

Middletown Christian Schools

ATHLETIC
DEPARTMENT
HANDBOOK



AUGUST 2004 - JUNE 2005

PHILOSOPHY

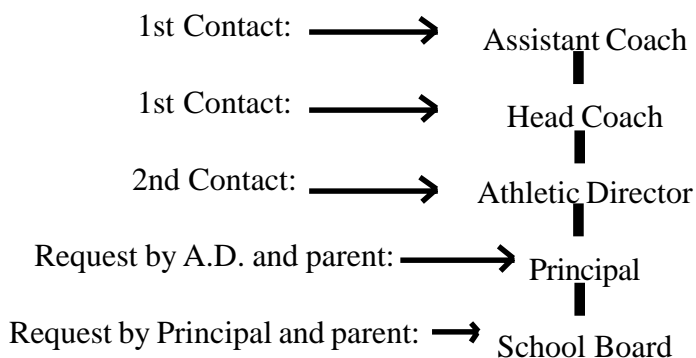
Scripture clearly illustrates that human beings have 5 distinct areas of their person. These are spiritual, physical, social, mental, and emotional. It is the objective of Middletown Christian's athletic department to provide the opportunities for each student who participates in athletics to grow and mature in these 5 areas. However, in order for this objective to be achieved a high level of self-discipline will need to be developed by our student-athletes. This involves adherence to and respect for the rules and regulations of the athletic department and the student-athletes sport. The rules of the athletic department are in place to promote safety, order, and assist the student-athlete in reaching their maximum potential. Students need to remember that participation in athletics should not be viewed as a right, but should be looked at as a privilege that needs to be regulated for the success of the program, team, and individuals.

It is also realized that student-athletes at Middletown Christian are role models and are influential in the student body as well as in the community. Their conduct, while representing a team, is seen as a direct reflection upon the athletic program, Middletown Christian Schools, and God.

The policies of the athletic department are set as a minimum standard for the athletic department of Middletown Christian Schools and the school board. They are also in accordance with the rules and regulations of the Ohio High School Athletic Association, and the Metro-Buckeye Conference. Coaches may set higher standards for their team beyond those set as a whole for the athletic department.

The Athletic Handbook sets policies that apply to all student athletes in grades 7-12. Student-athletes need to be aware that violations may carry consequences that extend beyond the school year and into a new school year.

CHAIN OF COMMAND:



Please follow this chain as it is the most efficient way of resolving questions or problems. If you are not sure of how to contact the coach please contact the Athletic Department office. They can give you the information that you will need to contact a coach. The handbook and coach's policies will be used as guidelines for resolving problems. Your input is welcomed as it is also a means by which the athletic department can improve and meet its purpose.

METRO-BUCKEYE CONFERENCE:

Middletown Christian School is a member and participant in the Metro-Buckeye Conference.

We compete for league championships on the junior high and varsity level in the following sports:

Baseball, Basketball, Cross-country, Soccer, Softball, Track, Volleyball, and when interest allows golf.

Cheerleaders do not compete for a league championship, but are an integral part of the athletic department and are to be considered a support group. As such, cheerleaders are subject to all the rules which govern the athletic program.

SPORTS SEASON:

Once a student has participated in a practice, scrimmage or contest a student is considered an athlete of the Middletown Christian. This designation shall continue until the awards ceremony of that sport is held. As such, students - who are athletes - are governed by the policies of the athletic handbook as well as by the school's handbook.

ACADEMIC ELIGIBILITY:

The Ohio High School Athletic Association sets minimum academic standards for athletes of all member schools. However, these standards are set realizing that schools will also set academic standards in addition to the minimum set by the state. The academic standards at Middletown Christian School are as follows:

INITIAL ELIGIBILITY: *(Beginning of School Year)*

Junior High:

Students must be enrolled in school at the beginning of the sports season. Students enrolled in the 7th grade for the first time will be considered eligible regardless of previous academic achievement. Students in the 8th grade must have received a passing grade in 80% of all courses the previous year.

High School:

Students must be enrolled in school at the beginning of the sports season. During the preceding grading period students must have passed 80% of courses taken for incoming freshman, or for sophomores, juniors, and seniors - the equivalent of 5 credit hours.

During the School Year:

Students must receive a grade of a 65% or higher in all classes to maintain eligibility. Grades will be checked during progress reports and at the end of each quarter.

INELIGIBILITY:

All students must meet initial eligibility requirements before being permitted to participate in athletics. If a student has not met these requirements they must do so before being declared eligible. This would mean that a student who did not meet initial eligibility requirements would need to finish the 1st quarter, and meet the requirements before being declared eligible for athletic participation.

If a student has met the initial eligibility requirements, but receives a grade below 65% at either of the grade check points then the student is declared ineligible for interscholastic athletic participation for 2 weeks. At the end of the 2 weeks the student's grades will then be checked again. If all grades are above the 65% range the student will regain athletic eligibility. *A student who is deemed ineligible twice (at the grade check points) in one season will not be able to regain eligibility during the remainder of that season.*

Eligibility starts and ends on Sunday.

OTHER ELIGIBILITY REQUIREMENTS:

SCHOOL ATTENDANCE:

Students must be present in school by 8:30 a.m. in order to attend or participate in any after school activity. If a student arrives after 8:30 a.m. the student must present a valid signed excuse from a parent or doctor to be eligible for participation that day.

