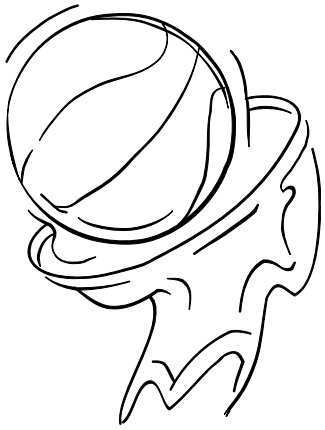

ATHLETIC HANDBOOK

"All your children shall be taught of the Lord; and great shall be the peace of your children."
Isaiah 54:13

8/20/06

I. PHILOSOPHY OF FVCS ATHLETIC PROGRAM

The purpose and goal of our athletic program is to bring glory to God through our attitudes and efforts.

TEAM GOALS

1. Become an integral part of a team according to God's pattern for teamwork described in I Corinthians 12: 12-26.
2. Become the very best player that God will allow with the strength and talent He has given.
3. Receive the unconditional love of God through the coaches and players, and having received, share this love with others.
4. Influence the halls and classrooms of Fresta Valley Christian School in a positive way to the glory of God, and in the strength that comes through fellowship with other believers.
5. Understand that perseverance and confident humility come through facing difficult circumstances.
6. Be a strong testimony to all who see us play.
7. Learn to come under the authority (coaches, officials) that God has placed over us.

II. SPORTS OFFERED AT FVCS

We will continue to provide a variety of programs to fit the interests of our students. The following programs will be offered this year:

FALL	Middle School/Varsity Boys Soccer
	Middle/JV/Varsity Girls Volleyball
	Middle School/Varsity Boys and Girls Cross Country
Winter	M/JV/Varsity Boys Basketball
	M/JV/Varsity Girls Basketball
Spring	MS/Varsity Boys Baseball
	Middle School/Varsity Girls Soccer

Sports fees are to be paid for each sport to the athletic director prior to the first game of a season. The fee's are as follows:
Middle School $100
JV and Varsity $125

III. REQUIREMENTS FOR PARTICIPATION

A. Eligibility

1. Students wishing to participate must not have reached their nineteenth birthday on or before the first day of October of the current school year.
2. School and class attendance is very important for each athlete. If a student misses a certain number of classes, he/she may not be eligible for any further competition. All students must be in 4 full classes in order to practice or participate in any games. Excuses should be given to the athletic director.
3. Grades

   All students participating in extra-curricular activities must maintain at least a "C" (77) average to be eligible to participate. Students may not be failing in any class. A student who does not meet the academic requirements will be unable to participate in any practices or games. The students progress will be reviewed on a weekly basis by the administration and he/she will be notified as to whether they can return to the team. Once a student is permitted to resume athletic activities in a given season, he/she must continue to meet the eligibility requirements stated above or will be removed from the team for the remainder of the season.

B. A physical exam is required for all athletes. A VHSL (Virginia High School League) form will be provided by the school and must be turned in prior to the start of the season. The physical exam is valid for one year.

C. If a player misses a portion of the pre-season practices, the coach and the Athletic Director will decide when the athlete is eligible to begin.

D. Students may not quit the team and then rejoin later. If a student quits the team, that student must meet with the athletic director and explain the situation.

E. Home school students must be willing to abide by the rules put forth in the school's handbook. Grades will be turned in to the Athletic Director in accordance with our school calendar.

IV. CONDUCT AND GENERAL POLICIES

A. It is important that our attitude and behavior be under control at all times. The team suffers when an individual loses control or gets frustrated. Respect toward officials, players and coaches is expected. Inappropriate language or conduct carried out in the classroom or on the athletic field will be dealt with by the High School Administrator and the Athletic Director.

B. Every player is responsible to treat equipment (balls, bats, etc.) like it is his or her own. The athlete will pay for damaged equipment. Locker rooms (home and away) must be cleaned before leaving.

C. The uniform issued to you is your responsibility. Since the players on the team are a representation of FVCS, our athletic uniforms should be neat and clean. Please wash all uniforms in cold water and hang them to dry. Dryers have a tendency to damage the lettering on the uniforms. **The uniforms are the property of Fresta Valley and must be returned promptly at the end of a season.** Students will be responsible to pay for the replacement of a lost uniform.

D. All injuries must be reported to the coach so that proper care may be given.

E. Excusing players from practice and/or games
The following guidelines will be used for excusing players from practice and/or games:

Illness, death in the family—these are automatics. If an athlete is sick for two full days before an athletic contest, he or she might not be permitted to participate in that event.

