

**Tulare Christian School
Sports Handbook
2011-2012**

Be sure to read our new GAME DAY GUIDLINES

I. Philosophy

A. TCS's sports program is an extension of our PE program. Our purpose is to teach and promote physical fitness, to teach and develop children's abilities in a variety of sports, to teach teamwork, team spirit, self-discipline, and to develop sportsmanship skills that will apply to all areas of the student's life.

"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." I Timothy 4:8

B. Our purpose for sports is not simply to win, but to exhibit Christian principles and behavior at all practices, games and competitions. We strive to represent Christ by our conduct and attitude to other schools. Our goal is to develop students who work together as a team that is like the Body of Christ, jointly fitted together with each person contributing his part to the team and being supportive of the part other team members play.

II. P.E. Class (Practices)

A. All students are required to participate in PE. Not all students will participate in games. An alternative activity for PE students may include scorekeeper, equipment manager or study hall (with pre-arrangement). The report card grade reflects the students overall attitude and effort during practice, not their ability. Even if a student does not wish to play in a game at another school they are still required to participate in practice in order to fulfill P.E. requirements and learn the various sports.

"So whether you eat or drink or whatever you do, do it all for the
Glory of God." I Corinthians 10:31

B. PE grades will be based on the following criteria:

1. Participation in all warm-ups, stretching and running exercises. These are necessary to keep students physically fit and ready to play. Students should be dressed in the appropriate P.E. clothes. If they are not they will not be allowed to practice. Non-dress will lower P.E. grade.

2. There is to be no whining or complaining during practice time. Conversation should pertain to the sport being taught. This is not a social or gossip time. Encouraging teammates is expected.

3. Practices will be on Tuesdays and Thursdays and begin at 1:50 PM. Students will be in P.E. Clothes and be ready to start class promptly. After changing into PE clothes, backpacks and other personal belongings are to be put on the picnic tables, not left on the porch. Competitive Team Practices will be from 2:00 - 3:10 P.M. or later as determined by the coaches and advanced notice will be given by the coach.
4. No gum, candy, or sodas are to be at practices or at games. Water bottles with the student's name on it are permitted.
5. If a student will be out of PE due to injury or illness, a detailed note of explanation from the parents must be turned into the school office. If a student misses more than one week of PE, a note from the doctor or a parent phone call to the school office will be required. If a student becomes ill at school, they will be allowed to miss PE for that day only without a note.
6. Students not participating in PE because of illness or injury will be required to sit in the school office for study hall and are required to bring homework or a book to read. Students will not be allowed to sit and watch other students practicing.
7. Respect for all coaches is expected from all students. Behavior toward coaches is to be no different from a teacher or other staff member.

III. Uniforms (Practice and Game)

A. Practice uniforms will consist of loose fitting solid red gym shorts (available at various department or sporting good stores), and solid white tee shirts or TCS Warrior T-shirts. Shirts must be tucked in during PE practice and during games. No red biking shorts. Red or white compression shorts may be worn under gym shorts. Please replace red PE shorts that are torn, worn out or too tight. Athletic shoes will be required for practices and games. Hiking boots, army boots, slip-ons, flats, etc., will not be allowed at practice times. Solid red or Navy blue sweat clothes may be worn during cold weather. If your child wishes to wear their Navy blue school uniform shorts at practice, it will be allowed, although looser fitting gym shorts are more suitable. Children who are not dressed out in required practice attire will still participate in PE practice and will receive a school uniform violation. After four uniform violations (school and/or PE) the student will serve a one-hour after school detention.

B. Each student will be issued a uniform and will be responsible for the maintenance of school sports uniforms provided by the school. If lost or damaged, the uniform must be replaced. (Girls \$29.40; Boys \$30.40). Sports uniforms are to be turned in at the end of the year. Game uniforms will consist of issued Navy blue uniform gym shorts, numbered red jerseys and athletic shoes. Navy or white compression shorts may be worn under the uniform blue gym shorts and solid red or Navy sweat pants and solid red or Navy sweat shirts may be worn over shorts and shirts during cool weather. Navy blue tee shirts may be worn under basketball jerseys during games. Students not wearing required game uniform will not be allowed to attend or play in games.

C. No hats are to be worn in practice or in games except baseball and softball season. Girls

are to tie or fasten hair back and out of their faces during practices and games.

D. No jewelry is to be worn during practice or at games. It must be removed prior to practice or game time. Students are responsible for their own jewelry.

“Obey your leaders and submit to their authority. They keep watch over you as men who must give an account. Obey them so that their work will be a joy, not a burden, for that would be of no advantage to you.” Hebrews 13:17

IV. Team Selections

A. The first week of each sport the coach will determine the teams (“A” and “B”). Players may move (up or down) during the season based solely on the coach’s discretion..

B. Game participants will be chosen from students who put forth the most effort in practice. Students who show the following qualities will have first priority to play in the games:

1. Listen to instructions
2. Respectful to coaches and other teammates
3. Enthusiastic and hard working
4. Positive, cooperative attitude
5. Maintain grades to a satisfactory standard
6. Consistently dresses out on time
7. Possess advanced skill abilities

C. When students have equal attitudes and abilities, older students will be given first priority to play in games.

D. Some sports require many team members and other sports such as basketball require fewer members. All students will participate in practice (PE) to develop and practice skills, but some sports will require fewer team members to go to the games. Again, we emphasize that players can be moved up, down, or off the game teams depending on their attitude and abilities during practices.

