

***Fayetteville Christian School***  
**Athletic Handbook**

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### **101 Athletic Philosophy**

Fayetteville Christian School was established to provide an education that honors God and teaches every subject from a biblical perspective. The desire of the athletic department is to be an extension of the classroom in attitude as well as conduct. FCS has adopted the following mission statement which supports the purpose of Athletic Department and reads as follows:

*The mission of Fayetteville Christian School is to train students to think, live and lead as Christians based upon a Biblical worldview.*

One major co-curricular activity at FCS is the athletic program. The challenge before coaches, athletes and fans is to understand how God's Word applies to this area of life and to learn how to apply biblical principles in a practical, life changing manner. Athletics play a big role in much of today's society. Multiple hours of TV coverage makes sports' viewing available at any time. The emphasis heard most often is the importance of winning. What does it mean to win or lose? The world's view of winning and losing is very simple. Score more points than your opponent and you win – score fewer points and you lose. Simple and to the point – get it done any way you can. Another perspective on winning and losing is presented by Wes Neal in his booklet, Total Release Performance. He defines winning as the total release of all that you are toward becoming like Jesus Christ in each situation. Conversely, losing is not releasing your entire self toward becoming like Jesus Christ in each situation. He uses two Bible passages together in an athletic paraphrase to illustrate how God sees winning.

*“Conduct yourself in word and action the same way as Jesus Christ would conduct Himself (Col. 3:17). Do whatever you do with a TOTAL RELEASE of your mental and physical abilities and your emotional energies toward performing like Jesus. Have in mind that He is your only audience” (Col. 3:23).*

Some might ask if this concept then makes winning on the scoreboard of little importance. The answer is no, it just puts it in proper perspective. If the objective of a contest were to defeat the other team, it would not be honoring to God as an athlete to enter the contest and not give one's best to try to win. The responsibility of coaches is to provide the proper balance at each level of competition. For example, one objective for coaches coaching below varsity level is to provide game experience for each participant.

Another way to look at competition and the perspectives of winning and losing is to divide the objectives into two categories: Goals and Desires. A goal would be defined as something which one strives for and that which they also have control over whether or not the object can be accomplished. A desire is something to be striving for but over which one does not have control of the results.

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Winning games does not fit under the category of a goal as defined above. For a Christian, the purpose in life involves a relationship with God, resulting in allowing God's glory to reflect through his own life. A single all-encompassing goal then is to honor and glorify God through the athletic participation. The accomplishing of the goal is left in the hands of the athlete. The athlete is the one in control of his/her own behavior and attitude and is the one who determines his/her relationship with God. Effort, teamwork, enthusiasm, compassion, and humility, all are positive reflections of God working through one's life. If one's goal is to honor God, what kind of effort will that person give in practice and games? What will the reaction be to an incorrect call by an official or an unkind action by a teammate or an unfair decision by a coach? What will the reaction be to lack of playing time or a tough loss? These are areas of life over which the athlete has control – effort, reaction, and attitude.

Winning does fit under the category of a desire as defined above. Circumstances beyond one's control can prevent even the best team from defeating another in some situations. The desire to win is strong. Winning games, league championships and state titles should be the desire of every athlete. Individual success at the team, league and state level is a dream of most athletes. As long as all of the desires involved with athletic competition are brought under the umbrellas of the goal – to honor and glorify God – then they are kept in proper perspective. A balance is there which allows the athlete to compete at his/her best.

It is the desire of the athletic department that every team or individual that competes for Fayetteville Christian experience the thrill of winning games and of rising to one's full potential. More importantly, however, the goal of the athletic department is that everything that is done be honoring and glorifying to God.

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### **201 Parents**

We at FCS find interscholastic athletics to be an important function of the school. We encourage all students to participate in sports and /or extra curricular activities. We believe that participation in sports provides a wealth of opportunities and experiences for the students. We pray that your family would take an interest in our sports programs because it is an important phase in the total education process. It is our hope to maintain a program that is sound in purpose and will further each students educational, physical and spiritual maturity.

A student who participates in athletics is voluntarily making a choice of self-discipline and self-denial. Failure to comply with team or school rules of training and conduct, or failure to maintain academic requirements may lead to a suspension from the team. There is an expectation that each student will discipline their mind and body for rigorous competition. We believe God calls us to strive for excellence and we do not want our athletes to compromise or accept mediocrity.

