

SIouxLAND CHRISTIAN EAGLES

PARENT/PLAYER ATHLETIC HANDBOOK



SIouxLAND CHRISTIAN SCHOOL
6000 Gordon Dr.
Sioux City, IA 51106

Effective 5/21/2018

INTRODUCTION

Welcome to our athletic program at Siouxland Christian School. We offer athletic opportunities in Volleyball, Cross Country, Football, Basketball, Cheerleading, Golf and Track. We are part of the Western Valley Conference which is comprised of 1A and 2A schools; Westwood, Lawton-Bronson, Woodbury Central, West Monona, Ridge View, MVAOCOU, OABCIG, River Valley and Kingsley-Pierson.

MISSION STATEMENT FOR ATHLETICS

Athletics at Siouxland Christian school gives students the opportunity to use the gifts that God has given them as a dedicated athlete. We pray that as you represent Siouxland Christian, you will also bear the name Christian with pride and strive to do everything to the Honor and Glory of our God.

“Whatever you do, work at it with all of your heart, as working for the Lord, not for man.” Colossians 3:23

SIouxLAND CHRISTIAN SCHOOL

Coaching Assignments

Football:

Adam Ball - Head
Orlando Wells - Asst
Adam Roupe - Head JH
Nelson Wilson - JH Asst

Boys Basketball:

Nelson Wilson - Head
Adam Roupe- Asst, JV

Adam Ball - Head JH

Cross Country:

Josh Steinhoff- HS
Ashley Runge - Asst, JH

Girls Basketball:

Scott Aldrich - Head

Volleyball:

Don Craig - Head
Ashtyn Ackerman - Asst, JV
Michelle Ball - Head JH

Cheer:

Katie Wictor - Head

Track:

Adam Ball - Head
Michelle Ball - Asst, JH
Josh Steinhoff - Asst.

Youth Sports:

Ask the AD about options

Expectations and Responsibilities of Parents

Parents in regard to their student:

- Support good conditioning and healthy lifestyle habits for the student.
- Place the spiritual, emotional and physical well-being of their student, other students, and SCS ahead of personal desires to win.
- Require and assist their student to plan/meet academic responsibilities in conjunction with church attendance, practices, training, games, and other activities
- Hold their student responsible for attendance at practice and games.
- Work with school personnel, when appropriate, to advocate for the best interests of the student-athletes.

PARENT – COACH – ATHLETE COMMUNICATION LADDER

Communication is a critical ingredient towards the success of a good athletic program or a unified team. People work together better if they are informed and have an opportunity to express their feelings. We believe that all athletes and their parents should communicate with coaches, and that all should be working together as a family.

Step 1 - Athlete and Parent

Step 2 - Athlete and Coach

Step 3 - Coach, Asst. Coach, Parent & Athlete

Step 4 - Coach, Parent, Athlete and Athletic Director

Step 5 - Coach, Parent, Athlete, Athletic Director and Superintendent.

Please follow this communication ladder listed above – each rung on the ladder is there so we can climb successfully. If attitudes are kept positive, we can maintain a healthy climate in our athletic programs.

COMMUNICATION EXPECTATIONS AND GUIDELINES

1. What parents should expect from coaches:
 - Goals and expectations that the coach has for every team member.
 - Christ-like leadership and example, modeling integrity and Christ-like character.
 - The coach's philosophy for competition.
 - Team rules in addition to the Athletic Code of Conduct.
 - Locations and times for practices and contests.
 - Off-season conditioning, training, and scrimmages – team camps.
 - Expectations for the injured athlete.
 - Pre-season Player/Parent meeting to hand out materials.

2. What the coach expects from players:
 - Total commitment to team goals, to teammates, and to the coach.
 - Hard work and effort at practice and during contests.
 - Attention to coaching – listen and try to understand the differences between criticism and coaching.
 - Communication about coaching instruction, about his/her role, about problems with teammates, or other problems which affect attitude/performance.
 - Notification of schedule conflicts well in advance.
 - Notification of injury or illness.