Students who leave school early because of illness cannot participate in any after school activity that day.

Students who must leave school early or miss a day of school for a valid excuse may participate in after school activities that day. Valid excuses would include, but are not limited to:

College visits, funerals, court hearings, doctor appointments, and emergencies.

PHYSICALS and RELEASE FORMS

Students-athletes must have a valid, signed physical and release form on copy in the athletic office for a student to be eligible to participate in interscholastic competitions.

QUITTING OR REMOVAL FROM TEAM:

A student who either quits or is removed from a team is declared ineligible for any other team or sport the remainder of that season. Being cut from a team is not considered being removed from a team.

In the event that an athlete needs to be removed from a team, the head coach shall call an informal meeting between the coach, athletic director, athlete, and a parent. The athlete will have the option to appeal a decision of removal to the principal. However, the athlete will remain ineligible during the time of appeal.

DAILY OPERATING PROCEDURES

PRACTICES AND GAMES:

PRACTICES:

Athletes are expected to attend all scheduled practices. If a practice must be missed then a written excuse must be presented to the coach a minimum of one day prior to the missed practice. (Otherwise it may be considered unexcused.) Absences from practice will be either excused or unexcused in accordance with school policy. If an athlete has more than 1 unexcused absence from practices the athlete is subject to removal. *This policy includes being late to practices.*

Scheduled practices shall conclude by 9:00 p.m. Monday through Saturday.

Wednesday practices are permitted and shall conclude by 5:00 p.m.

No Sunday practices are permitted.

GAMES:

Athletes are expected to attend all scheduled games. If a game is to be missed a written note must be presented to the coach a minimum of 1 week prior to the missed game. (Otherwise it may be considered unexcused.) Absences from games will be either excused or unexcused in accordance with school policy. An athlete who has an unexcused absence from a game shall be subject to removal.

Overnight stays or early dismissals may be necessary due to travel distance or game schedule. These games shall be approved by the Principal and Athletic Director.

TRANSPORTATION:

Athletes are expected to ride to and from all athletic events and practices on school arranged transportation. Students who plan to ride home from an athletic event or practice with a parent may do so with an approved written permission slip. (OAC 3301-83-19)

USE OF FACILITIES:

No athlete should use the equipment or facilities of the gymnasium, team rooms, locker rooms, weightroom, or athletic fields outside of scheduled practice times without the approval of the Athletic Director or Principal

NON INTERSCHOLASTIC PARTICIPATION:

A student that is an athlete on a team or sport of M.C.S. shall not participate in that same sport during the same season. A student's obligation shall be to the school team while "in season." Participation on a non interscholastic team during the same season is a violation of O.H.S.A.A. regulations.

INCLEMENT WEATHER:

Activities will not be conducted on days when school is not in session due to severe weather unless approved by the Athletic Director or Principal. O.H.S.A.A. tournament do not follow these guidelines. Thus all O.H.S.A.A. tournament games will be played as scheduled unless otherwise notified.

DEPARTMENT OF STUDENT-ATHLETES:

All students shall subscribe to the behavior regulations as outlined in the M.C.S. handbooks. However, further expectations may be required by an individual coach of a sport. These expectations will be announced and a written copy given to each athlete at the beginning of the season, reasonable, and enforced by the coach.

SUSPENSION:

An athlete who is suspended from school shall not participate in any athletic activity during the suspension at a minimum. Dismissal from the team is also a consideration depending upon the nature of the offense that caused the suspension.

DRESS AND UNIFORM POLICY:

Game day dress shall be established by the head coach, but as a minimum must meet school dress code. However, due to travel conditions and other variables, ladies may be permitted to wear dress slacks.

Game uniforms shall only be worn at games. During the game. Uniforms shall be worn as designed.

Uniforms shall be laundered by the school. Athletes may either turn in their uniform at the end of a game to the coach, or they may turn them in to the athletic office first thing in the morning the next day.

AWARD AND LETTERING POLICIES:

The requirements to earn post season awards are set by both the athletic department and the head coach. The athletic department gives out standard awards to all athletes who meet the minimum requirements for those awards for the season. The head coach may also give out special individual awards and sets the minimum requirements for those awards.

The athletic department award requirements are listed below:

1. The athlete must be eligible the entire season
2. The athlete must not miss more than 1 “in-season” practice (special situations excepted)
3. The athlete must not miss a game (special situations excepted)
4. The athlete must return all athletic equipment issued to them by the athletic department or pay for its replacement
5. The athlete must be in attendance at the awards ceremony to receive an award unless a written notification with the reason for absence turned in one week in advance.
6. The athlete must meet with all the requirements set forth by the head coach

ATHLETIC DEPARTMENT AWARDS

7th Grade: Certificate of Participation

8th Grade: Certificate of Participation and Graduation Numerals

High School: Certificate of Participation and as listed below:

J.V.

1st year: 6” letter
2nd year: Service bar
3rd year: Service bar

VARSITY

1st year: 8” letter and sport pin
2nd year: Special foil certificate and sport pin
3rd year: Medallion and sport pin
4th year: Plaque and sport pin

ROYAL BLUE AWARD: (HIGHEST HONOR)

1. Awarded to one female and one male senior athlete who has earned 4 varsity letters in their high school career
2. Has demonstrated Christian character throughout the year as observed by faculty, staff and his/her church pastor or youth pastor
3. Demonstrated commitment and pride to their team and school.