT CHRISTIAN SCHOOLS

Athletic Handbook

2010-2011

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.” 1 Corinthians 9:24

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Gilbert Christian Schools Athletic Handbook

Athletic Philosophy

“Do you not know that in a race all the runners run, but only one gets the prize?

Run in such a way as to get the prize.” 1 Corinthians 9:24

Athletic participation at Gilbert Christian Schools (GCS) is a privilege granted to all students who voluntarily accept the rules and regulations outlined by the school. As Christian athletes, we have a unique opportunity to allow the world to see Christ in our actions, attitudes, and competition on and off the playing fields and courts. Our character in athletics is a reflection of our school, our families, and most importantly, our Savior. All players, coaches, and parents are expected to support the overall development of our athletic program. Just as God gave everything He had and sent His Son (John 3:16), so we must give our all for the glory of God.

The athletic program is an integral part of the school’s total educational process. Christ-centered promotion of athletics that contribute to the overall development of the confidence, skills, and Christ-like character of our student-athletes will be the focal point. Athletics provides unique opportunities for increased physical strength, stamina, and discipline while teaching the value of cooperation, effort, and determination. The Athletic Department will strive to provide the most number of activities for the most number of students possible. The emphasis will be on producing the most competitive teams possible at the High School level. All sports will be guided from the varsity level down to the lowest level at which we provide that sport. Clean and safe environments, both physical and emotional, will be provided at all times. In all athletic considerations, an emphasis on maintaining high academic standards will be advocated.

Athletic Purpose

“Athletic abilities are a gift from God; how you use them is your gift back to God.” The purpose of athletics is more than physical education or competition for trophies and awards. Its purpose is to train each aspect of our lives for God’s service. Athletics must instill dependability, honor, a good work ethic, endurance, and a desire to improve each aspect of one’s life. The athletic program provides opportunities and emphasizes definite goals which are difficult to duplicate or achieve in other school activities or in later life. The desire is that athletics is an enriching and healthful experience in which spiritual, physical, mental, and social growth can be stimulated through interscholastic competition.

Athletic Devotion

A genuine understanding of the Athletics Code of Conduct, realized through administration, coach, student and parent meetings, in which association and school rules are explained, will help to bring about a greater understanding of the goals and objectives of the Athletic Department. Christian character is required in the testimony and attitude of our athletes. GCS has made the commitment to excellence through the construction of facilities, employment of personnel, and the planning of activities to provide variety for our young people. Parents have made the commitment to excellence through time, money, and efforts to benefit their young people. **It takes the same commitment from our athletes!**

Athletic Participation

GCS strongly encourages every high school and middle school student to participate in the athletic program, which is an integral part of the school.

A system of younger-aged teams is being developed to support our athletic programs.

Number of participants per team, player utilization and playing time will vary within the different sports programs offered.

All athletes are expected to follow the rules, regulations, and procedures specified by the Athletic Department and the coach.

GCS carries a catastrophic accident policy as defined in the Arizona Interscholastic Association (AIA) Bylaws Article 9.2.2, to insure students against injuries sustained while engaged in school sponsored interscholastic activities during the season of sport or activity. The AIA Executive Board shall determine the insurance carrier for said coverage.

Sports Programs Offered

A. Interscholastic Athletics – High School

The following sports are available for Gilbert Christian High School students:

	Men	Women
Fall	Football Cross Country Swim	Volleyball Cross Country Swim
Winter	Basketball Soccer	Basketball Cheer
Spring	Baseball Golf Tennis Track	Softball Golf Tennis Track

Gilbert Christian High School participates in sports as a member of the Arizona Interscholastic Association (AIA).

In accordance with the AIA's regulations, enforcement of the athletic rules is the responsibility of the school, parents, and athletes on a year-round basis. High school student-athletes and competitions must meet the rules and regulations set forth by the AIA.

B. Interscholastic Athletics – 7th and 8th Grade

The following sports are available for Gilbert Christian 7th and 8th- grade students:

	Boys	Girls
Fall	Soccer Football	Volleyball Cheer
Winter	Basketball	Softball Cheer
Spring	Baseball Golf	Basketball

Gilbert Christian 7th and 8th-grade students participate in the Valley Christian School League (VCSL). Student-athletes and competitions must meet the rules and regulations set forth by the VCSL. Sixth graders will be asked to participate in the season only when there is a need to complete a team for competition.

C. Interscholastic Athletics – 5th and 6th Grade

	Boys	Girls
Fall	Soccer	Volleyball
Winter	Basketball	
Spring		

5th and 6th-grade participation is through an independent elementary league. Student athletes and competitions must meet the rules and regulations set forth by the independent elementary league. Additional sports will be added as competition and facilities allow.