3. What the coach and athletic department expects from parents:
 - Whenever coach/parent discussions become necessary, please wait at least 24 hours after the latest contest to schedule an appointment.
 - Appropriate Concerns for Parent/Coach Discussions:
 - How your child fits in the coach's philosophy.
 - Any observed behavioral changes of your child.
 - The health and well-being of your child.
 - Strategies to help your child improve as an athlete.
 - Discipline issues in regard to your child.
 - Attitude/Work Ethic/Eligibility of your child.

Examples of issues which are NOT appropriate for athlete/parent/coach discussions:

 - Any other players/teammates.
 - The level of competition at which your child plays.
 - Playing time
 - Team strategy
 - Play selection
 - Practice organization

Whenever issues cannot be resolved, follow the communication ladder to the next step and set up a meeting with the Athletic Director. Remember, athletic participation is a proven positive influence on a child's self-esteem, grade point average, graduation rate, and success as an adult. It is the participation and not the playing time or "starring role". Your child is in training and so are you; there are tough adjustments for everyone. Keep communicating and we will all be better for it. We hope these guidelines will make the experience more enjoyable and less stressful for all. Athletes may be required to follow additional rules and guidelines established by the coach (prior to the season), as approved by the Athletic Director and Superintendent. Circumstances may dictate that other rules/guidelines are established in season as well.

Sportsmanship

Parents will:

- Recognize that the game is for the students (not the adults).
- Recognize that student participation in athletics is a privilege.
- Support coaches and officials in order to provide a positive, enjoyable experience for all student-athletes.
- Refrain from coaching their student from the stands or sidelines.
- Display good sportsmanship as a spectator, conducting themselves in a Christ-like manner (not yelling at/disputing official calls and/or coaching decisions, giving negative report of coach or other players in the stands).
- Promote the team by being supportive and helpful to the program.

(i.e. line judge, score book, concessions, fundraising, etc.)

Expectations and Responsibilities of Student-Athletes

I. Attendance

- Students must be in school for at least four periods of the school day in order to participate in activities after school (games or practices). If the event begins before the end of the school day, students are required to be in attendance from the start of the school day in order to participate. Exceptions to the above attendance requirement are excused absences such as:
 - Doctor, dentist, chiropractor appointments, etc.
 - College Visits
 - Family emergencies (funerals, weddings, etc)

If a student is suspended from school, including ISS (In-School Suspension), he/she may not participate in practices or contests that day. Students are expected to be in class the day following a game/contest, even if the event went late the night before.

II. Practice

- All Fees and Physicals will be paid/completed prior to the start of first practice.
- Athletes are expected to report for a sport at the beginning of each sport season. Those who miss practices may jeopardize their chances for participation or even making the team. No minimum number of practices is needed before an athlete is allowed to compete but the individual coach may decide upon this on his/her own.
- All team members of all sports are expected to attend all practices and team meetings. If it becomes impossible for the student to attend a practice or team meeting, the individual coach must be notified.
- Practice eligibility requires a minimum of 4 hours of school prior to the start of the practice during school days.

III. Equipment

- Each athlete is expected to take proper care of the equipment and uniforms of the sport they are participating in. Accept this responsibility for all school equipment issued to you to avoid replacement costs of the damaged items.
- Athletes are expected to demonstrate cleanliness as they care for the uniforms. At NO time may school-issued clothing be used for personal attire.
- All uniforms must be turned in within 7 days of the end of the season. The uniform must be turned in clean and in good condition.
- A late fee of \$5.00/day will be charged for all uniforms turned in later than the designated time.
- A player is held financially responsible for any lost or stolen equipment and will be assessed a replacement fee.

IV. Locker Room

- Locker rooms must be kept neat and clean at all times by all team members. Don't expect the coaches or custodians to pick up after you. Any items left will be put in the lost and found bin at school and donated to charity at the end of the week if not claimed by owner.
- Recommend that each team member lock up all of their personal items.