Reason: Students that are sick two or more days in a row will have academic work to make-up and also will need to regain good health. The physical exertion that is required in an athletic event requires a healthy body. The body needs time to regain normal strength. The athlete, once back in school after being sick, will be required to meet with the coach first and then the Athletic Director, if necessary, to discuss playing time. If they are healthy they must attend the game, dress out, and support his or her team even if they are unable to play.

Athletes need to remember that once they join the team, they are making a commitment to that team and to the coach. For this reason, they should make every effort to be at every practice and game.

F. Not excusing players from practice and/or games
The following are **not** excused because of the other athletes that are involved and the toll it takes on the team when one of their members is not there for a practice or game:

1. Baby sitting brother or sister
2. Work
3. A parent "benching" a child (to help your child, please work with the Athletic Director and coach.)

G. What happens when tardies / absences are unexcused

1. Unexcused absences from a game will effect the playing time of the athlete. Varsity players may not receive a letter or pin as a result of unexcused absences.
2. Absences from scheduled practices may cause the athlete to be unable to start the next game and their playing time reduced. More than one unexcused absence will affect the athletes playing time to a larger extent. Several unexcused absences will prevent them from playing until a meeting with the coach and athletic director has taken place.
3. Unexcused tardies to games and practices will effect the playing time of the athlete. Several unexcused tardies requires that the athlete to meet with the athletic director and coach prior to playing in a game.

H. Specific rules for parents

1. Please remember that actions and words are a reflection upon our Lord, our school and our families. (Ephesians 4:29)
2. Parents are not allowed in the locker rooms or near the bench. Fans are to sit in the bleachers.
3. Please do not coach from the sidelines. This distracts the players as they are trying to listen to their own coach.

4. The public support of the coaches at FVCS is most important. Do not talk negatively about coaches in front of players or other parents. All authority and respect will be broken down if this occurs, and this will hurt our students.
5. Be prompt in picking up athletes after practices and games…remember coaches have families too!!
6. Parents are not to come on the playing surfaces or bench area to aid their child in an injury situation. Wait until you are called if needed. Most injuries are not serious.
7. Talk with the coach and Athletic Director before taking athletics away from your son/daughter for discipline reasons. The team is counting on them and the decision affects more than one person.
8. If your son/daughter has a disagreement with the coach, please send him/her back to the coach to work it out. If it cannot be resolved, then you as the parent should set up a meeting with the coach to work it out. If the problem still cannot be worked out, please bring the concern to the Athletic Director. We are to use the Matthew 18 model for settling all disagreements.

I. GAME DAY PROCEDURES

1. Game day school attendance

   a. For an athlete to play in a game, he/she must be present in class for a minimum of **four full** periods on the day of the game. For example, if the team is leaving to go to a game after fifth period, the athlete must be in class at least four of those five periods. If the team is not playing until the evening, the athlete must be in class at least **four full** periods. If extenuating circumstances arise that make it impossible for an athlete to be present for at least four **full** periods, the Athletic Director may waive the four period attendance requirement. Extenuating circumstances could be a funeral, an orthodontist appointment, or some other unforseen or difficult to schedule event. Under no circumstances would tiredness, studying for a test, doing homework, or similar excuses be allowed.

   b. If a game is scheduled on a Saturday or other non-school day, the above rule does not apply for the last day of school prior to the athletic event.

2. Completion of academic work

   Participating in sports is a privilege and athletes need to make up any missed work as soon as possible. If you do not complete your academic work on time and it leads to missed practices then game time will be effected. It is the athlete's responsibility to get any assignments they will be missing from their teacher prior to leaving for a game. Please see your teacher prior to the start of classes or before lunch.

3. For away games, our teams will leave from Fresta Valley. See schedule for times of departure.

4. When returning from games, the pick-up location will be the **Sears** parking lot in Warrenton. See schedule for the return times. In the event that we are running early or late, your child will be permitted to use the bus driver's cell phone to call you. Every effort will be made to contact you, however, please keep in mind that cell service is not always available.

5. Typically, we will not stop for food on weekday evenings; however, on Friday nights we will stop for fast food. We would encourage you to pack a little extra for the evenings that we go straight home from games.

V. TRANSPORTATION

A. Bus Behavior
   1. No loud voices
   2. No standing while the bus is moving
   3. No hands, heads, or talking out the bus windows
   4. No throwing any objects at any time
   5. No walkmans, MP3 players, radios, video games, etc…
   6. Vehicles must remain clean – All trash must be removed from the bus prior to the students being dismissed.