Parents play a vital and critical role in the development and the overall success of their young person's involvement in athletics. It is important that all parents realize and understand this role. Many do not, and therefore athletes sometimes experience difficulty and frustration. Parents provide a key ingredient in the development of young athletes.

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### **203 Support & Cooperation**

Attend as many games as possible. Being at the game is very important to your child.

Try to be objective. Avoid the syndrome of seeing your child as the best player on the team or as faultless. All players, no matter how capable, need correction, redirection, and occasional discipline.

As parents, we must believe in and support the coach's judgment, character, actions, strategy, and overall philosophy and help your child do the same. In contrast, criticism and constantly questioning the coach's actions and overall program will likewise lead the student athlete in that way. The attitudes and ideas communicated in the home will often be carried out in the heart and mind of the athlete.

To questions is not necessarily to criticize. It's all in the frame of mind and approach. Be tactful and positive. Confrontation is sometimes necessary and can be healthy if timing and method are appropriate. It is better to confront an issue in love rather than let it build up into unnecessary hard feelings. It is also better to confront a coach the day after a game and not immediately following the contest.

Let your child know that you are supportive, and that you believe in them regardless of the individual or team performance.

Be flexible whenever possible. We realize that sometimes conflicts occur in scheduling events. Please keep in mind that games are scheduled carefully and any change causes problems in the schedule. Be prepared for such changes, ready to make necessary adjustments.

Build up, rather than put down other team members. Everyone plays an important role on each team. Regardless of skill level and ability, all are a vital part of the team.

Please be sensitive of those around you as you watch a contest. Be loud and supportive of your child and their team in all contests but do it in good taste. We want to show sportsmanship and respect to all opponents.

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### **205 Communication**

It's important to keep an open line of communication with the coach. We realize that there are some unavoidable circumstances that might result in an athlete missing a contest and /or a practice. We ask that you contact the coach as soon as possible when such events occur. We ask that you also recognize and understand the team's policy on such events.

If you have a valid question concerning the overall athletics of FCS, verbalize it to the Athletic Director. Please call in advance and set up an appointment with the AD. If you have a question concerning a team, please direct your question to the appropriate person (most likely the coach). We ask you choose an appropriate time (not immediately following a game) and do so in a positive manner. Remember the coach is the designated person in charge. You may not agree with some of his/her philosophies or decisions, but be willing to give the benefit of the doubt and show your support.

We ask you follow the following guidelines for handling parent/coach concerns. First the athlete should work with the coach. All coaches appreciate an open line of communication with their athlete regarding the team or individual status. A coach will not "hold it against" an athlete for wanting to talk about a situation. If a parent would like to speak to a coach about a situation it should be done via an appointment. If the problem continues to exist the parent should then contact the Athletic Director.

Our athletic department is committed to the following obligations and responsibilities toward all participants:

- To provide adequate equipment and facilities
- To provide capable and Christian coaches
- To provide equalized contests with certified officials

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### **207 Evaluation**

All families will be asked to evaluate our program following every season in which one of its members participates. All critical comments should be delivered in writing to the Athletic Director. We ask that you never voice a negative comment in front of a student. This will help us in building up a positive athletic program.

Likewise, we feel that you have committed yourself to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well organized program of athletes.

It is the role of the athletic department in conjunction with the school administration to make rules and regulations that govern the spirit of competition at FCS. These rules need a broad base of support, which is achieved only through communication to the parent. It is our hope to accomplish this task through this publication.

You can see how critical and important your role is to the success of your young person's athletic involvement. Please take the time to carefully consider and evaluate how your attitude and actions are presently influencing your child. Most parents desire to enhance the athletic experience of their children. This can only be done with a Christian attitude that is constantly positive.

The school administration, athletic department, and most of all, the athletes are the chief beneficiaries of parental involvement and appreciate your effort of support, communication, and sportsmanship.

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### **301 Athletes**

Being a member of FCS athletics is a privilege and with it carries certain traditions and responsibilities that must be maintained. Athletic traditions are not built overnight. They require hard work put forth by many people over many years. As a member of FCS athletics you have inherited the tradition built by this school and the past athletes that were a part of it. You are now challenged to uphold and build upon it.