Athletic Requirements

A student is not permitted to practice or participate in competitions until the following items are on file in the athletic office:

- AIA Annual Pre-participation Physical Evaluation Form (see Form 15.7-A) – To be completed by the student and the student’s parent or guardian.
- AIA Annual Participation Physical Examination (see Form 15.7-B) –To be completed and signed by the examining medical provider.
- GCS Permission to Participate/Proof of Insurance Form – To be completed and signed by the student and the student’s parent or guardian.

- GCS Athletics Code of Conduct Contract – To be completed and signed by the student athlete.

All of the above-mentioned forms can be found on the GCS website under Athletics/Forms/Sports Participation Forms.

All students Grades 6 - 12 are required to have a current physical on file by the first day of school. Other students participating in athletics must have a physical on file prior to the first day of permissible practice.

The Athletic Director will attend the first day of permissible practice to confirm eligibility and allow clearance for practice.

Student-athletes that join a team after the first permissible day of practice must receive eligibility from the Athletic Director. Once eligibility is established, the student-athlete will be given a Sports Eligibility Card to present to the head coach for proof of clearance before participating in a practice.

Any student who participates is expected to be at all practices, study sessions, meetings, games, and award ceremonies unless otherwise stated by the coach. Quitting – this is contrary to the GCS philosophy. Students are also expected to be respectful to their coaches, teammates, competing teams, officials, and fans. Students are always to put forth their best effort in all practices and games.

Individual and team sports may require participation on Saturdays and during fall, winter, spring, and summer vacations. Students and parents are encouraged to discuss with coaches the commitment required.

Parents should notify coaches if a sports practice interferes with a family-required, mid-week church activity. That practice will be considered “optional” for the player, and there will be no penalty for missing practice.

GCS and the AIA do not allow practices and games to be scheduled on Sundays.

Once a season ends, each athlete must turn in all uniforms/equipment within the coaches' mandated timeline. No athlete will be allowed to participate in another sport until all uniforms/equipment are cleared by the Athletic Director. After timelines for return are past, the student can be subject to detention and/or fees for the cost of replacement.

Academic Eligibility

All GCS student-athletes must have a minimum 2.0 cumulative GPA and 2.0 current-years GPA to be eligible for participation on school sports teams.

Students representing the school as athletic team members must be passing all subjects with an overall grade average no lower than a 70/C- and no F's in order to participate. They must also maintain their daily required assignments in each class.

Once a student has participated in a contest at GCS, they have established their eligibility as a GCS athlete.

From the fourth week of the quarter to the end of the quarter, each teacher will submit names to the Athletic Director by each Friday regarding any athlete who is failing, below a 70/C- or behind in daily assignments.

The Athletic Director will notify the student and coach of the eligibility status for the following week.

When students are behind in daily assignments, they may be required to utilize “Z period” until required assignments are complete or the teacher requirements have been met.

Ineligibility requires a student to be withheld from all practices and games until eligibility is restored. Eligibility is on a daily basis, and athletes will remain ineligible until the academic requirements have been met.

Students dismissed early for traveling to athletic events will be required to make up any classroom assignments.

Academic excellence is expected. When a player becomes ineligible it not only hurts the individual but the whole team as well.

Behavioral Eligibility

Athletes may be placed on Athletic Behavioral Probation at any time when the athlete's behavior is inconsistent with the conduct described in the **Athletics Code of Conduct**. The probationary period is implemented when the athlete's attitude and behavior in the school, on the playing arena, or in the community are contradictory to the purpose of the GCS athletic program goals and the goals of the school. The coach, Athletic Director, and the athlete's parents will meet with the athlete to discuss the pertinent information.

Athletes' School Attendance

If an athlete is absent from school the entire day of an event, they may not participate in a scheduled evening event unless there is an approved excuse by the Athletic Director.

If an athlete has a partial absence on the day of an event, they must either present a note from a parent or doctor stating the medical reason for the absence or receive an approved excuse by the Athletic Director.

Athletes who miss school for medical or approved reasons must have parent permission.

Attendance on Friday will not have a bearing on Saturday contests. Athletes arriving or leaving without proper permission will not be allowed to participate in that evening's contest.

Athletes who miss school for any reason must make up the required work.

Athletic Dress and Travel Wear

Athletes' practice clothes include fingertip-length shorts and acceptable t-shirts.

Shirts must be modest in appearance (i.e., no tube tops, spaghetti straps, or visible midriffs).

Spandex and bike shorts are only allowed when approved by administration as part of the uniform.

Spandex may be worn during volleyball practice time; however, prior to entering or when leaving the gymnasium fingertip-length shorts must be placed over the spandex.

