

Cedar Valley Christian School Athletics

Principal – Jeff Pospisil

Assistant Principal – Steve Russell

Athletic Director – Stephanie Hodge

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Vision

Every student develops and faithfully lives out a Biblical worldview-based on the foundation provided by the truth of the Bible and the person of Jesus Christ-by learning spiritual, social, academic and physical principles that have been taught and modeled with excellence.

Mission

The mission of Cedar Valley Christian School is to assist parents with their biblical responsibility to raise their children in the discipline and instruction of the Lord.

Philosophy of Athletics

This handbook is designed to help the coach, player, parent and fan understand our program. It is also designed to answer questions and clearly state the expectations for coaches, players, and parents.

Cedar Valley believes that extra-curricular activities play a significant role in the total development of our students. Our athletic programs have been designed with this in mind. Athletics is more than an attempt to win games; it is an opportunity for young people to learn from Christian adults as they spend time together in a variety of sometimes stressful and growing situations. Much about God's perspective on life can be learned in very practical ways through athletics.

The athletic philosophy at Cedar Valley Christian School consists of a few fundamental principles.

These include:

- 1) Honoring God in speech and conduct as coaches, players, parents, and fans.
- 2) Allowing all interested students to participate regardless of ability.
- 3) To provide a competitive team experience.
- 4) To instruct students in biblical values as it pertains to athletics.

2016/2017 Programs

Coaches

5 th -6 th grade girls volleyball	Julianne Wilson
7 th -8 th grade girls volleyball	Julianne Wilson
9 th -12 th grade girls volleyball	Jeff & Jennifer Pospisil
5 th -6 th grade boys basketball	Scott Holmberg
5 th -6 th grade girls basketball	Tom Fogle
7 th -8 th grade boys basketball	Jeff Pospisil
7 th -8 th grade girls basketball	Julianne Wilson
9 th -12 th grade boys basketball	Craig Foote
9 th -12 th grade girls basketball	Ron Slagle
	Sean Masterson
	Lindsey Cach
9 th -12 th grade boys soccer	Adam Conn
9 th -12 th grade girls soccer	Bambi Slagle
	Ron Slagle
9 th -12 th grade cheer	Teresa Davidson
9 th -12 th grade baseball	Randy Gustafson
	Bob Wilson

Other sports may be added with the approval of the Athletic Director and the Administration.

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Coaches

Cedar Valley junior high and high school head coaches and assistant coaches are paid a small stipend for their service and all 5th and 6th grade coaches are volunteers. We appreciate the time and effort they invest in the lives of the student-athletes entrusted to their care. All coaches should see their relationship with players as a powerful and important ministry in the lives of young people. Although the demands as a coach and consequences for bad teaching are great (James 3:1), the rewards of helping young people grow toward Christ likeness through sports is also great.

All coaching assignments must be cleared by the Principal and Athletic Director including any assistants who will be helping on a regular basis. Coaches must be believers in Jesus Christ who evidence a growing walk with God, and agree with and follow the directions of this handbook.

Coaches must be excellent examples of sportsmanship. During games, all interactions with officials, other coaches, teams, and players need to reflect the highest degree of respect and integrity. If a coach is disrespectful or acts inappropriately, he should be quick to confess and make every effort to set things right. Coaches reflect on their team, school, and Jesus Christ.

Coaches are directed to allow each player on the team to participate in both practices and games throughout the season. Thoughtful and careful judgment will be required of each coach to determine each participant's involvement. Coaches are directed to allow as much participation by each player as possible, given the guideposts of game situation, practice attendance, attitude, work ethic, and keeping a competitive spirit to the contest.

Coaches are required to meet with players and parents at the beginning of the season to outline expectations, explain team policies, and answer questions.

Coaches are encouraged to send emails or letters home to communicate with parents. Coaches must also copy the Athletic Director on all correspondence.