The tradition FCS has kept is to glorify God by winning with honor and losing with grace. Our desire is to win, but only if in doing so we glorify God. Such a tradition is worthy of the best effort and commitment of all that are concerned.

When you don the blue and white of FCS, we assume that you not only understand our tradition to glorify God, but are also willing to assume the responsibilities that go with it. Your contribution to this tradition should be a satisfying accomplishment for you and your family.

**RESPONSIBILITIES TO GOD:** Christians are Ambassadors for Christ and the light of the world. As a member of an athletic team in a Christian school, your most important responsibility is to be a good representative of God.

**RESPONSIBILITIES TO YOURSELF:** You have a responsibility to broaden yourself and develop strength of character. You owe it to yourself to get the best possible education you can and the greatest good from your high school experience. Sports, along with all other high school experiences help in preparing you for adulthood and molding your character into that which will make you a productive member of society.

**RESPONSIBILITIES TO YOUR SCHOOL:** Another responsibility you assume as a team member is to your school. FCS cannot maintain its position of having an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing positively to the reputation of your school.

You assume a leadership role when you are on an athletic team. You are on stage with the spotlight in your direction. The student body, the community, and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. By your faithful exemplification of these ideals, you make both FCS and the Christian community proud of your example.

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**RESPONSIBILITIES TO THE TEAM:** You are not alone. Your teammates depend on you to fulfill your responsibility. Do everything in your power to not jeopardize your ability to remain a member of the team.

**RESPONSIBILITIES TO OTHERS:** As a team member you also bear a responsibility to your family and friends and others around you. As a high school athlete, younger students will watch you and they will copy you in many ways. Work hard to set a good example for them.

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**401 The Sports Program**

All sports are participated at the varsity level. Where we have the number of students to form a junior varsity and /or middle school team, they will also be added.

|   |  |
|---|--|
| <p><b>FALL – GIRLS</b><br/> Volleyball – Varsity and JV<br/> Cross Country<br/> Cheerleading (Football)<br/> Tennis</p> | <p><b>FALL – BOYS</b><br/> Soccer – Varsity and JV<br/> Football – Varsity and JV<br/> Cross Country</p> |
| <p><b>WINTER – GIRLS</b><br/> Basketball – Varsity, JV and MS<br/> Cheerleading (Basketball) Varsity &amp; JV</p>       | <p><b>WINTERS – BOYS</b><br/> Basketball – Varsity, JV and MS</p>  |
| <p><b>SPRING – GIRLS</b><br/> Softball – Varsity and JV<br/> Soccer – Varsity and JV<br/> Golf</p>                      | <p><b>SPRING – BOYS</b><br/> Baseball – Varsity and JV<br/> Golf<br/> Tennis</p>                         |

\*\* As interest and coaches become available we will add activities for the students\*\*

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### **403 Governance**

#### **FAYETTEVILLE CHRISTIAN SCHOOL**

The administration of FCS is responsible for all school policies and delegates their fulfillment to the school staff.

The responsibility of the overall athletic program is to insure that the School Administration and the Athletic Director work together to make sure the athletic programs at FCS operate in a smooth fashion. The day-to-day responsibility of the athletic program is assigned to the Athletic Director. Each participant is directly responsible to his/her coach who is responsible to the Athletic Director who in turn reports to the Headmaster.

#### **NORTH CAROLINA INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION (NCISAA)**

Fayetteville Christian School is a member of the NCISAA. The NCISAA is a group of independent secondary schools sharing a belief that athletic interaction through statewide activities should be a positive experience. The NCISAA endeavors to promote and administrate a variety of educationally sound athletic programs culminating in a state championship.

Therefore, NCISAA activities are governed by the following principles:

- All activities shall be founded on accepted principles of sportsmanship.
- All activities shall be conducted without discrimination.
- Interruption of academic schedules and travel time and expense should be minimized.
- Equitable competition based upon variations in school enrollment should be provided.
- Financial aid in any form in return for athletic performance should be prohibited.
- The business affairs of the NCISAA should be conducted by a group equally representing the entire constituency.