Athletes traveling to away games may wear warm-ups or the team-approved dress code.

When time permits, teams should dress in their athletic uniform at GCS, prior to leaving for an away event.

School-issued athletic uniforms are to be worn only while participating with school teams during scheduled contests.

School-issued athletic uniforms are not to be worn throughout the regular school day unless approval is given by the Athletic Director.

Required school uniforms must be worn during the school day unless prior approval is given by the Athletic Director.

Transportation

Transportation to and from games and practices will be on GCS activity buses or school-provided transportation.

Permission may be granted to travel home with a parent of a child who attends the game.

Students are not permitted to ride with other students.

Special arrangements must be made by the parents with the coach according to each specific situation.

The Driving Parental Consent Form must be completed and in the Athletic Director's office 24 hours prior to an event for a student-athlete to be released from GCS activity bus transportation.

Students are not permitted to drive their cars to games or practices when there are GCS activity buses available unless approved by the Athletic Director or other administration.

When school or rental vehicles are not available, parents are commonly sought drivers.

Parents should arrive to pick up their student-athlete before the team vehicle arrives at the school or prior to practice ending. The coaches have been instructed to remain on campus until all students are gone or to leave students properly supervised by an adult employee on duty.

Athletic Facilities and Equipment Usage

All facilities and equipment at GCS have been provided and given to us by the grace of God and His people. The Bible tells us that we are to be good stewards of the things that He gives us.

We are to take extreme care and caution with the facilities and equipment that we use.

No student is permitted to use an athletic facility or equipment at any time without authorized supervision of an adult or staff member.

The use of any athletic equipment is to be cleared through the Athletic Department and director.

All facilities, including locker and shower rooms, must be left neat and in order.

Valuables are not to be left unsecured and should be locked for protection. GCS is not responsible for lost or stolen items.

Weight Room Policy

Strength development and weight training are an essential part of athletics at GCS. The GCS weight room is available for use by students.

When using the weight room, student-athletes must have adult supervision.

It is strongly suggested that the student-athlete work with their head coach in devising a weight training program.

Users of the weight room must put all used equipment back and generally keep the weight room neat and orderly.

Sanitization of the equipment may be required by the athlete after use.

Athletic Uniforms

All athletic uniforms are issued by the Athletic Director and coach.

Athletes are expected to clean and maintain their uniform during the course of the season.

Athletes who lose or damage their uniform will be expected to purchase a replacement uniform.

Athletes will turn in their uniforms and school equipment at the designated time and place.

Late return charges and/or detention may be assessed to you if your uniform is not returned to the coach by a designated date after the completion of the sport season.

There may be incidental expenses such as bag fees, socks, shoes, warm-ups, etc. These approved expenses should be taken care of at the time of purchase.

Additional charges and/or expenses will be charged to the student's account if not paid within a designated amount of time.

Team Statement Shirts

Teams may design one statement shirt per season for their sport.

Students and fans may purchase a team statement shirt at the designated cost.

Additional shirts (such as league champs, tournament champs, etc.) must be approved by the Athletic Director.

Parent Requirements

Parents are to support GCS and the coaching staff as they train our young people through athletics.

Exemplify the proper attitude in game attendance even when officials make questionable calls.

Follow the guidelines and instructions as listed in the Athletic Handbook.

Get involved and interested in the lives of our young people as they participate in athletics.

Assist the athletic program through the donation of your time, energy, and financial support.

Respect should be shown at all times.

Communication procedures (as follows) should be employed.

Communication Procedures

The GCS Athletic Department is committed to communicating the goals and objectives of the athletic program, eligibility rules, and expectations of our athletes. If more information is required or should a concern arise during an athletic season, the procedures listed below should be followed:

1. The student-athlete should first speak directly with his/her coach.
2. If the student-athlete is not satisfied and further clarification is required, a parent should then contact the coach. *(It is advised that no contact between parent and coach be made until at least the day after the incident/event in question – the so-called “24 hour rule.”)*
3. If the issue remains unresolved, the parent should then communicate his/her concerns to the Athletic Director.
4. If there is no resolution to the matter after the Athletic Director has been brought in, the matter will then be brought to the Superintendent.

Appropriate concerns to discuss with coaches include, but are not limited to, the following:

- The treatment of your child mentally and physically
- Ways to help improve your child's performance
- Concerns about your child's behavior
- College options and recruiting

Issues NOT appropriate to discuss with coaches include, but are not limited to, the following:

- Playing time
- Team strategy
- Play calling (offense or defense)
- Other student-athletes

Coaching Requirements

Professes Jesus Christ as their personal savior and honors God in all they say and do.