Coaches are responsible for all aspects of the team, including the following:

- supervision of players from the beginning of the event **until the last player is picked up.**
- equipment and facilities used by their teams.
 - Coaches must put equipment away after practice and make sure all items are accounted for and securely locked, make sure dressing rooms are neat after use, report missing or damaged equipment, and bring equipment home after an away game and see that it is put away.
 - Cedar Valley equipment is only to be used by Cedar Valley teams while they are in season.
- Safety of each student-athlete. This includes a safe environment and care of injuries if they occur.
 - Each coach will have a first aid kit and emergency contact information at each practice and contest.
 - Each coach will follow a predetermined protocol for injuries which includes contacting parents and ensuring immediate medical attention if necessary.
- Coaches will be required to sign an agreement that they have read and are willing to follow the policies of the Family and Athletic Handbooks.

Junior High and High School Coaches are required to hold a valid Coaching Authorization Certificate or a Coaching Endorsement on their teaching license. They must attend all required rules meetings. No one is allowed at any time to provide instruction without the proper certification.

At the beginning of each season the coaches, Athletic Director and school administration will meet to go over schedules, rules and guidelines for the season. At the conclusion of each season the coaches, Athletic Director and Administration will meet in order to evaluate the season.

Players

A player's behavior is very important. Competition can provoke inappropriate behavior. A player must be willing to be quick to confess and quick to forgive when a situation arises. Players must show respect and honor to all those in authority, especially in the areas of speech and conduct. Players who are ejected for unsportsmanlike conduct will automatically be suspended from the next game.

Players should do their work heartily as unto the Lord, not with a sense of revenge or the attitude that the other team is the enemy, but rather with the attitude that God has given each one of us gifts and talents and we should use them to the best of our ability and for his glory. A player should also practice and play to win. Athletics is an excellent avenue to learn self-control, self-discipline, and self-sacrifice for the good of the team.

Players must plan their time to accommodate homework, practices, and games. It is the players responsibility to ensure that school work is done on time. Athletics is no excuse for late or missing assignments. We will attempt to schedule in a way that helps students keep a good study and rest schedule, but an ideal situation is not always possible. When a team will be missing classes to be in an athletic event, it is the students responsibility to contact instructors and make arrangements in advance. Work should be done ahead of time if possible.

Players are responsible for any equipment issued to him or her. If the equipment or uniform is damaged, lost, or stolen, the player will pay for its replacement.

Uniforms must be gently washed and never put in the dryer.

Players must report all injuries to the coach, especially head and neck injuries, no matter how small or insignificant they may seem.

Parents

Parents are also participants in the athletic program.

Parents should be examples to others in the way that they conduct themselves at games, especially in the areas of sportsmanship, respect for officials, and support of the team. Parents should also help ensure that other fans, students, and children are pleasing God in their behavior at games.

Parents are required to sign up to help. Set up, score keeping, concession stand, admission, building supervision, and clean up are some of the areas that need parent volunteers. Parents are also needed to drive to away games. Many hands make light work.

Parental concerns and support are crucial to maintaining a positive athletic program. Coaches appreciate your encouragement and expression of concerns. If there are concerns, a parent should go directly, privately, and quickly to the coach and express those concerns. Contacting the coach and setting up an appointment is the best way to handle a situation. Due to the fact that emotions run high at a contest, discussing a concern with a coach after a contest is not a good time. Coaches are doing their best to do what is best for the player and for the team. They love the kids and invest a great deal of time to the program.

The school does not carry accident insurance on the students but accident insurance is available through the school upon request. All student athletes are required to have accident insurance before participating on school teams. It is the parents' responsibility to make sure that they have adequate coverage and to provide proof of coverage upon request.

Booster Club

Mission Statement: Our mission is to honor Jesus Christ in how we enthusiastically support, promote, communicate and help improve CVCS athletics. We are a volunteer service organization whose purpose is to assist the athletic director, by organizing volunteers, raising funds and generating ideas about the development and promotion of our athletic programs. The Booster Club Board will provide the leadership of the Booster Club and will consist of officers that must be approved by the school administration. We encourage all families to become members of the Booster Club.

The Booster Club runs a concession stand at all games held in our gym and use the proceeds to cover athletic related expenses; uniforms, officials, equipment needed for each sport (balls, score books, first aid supplies, etc...), venue rentals, coaches stipends, fuel for away games, etc...

Awards

Awards programs will be held at the end of each season to honor players and distribute awards.