As a voluntary, non-profit organization, the NCISAA operates with the belief that the basic integrity of each member school is the most vital part of the organization.

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**The CAPE FEAR INDEPENDENT CONFERENCE (CFIC)**

**The BIG EAST INDEPENDENT FOOTBALL CONFERENCE (BEIFC) – Football only**

Fayetteville Christian School is a member of the Cape Fear Independent Conference (CFIC) and the Big East Independent Football Conference (BEIFC). We will uphold the rules of these conferences and represent them in a Christ-like manner for all activities.

The member schools in the CFIC are as follows:

- Cape Fear Academy – Wilmington, NC
- Fayetteville Academy – Fayetteville, NC
- Fayetteville Christian School – Fayetteville, NC
- Harrells Christian Academy – Harrells, NC
- Village Christian Academy – Fayetteville, NC

The member schools in the BEIFC are as follows:

- Fayetteville Christian School – Fayetteville, NC
- Harrells Christian Academy – Harrells, NC
- North Raleigh Christian Academy – Raleigh, NC
- Wake Christian Academy - Raleigh, NC

The CFIC and BEIFC are responsible for arranging conference schedules and they meet regularly with Athletic Directors from each school to discuss conference business.

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### **405 Athletic Policies**

**\*\*Please remember that failure to comply with the following policies may put our kids or our programs at risk. Violations may cause game suspensions and /or removal from the team. \*\***

#### **REQUIREMENTS FOR PARTICIPATION**

##### **Academics**

All athletes must receive and maintain an overall 77 or C for each grading period. Students may not have an F in any subject. This average will be computed using core subjects: Math, Science, English, Social Studies, and Bible. A minimum load of five courses should be passed each semester to be eligible to play. If there is a failure to meet this criterion, then the athlete will be academically suspended from the team for the entire grading period. The suspension will begin the day report cards are sent home and will continue until report cards go out at the end of the next grading period. If the athlete has pulled their grade above a 77, then they will be reinstated to the team, provided there are enough uniforms.

If the athlete is in the middle school, but is a part of the varsity program, then the same criterion as above is required. If by chance the middle school and the high schools grading period does not fall on the same date, then the effective date of suspension will be when the middle school report card goes home. The suspension will continue until report cards go out at the end of the next grading period.

##### **Attendance**

A student missing four or more class periods in a day will be considered absent and may not participate in athletic events or practices scheduled for that day.

##### **Physical Examination**

Prior to the first practice for participation in interscholastic athletics, a student shall undergo a thorough medical examination and be approved for participation by the medical authority. The physical examination is good for 12 months. Students **WILL NOT** be allowed to try out for a team without first having a current sports physical.

***See Form II***

##### **Athletic Registration Form**

Completed annually by parent/guardian – includes permission, assumption of risk, and responsibility to have personal injury insurance. ***See Form I***

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### **Parent Acknowledgement of Athletic Policies**

A copy of this handbook will be posted on line. Each parent/guardian shall read the material and certify that they understand the eligibility rules and policies of the athletic department and the school. *See Form IV*

### **Insurance**

The school does not carry athletic insurance to cover student athletic injuries. All athletes must have proof of insurance, on file, before being allowed to participate in a sport.

### **Risk of Participation**

All athletes and parents must realize the risk of serious injury, which may be a result of athletic participation. FCS will use the following safeguards to make every effort to eliminate injury: Instruct all athletes about the dangers of participation in the particular sport; maintain continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport; and provide safe and state approved transportation.

### **Financial Obligation and Equipment**

A sports fee of \$150 will be assessed annually. The expectation is that the sports fee and other income to the athletic department will cover all costs required by the program; however, a team may choose to raise funds for special items after consultation with the Athletic Director.

Athletes will be responsible for the proper care and security of equipment issued to them. School furnished equipment is to be worn only at approved times. In other words no uniforms are to be worn during practices. All equipment not returned in good condition at the time requested at the end of the season will be subject to a financial penalty no higher than replacement of the uniform. Report cards will be held and no other uniform or equipment will be issued to the athlete until all previous accounts are cleared.