Cooperates and supports the unity of the school and fulfillment of the school philosophy.

Establishes high Christian standards for our youth to emulate.

Promotes unity and harmony among team members and the coaching staff.

Displays professional conduct in relationships with administrators, staff, parents, students, competitors, and officials.

Follows the guidelines set forth within the Athletic Handbook, their coach contract, and Duties and Obligations within.

Displays a strong work ethic that follows Biblical principles of duty and service.
Seeks professional and spiritual growth opportunities.
Expresses joy in service and a love for coaching.
Demonstrates love, compassion, and sensitivity to the personal needs of athletes.
Works to develop self-discipline and Godly character in each student.
Views coaching as a unique opportunity to mold the lives of young people for God's service.
Submits a master practice schedule to the Athletic Director prior to the start of the season.
Holds a pre-season informational meeting with parents and players designed to review policy, create enthusiasm, distribute schedules, solicit volunteer help, meet coaches, and answer any questions that players or parents might have.
Maintains discipline at practices, games, and in traveling situations.
Reports game scores to the Athletic Director and local newspapers.
Provides information and articles to the GCS newsletter and GCS website for distribution.
Works directly with the Athletic Director in the planning and execution of each sport.
Helps the Athletic Director distribute and collect school uniforms, create a next-year budget, and complete year-end review.
Coaches are selected by the Athletic Director and/or GCS Administration and will be evaluated on a yearly basis.

Athletic Director Requirements

Administrates and enforces the rules and regulations set forth by the Arizona Interscholastic Association (AIA), Valley Christian Schools League (VCSL), and any other league the school is associated with.
Understands and supports the Gilbert Christian Schools (GCS) philosophy and purpose.
Communicates with the Superintendent regarding expectations, concerns, and operations of the Athletic Department.
Attempts to recruit coaches with excellent credentials and experience.
Evaluates, hires, and releases the coaching staff.
Actively seeks to provide opportunities for coaches to develop their professional and spiritual growth.
Meets with coaches during each pre-season to review GCS philosophy of athletics and the coaches' handbook.
Interprets policy to coaches.
Observes coaches sufficiently in order to make future recommendations in terms of job expectations and job assignments.
Resolves conflicts within the ranks of the Athletic Department.
Develops all interscholastic game and practice schedules and facility coordination (permits) at practice/game sites. Maintains and approves the publication of all schedules.
Confirms all contest officials.
Seeks ways to support and finance the Athletic Department.
Makes arrangements with GCS facilities for all interscholastic transportation with updated directions.
Receives and evaluates equipment requests from authorized coaches.
Approves appropriate requests for purchase.
Orders all uniforms with players' and coaches' assistance.
Maintains a permanent file of proof of insurance forms.
Maintains permanent records for each sport.

Evaluates and submits student-athletes for various awards and honors.
Works with coaches to expose student-athletes to colleges, NCAA, etc.
Evaluates and enforces academic eligibility.
Monitors and oversees the use of all athletic equipment.
Oversees athletes', parents', coaches', and spectator conduct.
Provides and maintains an annual athletic budget.
Reports scores to the necessary authority.
Reviews the athletic handbook annually.
Evaluates and seeks ways of improving the interscholastic athletics program.
Represents the school at league, conference, and state meetings.
Oversees and runs the day-to-day operations of the athletic program.

Code of Conduct for Spectators

Gilbert Christian Schools is committed to a challenging and extensive sports program. We expect God-honoring behavior at athletic contests from all competitors, coaches, parents, and spectators. Respect should be shown to the opposing players, coaches, spectators, and support groups. Respect should be shown to game officials.

Those not complying with this request will be approached by the Athletic Director, the Administrators, or any GCS personnel and asked to cooperate. Those declining will be asked to leave the premises. Please help make our athletic program enjoyable for everyone. Thank you.

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Athletic Handbook Agreement

ALL athletes must have this signed and returned to the Athletic Director before participating in Athletics.

I have read the Athletic Handbook and understand the responsibilities outlined in it for members of athletic teams representing Gilbert Christian Schools. I agree to follow these conditions and realize that participation on a Knights athletic team is a privilege that I must continually earn. I accept the challenge to help make myself, my team, and my school a place where God is the focus, and I will play for His honor.

Athlete's name: _____

Athlete's signature: _____

We have also read this handbook with our son/daughter and understand the responsibilities and commitment they will have to make to be a part of an athletic team at Gilbert Christian Schools. We are also making the commitment to support our son/daughter and the Knights athletic program in any way that we can.

Mother's signature: _____

Father's signature: _____

(Only one signature is required)

Date: _____

PLEASE RETURN THIS SIGNED SHEET TO THE ATHLETIC DIRECTOR