B. Use this time to prepare mentally for the game

C. Players will ride in school vehicles unless otherwise specified by your coach.

D. If you are riding with someone else to or from a game, you must have written permission from your parents. Remember that you are still the school's responsibility.

E. If you are riding with someone else, you are to conduct yourself in a way that is in line with school policies. Those students not conducting themselves in the proper way on the bus or in McDonald's etc. may be suspended for one game.

VI. VARSITY LETTER QUALIFICATIONS

A. Athletic awards are given in recognition of outstanding athletic achievement and services to the school, not as compensation of services rendered.

B. Athletes will receive, at the coaches' recommendation, an athletic letter at the completion of his/her first varsity year in a particular sport if they qualify for one. An emblem of that particular sport will also be given with the letter and then a bar for every year after that. Students will also receive a certificate of participation.

C. The head coach has the perogative to issue or withhold a letter for extenuating circumstances such as early season injuries, team or league violations, etc… Coaches must sufficiently provide documentation of these circumstances to the Administrator and Athletic Director. In all cases, students must complete the season as a member of the team in order to letter.

D. Criteria for lettering for each sport

1. Athlete must have completed the entire season
2. **Athlete must attend all practices and games unless excused by the coach**
3. Athlete must have played in at least one-half of the games throughout the season.
4. Athlete must not have been a discipline problem.
5. All equipment and uniforms must have been turned in to the school.

E. It is a privilege to receive a letter, and it must be earned. Just participating on a team is not enough to earn a letter.

F. Each situation will be reviewed by the Athletic Director, due to some circumstances.

VII. AWARDS

A. As stated in our philosophy, we want our athletes to demonstrate the character qualities of Jesus Christ. Therefore, our awards in athletics will be based on how well the athletes show these characteristics. Our purpose in giving awards is to recognize character development.

B. An awards ceremony will take place for our Middle School and JV athletes. A separate sports banquet will be held for Varsity teams. Our desire is not only to recognize our students but also to bring honor and glory to Jesus Christ. All athletes will receive a certificate of participation. Coaches may choose four (4) awards from the following categories:

1. Most Improved Player
2. Coaches Award
3. Most Intense Player
4. Best Offensive Player
5. Best Defensive Player
6. Most Valuable Player

Special Awards:

Pioneer Award - given to one male and one female varsity player per school year who, by his/her actions, raised the spirit of the team and caused the players to see things from God's perspective. This athlete performs to the best of his/her ability at all times and exemplifies sportsmanship and teamwork. All varsity athletes who competed in two or more varsity sports are eligible for this award, providing they have maintained good academic standings.

Highest Grade Point Average – given to one male and one female varsity player per school year who has participated in at least two varsity sports.

VIII. CHARACTER QUALITIES WE WANT IN OUR ATHLETES

A. Dependability - Be at all practices and contests unless excused by your coach. Do what is expected of you at all times.
B. Punctuality - Be on time, never late.
C. Love - Be self-sacrificing and show a real concern for team members, coaches, and opponents. Remember, Christ centered His love on other, not Himself.
D. Enthusiasm - Take an interest in every part of your sport and be glad to quickly carry out every part of the job. (I Thess. 5:16)
E. Faith - Show that you know the Lord is in control of all circumstances and that He is carrying out His will in your life. (Heb.11:1)
F. Humility - Show the attitude that God is the one responsible for your abilities, talents, and successes.
G. Endurance - You must be able to withstand stress, hard work, and the problems that all Christian athletes experience. (Gal.6:9)
H. Boldness - Be ready to boldly express what Jesus Christ has done for you. The Christian Athlete cannot be one who is timid or gives up. (Acts 4:29)
I. Obedience - Jesus was always obedient to His Father's will. We need to be obedient both to the Lord and to those who He has put in authority over us. (II Cor.10:5)
J. Diligence - Use all your strength and ability to complete each part of your task whether in practice, in a game or anywhere else. (Col. 3:23)
K. Responsibility - Athletes need to do everything that is expected of them. Athletes need to take the initiative to work and make intelligent decisions.
L. Determination – Make up your mind that you will accomplish God's goals in His time, regardless of the opposition. (II Tim. 4:7)
M. Joyfulness - Show that your relationship with Christ means something wonderful to you.
N. Confidence - Athletes should know that they can be winners in God's sight as they totally give all they have to Jesus.
O. Intensity - Give everything you have at all times, focusing your total attention upon the job at hand and putting forth your every effort to complete it perfectly.
P. Honesty - Doing what is right in the eyes of the Lord.