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### **407 Athletic Code of Conduct**

#### **SPORTSMANSHIP**

**Athletes:** All athletes shall abide by a code of ethics which will give God the glory and respect all competitors in interscholastic sports and activities. Any conduct that results in dishonor to God, the athlete, the team or the school will not be tolerated. Intimidation or forms of “trash talk” will not be tolerated. A FCS athlete should be diligent in preparation, relentless in effort, disciplined by nature, respectful in action, self-controlled with words, humble in spirit, and aggressive in pursuit of excellence, without regard to score, opponent, time, referees, etc. As Christian athletes display these characteristics, good things usually happen: teams are successful; players are motivated; fans are supportive and enthusiastic; parents are proud; perspective athletes want to participate; and a clear testimony for Christ is presented.

**Parents and Spectators:** It is important to make guests to our school activities feel welcome. All visitors should feel as though they have been treated fairly and dealt with in a sportsman like way. The skills of the visiting team should be recognized and appreciated. Everyone needs to work together to create a positive Christ like atmosphere at FCS. We ask that all people associated with FCS refrain from the following behaviors during a contest: booing or jeering, mocking or taunting, yelling negative comments to referees and/or opposing teams. Never confront a referee or other participants during or following a contest. If there is a problem, inform the school administration and let them deal with the situation. A game official or school administrator (or their designee) has the authority to remove any person from an athletic contest for unsportsmanlike behavior.

#### **SUBSTANCE ABUSE**

The Athletic Department will not tolerate any form of substance abuse by a student athlete. All student athletes are subject to drug testing. Refusal to submit to such a test will result in immediate suspension from the team.

“I promise to abstain from all use, possession, sale, purchasing or intended use of tobacco, drugs and/or alcohol both on and off campus.”

#### **HAZING**

Hazing is not to be a part of the FCS athletic program. Hazing is defined as an initiation process conducted against a player or prospective player of a team. Any behavior directed toward another that endangers the mental or physical health or safety of the student for the purpose of initiation or admission into or continued membership on any team is not acceptable behavior.

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### **APPEARANCE**

It should be understood that all FCS athletes represent our school, and that modesty should guide all clothing decisions. Our athletes are representatives of our Lord, their families, FCS and our Athletic Department. In order to promote team unity, each athlete should adhere to the following athletic dress code:

### **Athletes Game Day Dress Code**

#### **GIRLS**

During school hours, girls must wear a skirt or a skort with tights or knee highs and long or short sleeve button down shirt with the school logo,

During travel to and from games, girls **may** wear their warm-ups; however the entire team must dress the same.

Cheerleaders **must** travel to and from games in their warm-ups. It is not optional.

#### **BOYS**

During school hours and travel to the game, boys **must** wear their school pants with a short or long sleeve button down shirt with the school logo and a tie. Boys **must** wear shoes. (No flip flops or sandals)

During travel from the games, the school uniform, with the exception of the tie, or warm-ups can be worn; however, the entire team must dress the same.

**Note: Teams will be allowed to wear their uniforms during travel when locker rooms are not provided by the opposing school.**

### **PARTICIPATION**

Generally an athlete may participate in only one sport per season. If one desires to participate in two sports during the same season the athlete must have the support of the coaches of both sports and work through the Athletic Director to coordinate both sports and to gain approval for dual participation.

### **EQUIPMENT**

School equipment that is checked out to the student athlete becomes his/her responsibility. The athlete is expected to keep it clean and in good condition. Equipment/practice gear/uniforms are to be used only in contests or practice or as directed by the coach. It is not to be worn in PE classes or at other times unless directed by the coach. Game uniforms are not to be worn during practice. Loss of any equipment is the financial obligation of the athlete up to full replacement value. Fees may be charged for equipment returned late. No athlete will be allowed to participate in a sport until all previously issued athletic equipment and uniforms have been returned or proper restitution is made.

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### **MISSING PRACTICES/CONTEST – REMOVAL FROM A TEAM**

When an athlete joins a team the commitment is made not only by the athlete but the parents as well. It is hard work scheduling around an athlete's schedule for a season. There will also be occasional scheduling difficulties that may occur with make up games due to weather etc. An athlete is expected to attend all scheduled practices and games. If an athlete is going to miss practice or a contest, the coach should be consulted as far ahead as possible. If a family finds it necessary to be gone for an extended time during the season it is important to work with the coach so he/she can plan ahead. Missing a practice or a contest will generally result in some consequences. Please keep in mind when a scheduling conflict occurs that the athlete has chosen to be a part of the team, the team did not choose the athlete.