V. Quitting a Sport

- Students are expected to report for a team at the beginning of each sport and continue with that sport until the season ends. If a student wants to drop out of a sport, it must be done in a proper way with the student and parent communicating with the coach. We would prefer that this not happen after competition starts in each sport.
- Once practices have started, there will be no refund in the athletic fees.

VI. Dual Sport Policy

- Student/athletes are not allowed to participate in two sports during the same season. If a student desires to participate in two sports, he/she must do the following:
 1. Obtain permission from his/her parents to compete in two same-season sports.
 2. Request permission from the coaches of the two sports he/she desires to play.
 3. If permission is granted from the coaches, the student and his/her parents must complete the **Dual Sport Participation Contract**. As a part of the contract, the student is asked to declare his/her primary sport in case of schedule conflicts. In-season sports have priority in all circumstances.

VII. Dangerous Weather Policy

On days when school is cancelled due to dangerous weather conditions, there will be no practice/games. On days when school is in session and let out early due to dangerous weather, no practice/games will take place. We want to keep students safe.

VIII. In-Season Club Sport/Church Activities Conflict

All athletes should be aware that playing a school sport requires commitment. As teams move along the continuum from middle school through varsity, the necessary and expected commitment increases. Athletes who would like to be a part of a Siouxland Christian team (and their parents) should take responsibility for communicating with SCS coaches about other activities (e.g. club sports, music/dance lessons, cheer, theatre, mission trips, etc.) that may interfere with full participation in the school sport. Athletes should plan to consider the school sport the top priority.

IX. Spectator Conduct Rules

Outstanding sportsmanship is expected from all those participating and all spectators who are representing SCS. Below are the high school regulations:

1. No noisemakers (plastic hand shakers, thunder sticks, cowbells).
2. Laser pointers are prohibited.
3. Students may not stand on the seats - only on the bleacher flooring. Jumping up and down in unison is prohibited.
4. All fans must wear shirts. No body paint or face masks allowed. Face paint is allowed.
5. Paper confetti and silly string is prohibited.
6. Cheers are to be positive in nature. Any cheer directed at one player using their name is prohibited.

X. Participation in Athletics:

1. Students must be enrolled in at least four core classes in order to seek athletic eligibility at SCS unless part of the Homeschooling network and has been approved by the Superintendent. Students that have been enrolled full time at SCS and decide to start Homeschooling, will have to wait 2 years to participate in athletics or extracurricular activities. (5/2019 - Homeschool contract) College courses for which students are earning concurrent credit will count towards eligibility. All students are academically eligible upon entering the 9th grade (8th grade courses not factored for initial eligibility). Students with primary enrollment (on track to graduate) at an educational institution other than SCS are ineligible to participate in extracurricular programs at SCS. Tuition must be current and all fees paid in order for students to participate in athletics.
2. Athletic fees are \$90 per sport for High School and \$75 per sport for Junior High. These must be paid before participation in a sport can begin.
3. Lettering = Athletes are eligible to get a Varsity letter when they play a Varsity sport at the discretion of their coach. Once they have a letter, they will receive pins to put on their letter. We will also have information available if students are interested in obtaining a letter jacket.
4. Athletics are a privilege and should be encouraged by parents as a positive outlet. Students at Siouxland Christian have a great opportunity to be able to participate and should be encouraged to do so in all the sports that we offer.
5. Physicals and Concussion forms but be submitted once a year.
6. 90 Day(school day) transfer rules for athlete's coming to our school 10-12th grade. 9th grade is eligible if start at our school at the beginning of the school year.
<http://www.iahsaa.org/wp-content/uploads/2013/02/Quick-Reference-General-Transfer-Rule-2016-2017-For-complete-information-see-the-IHSAA-Handbook.pdf>

XI. Booster Club

The mission of the Siouxland Christian Athletic Booster Club is to partner with parents, alumni and staff to support and serve our athletic programs spiritually, morally and financially. These volunteer opportunities include being on a committee, working in the concessions stand or at the ticket gate, line judging, keeping book, running the scoreboard or being a board or committee member.