V. Game Day Guidelines

A. Attending games is a privilege, not a right. If a student has been chosen to play on game day and decides not to go to the game, please inform the coach and/or office staff the day before the game, for accurate car pooling arrangements.

B. Players are to stay together as a group and stay with their coaches and parent supervisors unless given specific permission to go to either the bathrooms or concessions.

C. When visiting other schools, students are to play or watch games ONLY. Playground

equipment and climbing trees, using electric devices of any kind are off limits.

***If any of the above are not obeyed the student will have to give up the next two game days to school detention.**

D. Students are to exchange only pleasant words with students from other schools.

Regardless of how other students behave, TCS students should never engage in name calling, angry outbursts, lying, foul language, fighting or cheating. Bad calls from referees should never be challenged by students. Coaches will do any asking of questions toward officials.

E. Keep a good attitude at the end of a game. Win or lose, students are to cheer for the other team and shake hands.

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” Galatians 5:22-23

F. Remember that students and coaches are not only representatives of TCS, but Christianity and Jesus Christ. We are commanded to live by the Spirit and have the fruits of the Spirit evident in our behavior.

VI. Equipment

A. Students will be instructed on the proper handling of sports equipment. Students who repeatedly ignore instructions to stop abusing equipment will be disciplined severely (ex. removal from game team). Parents will be responsible for financial liability of any misuse of any equipment and/or replacing equipment that their child damages or destroys.

B. ALL students are required to help put away sports equipment after all practices and games in the equipment building.

C. Parents will need to provide the following equipment for their student:

1. Kneepads (optional) - girls' volleyball
2. Shin guards (mandatory) - boys' and girls' soccer
3. Gloves (mandatory) - baseball and softball
4. Mouth Piece - football

VII. Coaches

A. Coaches are Volunteers. They donate their time to help our teachers instruct students in physical education.

B. Coaches are to be treated in a respectful manner at all times by students and parents.

C. Coaches are given conduct guidelines by the administration and have the authority to carry out disciplinary actions. Coaches are instructed to discipline in an encouraging manner, explaining why discipline was necessary. Coaches will communicate with teachers and the

principal all serious offenses and the administration will take care of disciplinary action.

D. At the beginning of each sport, coaches will send home a note explaining their expectations of students, what they want to develop, etc. Coaches will inform students, parents, and office staff of any extra practices that are called.

E. Coaches will pray with students before each game, keeping the focus on honoring Christ in all we do during the game.

F. Coaches will try, in the amount of time, to get to know each team member as an individual. They want to challenge each student, but accept them for who they are and try to show no favoritism.

G. If your child, or you as a parent, has a problem with the coaching, we ask that you follow the Matthew 18 principle outlined on page 9 of our student handbook. Problems can be blown out of proportion if complaining is done to other parents, to the principal, or the school board, before you have talked personally to the coach. Coaches, students, and parents should all keep in mind that this is a Christian school and we should all treat each other in this way.

VIII. Parent Game Supervision and Transportation

A. We can only take as many students to the game as we have drivers for. The office needs to know by Tuesday at 3:00, how many parents can drive in order to determine who will play. If there are insufficient drivers, events are canceled. If we have enough drivers for the "A" boys and girls only, those teams will be allowed to attend the game.

B. Only participating students will be taken to the games. Non-participating students will be required to stay on the school campus until school is dismissed. Students are not permitted to leave campus early. Athletes sidelined by injury or illness may attend games only if transportation is available.

C. Parent drivers are needed also to assist in supervising students. The office needs to know if you will not be staying on campus during the game so they can plan for enough student supervision during the game.

D. Students are to respect and obey all parent drivers. If any student does not, parents are to talk to a coach or teacher at the game and then report the incident to the school office after the game.

E. As per our school liability insurance parent drivers are to follow the caravan driving instructions given to them by the office. Alternate routes are not allowed. This is to insure each car's safety and help drivers to not get lost on the way to schools they are not familiar with. Stopping for fast food, gas or any other non emergency is prohibited. Please parents, set a Godly example to our students by following all driving instructions. Please be sensitive to the types of music and language being used by students and adults.

2011-12 SPORTS PERMISSION

My child, _____, has permission to attend Rural Sports League games held during the 2011-12 season. I understand that volunteer parent drivers will transport the student athletes to and from the games.

Parent/Guardian Signature

Date

SPORTS HANDBOOK

Please sign and return the sports permission slip, and the sports handbook slip (below) to the office by **Friday August 19, 2011**. This permission will remain in effect throughout this school year.

Each week that we have a game, you will receive a note as to the time and location, along with a form for volunteer drivers to sign. You **MUST** have a 2011-12 TCS volunteer driver application form and proper Insurance forms on file in the office in order to transport other students.

Student athletes as well as those students who are not playing **must** wear their sports uniform to all games. The uniform includes school issued navy blue shorts and a red numbered jersey.

We understand most schools have refreshment stands available so students may bring money for sodas, etc., if desired.

Students will not be allowed to play in any sports until the bottom slips are turned into the school office.

To the School Board and Administrator: My student(s) and I have read, understand, and will comply with the rules and policies of the Tulare Christian School Sports Handbook.

STUDENT(S) SIGNATURE:

PARENT SIGNATURE:

Dated _____