If a parent deems it necessary to remove their student from an athletic team temporarily or permanently, they must realize that these actions penalize the entire team. It is suggested that this course of action be viewed only as a last resort and used only when other disciplinary methods have been exhausted. Regular consultation should be maintained with the coach if removal from a team is a consideration.

### **TRAVEL**

All athletes are expected to travel to away contests in transportation provided by the school (this includes parent driven cars if needed). Any exceptions must be prearranged with the AD by the athlete's parent or guardian. Athletes are also expected to return back to the school by the same transportation means. However, coaches will have a travel roster in their possession at all contests; a parent will be able to sign their student out once the contest is over. Any athlete wishing to ride home with another parent will be released if and only if the parent of the athlete has signed the travel roster prior to departure or has made personal contact with the AD or coach indicating which parent their child can ride with. Any other arrangement must be prearranged with the AD. No athlete will be permitted to ride with another student.

All buses must be kept clean at all times. Noise level should be kept to a minimum. MP3's, CD players or any other such devices are not allowed on the bus or at away games. Boys and girls will not be permitted to sit with one another while traveling on the buses. Students are responsible to the coach, driver and all other adults on the bus.

**Food stops** – when stops are scheduled before or after an event, appropriate behavior is expected. Every effort will be made to get the team home early from away games Monday-Thursday. For this reason the bus will not stop after the game.

When possible all departure and return times will be posted with the schedule. Upon return, a coach must wait with all students until all have been picked up. When a bus returns late at night, it is important to arrange transportation on time. Most coaches have their duties completed 10 minutes after the return and are ready to go home too. Please do not make them wait.

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### **COLLEGE RECRUITMENT**

It needs to be understood that a very small percentage of athletes in the entire state of North Carolina will gain “full ride” athletic scholarships. The purpose of athletics at FCS is not to prepare athletes for college level. Preparation for college athletics is a byproduct of participation in high school athletics. It is important for an athlete to work with their coach who will aid in making contacts with college programs. Any athlete who anticipates competing at an NCAA Division I or II College must register with the NCAA Clearinghouse.

### **CONFLICTS IN EXTRACURRICULAR ACTIVITIES**

Inevitably in a school situation, scheduling conflicts will arise between athletic events and other school activities. When the athletic schedule is produced, care will be taken by the AD to avoid conflicts if possible. **In some instances, a student will have to choose prior to the season whether he/she will play on a team or take on some other extracurricular activity.** Missing scheduled meetings, practices or games without prior arrangements will result in some sort of consequences.

For students participating in a number of activity programs both on and off campus, scheduling conflicts will occur. It is important that the student keeps a calendar of events for his/her activities and if a conflict is found, the student needs to immediately inform all sponsors/coaches involved. In order to deal with each participant fairly, a consistent policy is necessary. If left unattended, unresolved and undisclosed, the student athlete is often placed in a difficult position between the athletic coach, activity sponsor and the parents. It is the policy of the athletic department to use the following priorities to handle any activity scheduling conflicts.

**Priority I** - A classroom required activity where attendance is mandatory for grade

**Priority II** - A regularly scheduled, planned activity

**Priority III** - A rescheduled performance or contest

**Priority IV** – A rescheduled practice

The headmaster and AD will oversee any appeal for decision as a result of this policy. However, with proper communication between parties most conflicts should be easily managed.

### **RELEASE FROM CLASS**

If a student misses classes because of an athletic contest it is the responsibility of the student to turn in **ALL** work **BEFORE** leaving school. Scheduled tests and quizzes must be taken before leaving unless other arrangements have been made with the teacher.

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### **SQUAD SELECTION/PLAYING TIME**

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program at FCS, we will keep as many students on each team as possible without unbalancing the integrity of the sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport. It is the decision of the athletic department in conjunction with the coach regarding the number of players to be named to a team in a given season.

It needs to be understood that students who make a team will not necessarily see equal playing time. No amount of playing time is guaranteed to an athlete. Playing time depends on the skill, experience, attitude, level of competition, and how those attributes blend with the rest of the team and the level of competition. At all levels below high school varsity it is generally expected that an athlete will participate in each competition but there may be occasions when this does not happen.