XII. Awards

1. Each sport will have an end of season team gathering scheduled by the coaching staff and should be completed within 30 days of the last game.
2. Students who play on a Varsity team will get an opportunity to Letter in that sport.
3. At the end of school year at the Awards Ceremony, the athletic department will be giving out the following awards:
 - Multi-Sport Award - To one male and one female athlete who played in at least two sports during the school year.
 - Academic Award - To one male and one female athlete who had the highest GPA.
 - Leadership Award - To one male and one female athlete that demonstrated leadership in community service, sports, academics and the student body.

XIII. Transportation

1. As part of your student's experience in athletic's, they will be involved in activities/competitions that are not on the Siouxland Christian School Campus. In order to participate in these activities your student will need to travel in non-school vehicles for transportation purposes. If you elect for your student to travel with another parent/family, your child may not be under the supervision of a Siouxland Christian School faculty or staff member. We need you to sign a document as a release form that will be kept by the supervising teacher/coach and in your child's school file that will enable your child to travel to these events. These are in the school office.
2. Students are expected to ride the bus for away games unless they get authorization from the athletic director, coach and superintendent. We would also like to encourage players to ride the bus home with their teammates as well. If they will be riding home with a parent, the parent and player will need to sign out with the coach prior to leaving. A parent cannot sign out another student without written consent from that parent.
3. To promote team unity, each team should sit together and not intermingle with another team that is riding the bus. Each coach will sit with and supervise his/her own team members or cheerleaders on the bus. They are also expected to keep the bus clean.
4. As a private Christian school trying to maintain affordability with regard to tuition, athletics, activities, and other school related necessities and opportunities, Siouxland Christian School relies greatly upon parents and other adults (age 21 or over) who volunteer to transport students in their personal vehicles. We are extremely thankful for the committed parents and other drivers who continue to support the school in this manner. In an effort to maintain the highest level of safety and security for the transportation of Siouxland Christian students and comply with recommendations from insurance carriers and other education related organizations, everyone must sign the forms in the office. They will need copies of your insurance card and driver's license to be kept on file. If you would want to be reimbursed for your transportation costs, please make arrangements with the athletic director for reimbursement options.
5. Students may drive to games, practices, matches and meets only when transportation is

not provided by the school. They need to get permission from the superintendent, the athletic director or coach and their parent. In such cases, the school is not liable for the actions of the driver. The student and family take full responsibility for the actions of the student driver. A student that has permission to drive to an athletic event cannot provide transportation for a friend or another team member. If this occurs, each student may be suspended from practices and games by the Athletic Director or Superintendent.

6. The coach or athletic director may inform team members, cheerleaders and parents that participants must find their own transportation to an event. By informing parents and students that the Team will MEET at the game site, Siouxland Christian is relieved of any legal Responsibility for the actions of each student driver.

XIII. USE OF ELECTRONIC DEVICES ON ATHLETIC TRIPS

Extracurricular events often provide a platform for which our students can be witnesses to the community and other teams. Their behavior at such events should be Christ-honoring in all aspects, including the use of electronic devices and interactions with classmates and competitors.

Music listening devices may be used by students on athletic/extracurricular trips with the following stipulation:

1. All music listening devices must be used with headphones.
2. All music is subject to approval/inspection by coaches, directors, and administration.
3. General guidelines below also apply.

Electronic devices may be used by a student on athletic/extracurricular trips with the following stipulation:

1. All movies, electronic games and electronic communication devices are subject to approval/inspection by coaches, directors, and administration.

Driver Override – For safety purposes, without cause or explanation, the driver of any vehicle transporting SCS students on a school related trip has the right to disallow the use of any or all electronic devices. Coaches, chaperones, and students are expected to yield to the authority of the driver without questions and adhere to his/her request.

Disciplinary Action – Coaches, chaperones, and bus drivers are the authority on athletic trips, operating on behalf of SCS administration; therefore, they have the right to confiscate any questionable music, movies, electronic games, and any electronic device. They also have the right to revoke the use of any or all electronics for the remainder of any trip. The final approval (and process for approval) of all allowable movies, music, and electronic games falls under the ultimate authority of the SCS Superintendent. No music or videos promoting theological differences from the SCS Doctrine and Tenets of Faith, and no material promoting witchcraft or the occult are ever allowed. Materials that are wholesome and promote valuable understanding are encouraged. If a coach wishes to show a video to a group of students as entertainment

during an athletic trip, prior approval must be obtained from administration, allowing sufficient time for adequate review.