Athletic Letters and or pins are awarded to high school athletes by the head coach using the following criteria as a guide. Players should have played in more than half of the contests, and have been on the team in good standing at the end of the season. Certificates of participation will be awarded to those who do not receive letters.

Certificates of participation will be awarded to junior high and elementary students who finish the season in good standing.

Eligibility

All Levels

Good Conduct: A student who is suspended from school may not participate in any practice or contest during the days of the suspension. The administration may at any time declare a student ineligible for disciplinary reasons.

5th-8th grade

All full time students at Cedar Valley Christian School are eligible to participate in the athletic program under the following guidelines.

Academic Eligibility is determined by the parents of the individual player.

All players will play on their respective grade level team. Younger players may practice with older teams at the discretion of the coach but may not play in the contests. The exception to this rule is in the event that there are not enough players for a particular team. The Athletic Director and the Principal will determine whether a team has enough players with input from the coaches involved. Under these circumstances all 4th graders will be invited to participate on a 5th/6th grade team.

Homeschool students in 5th-8th grades may request to participate in athletics at CVCS. The Athletic Director and Principal will evaluate each request on an individual basis, using the following criteria:

1. Will participation benefit the student?
2. Will participation benefit the school?

If the student is allowed to participate, he or she is subject to all other guidelines described in this handbook.

High School

As members of the IHSAA and IGHAU we will follow the eligibility rules of these organizations. The bylaws and athletic handbooks for these organizations may be found on the websites www.iahsaa.org and www.ighsau.org.

Our interpretations of these rules:

- Full-time students are eligible. A full-time student is defined as one who takes a minimum of four credits per semester.
- Students who receive Competent Private Instruction and are not dual enrolled in a public school are eligible. CPI students must also fill out an application, agree with our doctrinal statement, sign the students/parent agreement, and be accepted into the program by administration.
- Each student athlete shall be passing all coursework in each class and making adequate progress toward graduation requirements at the end of each semester.
- If at the end of a semester a student athlete receives a failing grade in any course for which credit is awarded, the student athlete is ineligible to dress for and compete in the next occurring interscholastic athletic contests and competitions for 30 consecutive calendar days.
- If the student athlete receives an “I” and fails to complete the work in the allotted time it will be considered an F.
- The above policies will also apply to any transfer student entering the school. When determining athletic eligibility, the semester grades earned at the previous school will be used to determine the athletic eligibility of the transfer student
- Alumni may not practice with High School teams.

Participation Fees

Full time students will not be required to pay a participation fee. Their participation will be covered in the general school budget. Students who receive Competent Private Instruction or participate on our teams by way of a sharing agreement will pay a participation fee determined by the CVCS School Board.

2016 - 2017 Fees:

High School - \$100 per sport

Junior High - \$75 per sport

5th/6th Grade - \$50 per sport

Physicals

7th-12th grade student-athletes must have a current school physical on file in order to participate in practices or games. A school physical is good for one calendar year after issue plus a 30 day grace period at the end of that year. Players and parents must also sign the Heads Up Concussion form each year.

General Rules

Playing time:

5th/6th grade: Equal playing time based on in season practice attendance and effort, not based on ability.

7th/8th grade: Playing time based on in season practice attendance and effort, and ability in light of the competitive nature of the contest.

High school: Playing time based on in season practice attendance and effort, and ability in light of the competitive nature of the contest.

Length of season:

5th/6th grade: May begin practice 3 school weeks prior to first scheduled contest. Ends at last scheduled contest.

7th/8th grade: May begin practice 3 school weeks prior to first scheduled contest. Ends at last scheduled contest.

High School: Determined by IHSAA and IGHSAAU.

Contacts per week:

5th/6th grade: 3, unless more than 1 game is scheduled in 1 week. If this is the case, a team may always schedule a minimum of 1 practice per week.

7th/8th grade: 4, unless more than 1 game is scheduled in 1 week. If this is the case, a team may always schedule a minimum of 2 practices per week.

High School: 6 contacts per week.

Wednesdays and Sundays: Practices and games may not be scheduled on Sundays. Practices may go no later than 5:00 on Wednesdays, unless approved by the Administration.