### **COACHES' POLICY**

Each coach may establish other rules or standards for the team or program in which they work which go beyond what is listed in this handbook. They may even be unique to that sport or program. The coaches' policies will be consistent with and not contradict other school practices and policies. The coach will file a copy of the rules with the Athletic Director. Following approval by the AD, the supplementary rules will be distributed to all team members.

### **DISCIPLINE POLICY**

The coach will have the freedom to discipline the athletes as long as it is consistent with the school, conference, and state policy. Some of the options that are available to the coach will be, but not limited to warnings, removal from game, practice, and even removal from the team. There are some offenses that will be handled by the school administration and the Athletic Director.









Player's Name \_\_\_\_\_

**EXAMINATION**

(to be completed by a physician)

The following are considered disqualifying until medical and parental releases are obtained: acute infections, obvious growth retardation, diabetes, jaundice, severe visual or auditory impairment, pulmonary insufficiency, organic heart disease or hypertension, loss, history of convulsions, or concussions, absence of one kidney, eye(s), or testicle.

Height \_\_\_\_\_ Weight \_\_\_\_\_ Blood Pressure \_\_\_\_\_

**Comments:**

- 1. \_\_\_\_\_ Eyes \_\_\_\_\_
- 2. \_\_\_\_\_ ENT \_\_\_\_\_
- 3. \_\_\_\_\_ Heart \_\_\_\_\_
- 4. \_\_\_\_\_ Lungs \_\_\_\_\_
- 5. \_\_\_\_\_ Abdomen \_\_\_\_\_
- 6. \_\_\_\_\_ Genitalia (Males) \_\_\_\_\_
- 7. \_\_\_\_\_ Musculoskeletal \_\_\_\_\_
- 8. \_\_\_\_\_ Neurological \_\_\_\_\_
- 9. \_\_\_\_\_ Skin \_\_\_\_\_

Urinalysis: \_\_\_\_\_

I certify that I have examined this student and find him medically (qualified, not qualified) to compete in interscholastic sports.

Licensed to practice medicine: Yes \_\_\_\_\_ No \_\_\_\_\_

Physician or Provider's Signature: \_\_\_\_\_

Address: \_\_\_\_\_ Date: \_\_\_\_\_

If student is not qualified to complete in interscholastic sports, list reasons for disqualification:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Player's Name: \_\_\_\_\_

**Medical History**  
(to be completed by parents)

Is there a known history of:

- |  |           |          |
|--|-----------|----------|
| 1. Birth Deformities (one eye, one kidney, etc.)         | Yes _____ | No _____ |
| 2. Known past illnesses of more than one week's duration | Yes _____ | No _____ |
| 3. Medical conditions currently under treatment          | Yes _____ | No _____ |
| 4. Fractures or other disabling injuries                 | Yes _____ | No _____ |
| 5. Any permanent deformity or disability                 | Yes _____ | No _____ |
| 6. Mental disorder or convulsions                        | Yes _____ | No _____ |

Explain any above questions answered yes: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Medications now being taken: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Player is allergic to these medication and substances: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

List any unusual health information: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



**Driving Permission Form**

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Your son/daughter has asked for and will receive permission to drive (alone) to \_\_\_\_\_ Practice at \_\_\_\_\_, and all home games throughout the \_\_\_\_\_ sports season. Permission to drive will be granted when this form is returned to the athletic offices signed. All players must drive safely to the specific location. Any violation of the law or other action that brings negative attention to the team while driving will revoke this privilege.

Please indicate your acknowledgement and approval with your signature below.

\_\_\_\_\_  
Athletic Director

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date



PLEASE DETACH AND RETURN TO THE ATHLETIC OFFICES

I have read the Fayetteville Christian School athletic handbook for co-curricular activities including the rules, regulations and policies. I fully understand its meaning and consequences and support its enforcement by persons responsible.

Please sign and return this page to the athletic office. This form will be for the current school year and kept in the office. Thank you for your cooperation and support.

Date \_\_\_\_\_

Signature of athlete \_\_\_\_\_

Signature of parent/guardian \_\_\_\_\_

Received in the athletic office on \_\_\_\_\_