Damage, Theft, Loss – SCS and all agents of SCS assume no responsibility, financial or otherwise, for the theft, loss, or damage of any electronic or related device brought by a student on an athletic trip. The risk of theft, loss, or damage is solely that of the student or owner. Further, if theft, loss, or damage should occur, SCS will not be accountable for discovery (how, where, when, why, who, etc.) of the details regarding the occurrence.

SIouxLAND CHRISTIAN ATHLETIC CODE OF CONDUCT

Participation in athletics is both a privilege and a responsibility, NOT a right. Athletes who accept this privilege must live up to a code of conduct that is higher than the general student body both on and off school premises during the season and year round.

The Athletic Code and Handbook is applicable YEAR ROUND and summer violations will be administered during the athletic school year.

I. Team Rules

- An athlete will comply with all rules, procedures, and instructions of the coach. Coaches have the authority to suspend an athlete temporarily for failure to comply with rules and procedures or when the athlete's safety or the safety of others requires such action. Permanent removal from a team may only occur after consultation with the Athletic Director and Principal, and after due process has been followed.

II. Citizenship and Sportsmanship

- An athlete will comply with all rules and policies established by the school board, the athletic department, the principal, and the classroom teachers as stated in the Parent/Student Handbook. Examples of unacceptable behavior include but are not limited to: truancy, vulgar language, fighting, stealing, academic dishonesty, disrespect toward property, people or authority, lying, violating the rights of others or any behavior that compromises our God honoring commitment. Consequences for displaying poor citizenship and sportsmanship can result in suspension ranging from one contest to one year based on the nature and level of severity as determined by the Athletic Director, Coach, and Superintendent.

III. Substance Abuse Policy

- An athlete will abstain from the use of and/or possession of tobacco in any form, e-cigarettes/vaping, alcohol, and illegal drugs, including those that are performance enhancing. Athletes who use, possess, or distribute alcohol, tobacco, e-cigarettes/vaping, illegal drugs or who take performance enhancing substances, or who are present where these substances are being used, are in violation of the Siouxland Christian Athletic Code. Violation of the Athletic Code involve a school suspension as outlined in the school handbook.

IV. Academic Eligibility

Checkpoints For Grades After a Sport/Extracurricular Activity Has Begun

In accordance with the State of Iowa, students must “pass all” courses (no F’s) in order to be eligible for athletic competition. Students with a “D” grade in any course will have their athletic participation reviewed by administration and coaches, possibly impacting playing time. Grades are calculated at the semester (the point in time when students received high school credit on their transcripts). First semester grades will determine eligibility for the second semester. Second semester grades will determine eligibility for the first semester of the following year. Summer school grades cannot be calculated to earn eligibility. Academic checks will be made every 2 weeks during the school year.

Ineligibility Example

Students who do not meet the standard of a 2.0 GPA with no F’s will be ruled ineligible for a period of 30 calendar days which begins at the first day of competition for that sport in accordance with policy in the state of Iowa. Provided grades improve to a minimum 2.0 GPA, the student-athlete regains eligibility on the 31st day. Students must be “bona fide” contestants in their respective sport in order for the ineligibility period to count. For example, a student who plays basketball only and fails to meet eligibility requirements at the end of the second semester his/her sophomore year will not begin the ineligibility period until the first competition date his/her junior year.

V. Additional Information

- Athletes who are ineligible must practice and participate in other activities with the team, but will not be allowed to suit-up for games or sit on the bench with the team. They must sit in the stands as any other spectator attending the game.
- Any student suspended from school for disciplinary reasons will not be able to participate in any team activities (contests, practice, or events) during the course of the suspension. Suspended students will not be allowed to attend any contest (or other school sponsored activity) during the course of the suspension as well.
- Holidays - The gym is dark and locked for the following:
 - Thanksgiving Day, Christmas Day, Easter Sunday
 - 5 days during Christmas break as determined by the Western Valley Conference.
- Disciplinary consequences other than suspension may also result in ineligibility depending on the accumulation, previous counseling, and progressive discipline set-up and implemented by administration discretion.
- No SCS athletic events/games/practices will be scheduled or played on Sunday unless there is a rescheduled conference game scheduled on Monday. Also, if athletes play on Sunday’s in leagues, they can’t wear school attire.
- Coaches will communicate all of the schedules for the season at their pre-season meeting before practice officially starts. Accordingly, parents and/or athletes must communicate as soon as possible, or a minimum of 2 weeks in advance with coaches if

there are conflicts with practices/games anytime during the season and especially for holiday breaks. Players will not be punished for being gone for family events that are beyond their control which means that if they are prepared and ready for games, they will play as though they were not absent. Any issues or conflicts arising from missed practice/games should be discussed and dealt with accordingly to the Biblical principles of Matthew 18:15-17

- Youth/elementary/other sports where kids wear our uniforms/use our facility are subject to the handbook and rules (i.e. no spandex shorts, etc.). Coaches for those programs are also subject (represent school, enforce rules, etc.).

Responsibilities for Academic Success

1. The student bears the responsibility for doing well in his/her academic efforts. He/she must be building mature work habits as a sign of Christian stewardship and in preparation for a life of responsible Christian service to God and fellow man.
2. The teacher bears a responsibility to teach good work habits and to communicate deficiencies to students and parents.
3. The parents bear a responsibility to assist their children in becoming responsible students. They also bear a responsibility to communicate freely with their children and the faculty.
4. The coach bears a responsibility to communicate with the team members about proper emphasis on academics. The athlete is a student first, then an athlete. Schoolwork must not suffer due to the participation in a sport. The coach must emphasize the importance of the athlete developing strong work habits and support the classroom teachers in striving for excellence in the classroom.

CONCLUSION

This handbook contains important information for our student athletes. Keep the handbook available for reference, know the requirements that are expected of you, and strive to live by those expectations. Each coach may have additional policies and rules specific to the sport you are playing. Any circumstances that may arise that are not covered in this handbook will be handled at the discretion of the coach, athletic director and superintendent.

We will have one form that each parent and athlete need to sign that covers the full academic year. This form will confirm that you have read, understand and agree to follow the guidelines in this handbook. Just tear off the back page and sign the form and turn it into the Athletic Director to be filed.

PLAYER/PARENT ATHLETIC HANDBOOK AGREEMENT

I acknowledge that I have received a copy of the Siouxland Christian School Player/Parent Athletic Handbook. I certify that I have read it and I agree to abide by all of it's content.

Signature _____
Athlete Signature

Date _____

Signature _____
Parent(s)/Guardian Signature

Sport(s) and level that I will be participating in :



SIOUXLAND CHRISTIAN DUAL SPORT CONTRACT

Request for Dual Sport Participation. It is the intention of the athlete named below to participate in two sports during the same season. In order for this to occur, the following stipulations must be met in Accordance with SCS Policy:

1. The process must be initiated by a scheduled conference with the athletic director.
2. The athlete must declare which sport is primary and secondary for participation purposes.
3. Approval may be denied because of academic concerns at any time during the sport season. The athlete then will participate in the primary sport only.
4. Practice and Game/Meet requirements must be established prior to the sport season. Contests take precedence over practice, and the primary sport contests take precedence over secondary sport contests. This should be detailed in writing below after a conference between the athletic director and coaches involved.

Name of Athlete: _____

Primary Sport: _____

Secondary Sport: _____

Practice and Game/Meet Requirements (attach Calendar):

Additional Stipulations:

Signature of Athlete Date

Signature of Parent/Guardian Date

Signature of Head Coach-Primary Date

Signature of Head Coach-Secondary Date

Signature of Athletic Director Date

Signature of Principal Date