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## **I. PHILOSOPHY OF ATHLETICS**

Athletics constitutes a part of a balanced Christian educational program and should be administered by coaches and authorities with that end in view. Participation in and appreciation of the skill in sports contests is a great part of enjoyable living. The perfectly timed and coordinated activities by which a participant or team strives to achieve and experience success, is an example of proficiency and coordination in life's challenges.

If we had to put our philosophy in three words, we believe they would be **faith, commitment, and work**. If any of our athletes are to experience what is mentioned above it would take a faith in God who is in control of all things, a commitment to finish the race no matter what, and a super-dedication to work for what God has called us to do. Therefore, whether we are coaches or athletes, it is believed that our efforts are in vain unless we glorify God. Athletics can be the training ground for the individual's maturation process. Almost everything we do in athletics compares to what the parents of these athletes are doing at home. Our teams must have unity the same as our families and businesses. Our teams and athletes must strive for goals just as businesses and executives; our athletes must be concerned about each other just as families are; our athletes must be self-disciplined and exert self-control similar to family and work situations. Our athletes are given the opportunity every day to build character within them by performing the task at hand; our athletes develop a determination to succeed not only on the scoreboard, but even in a steady progression of their own abilities.

We believe in and dedicate ourselves to the service of God. Our work is in dealing with the young lives of those who attend Manhattan Christian on and off the athletic fields. We dedicate ourselves to the task of touching the lives of young people in order that we may be a part of strengthening their faith in God.

## **II. OBJECTIVES OF ATHLETICS**

A. The interscholastic athletic program should focus on activities in which the participant can experience the expressiveness of movement, the creativity of play, the joy of participation, the excitement of total involvement, the satisfaction of intense effort, and the motivating influence of goal setting.

B. Intensity of effort and pursuit of excellence are essential - but so are "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

C. To teach a Christian response in choices of personal conduct, decisions about perseverance and intensity of effort, self-knowledge and self-control under stress, integrity, self-respect, and stewardship.

D. To help the participant learn cooperation, team spirit and develop relationships with the team, coaches and the school community, respect involving opponents and justice in relations with contest officials.

### **Athletics at Various Levels**

**Grade 7 & 8:** Competition should encourage maximum participation by all students who express an interest, in order to give them a good initial experience in athletics. Team members should be given substantial participation time - meaning equal participation time in practice and a reasonable amount of playing time in actual game situations.

**High School:** At the junior varsity and C team levels, emphasis is on individual skills and team play increases with teams being narrowed to 8-12 in basketball and volleyball. Every effort should be made to give substantial participation time, which is equal participation time in practice and a reasonable amount of playing time in actual game situations, to each team member. At the varsity level the goal should be to produce quality teams. A God-glorifying pursuit of excellence is clearly within a framework of Christian commitments. However, the coaches, athletic director, administrators, athletes and parents must constantly evaluate decisions about individual needs and goals.

### **III. RESPONSIBILITY OF ATHLETE TO MANHATTAN CHRISTIAN**

#### ***Conduct on and off playing fields or courts***

An athlete will be expected to:

Treat officials and opponents with respect

Control his/her temper at all times

Take victory or defeat without emotionalism, gloating or extreme disappointment

Congratulate opponents in a sincere manner following either victory or defeat

Use their influence on and off the court and field to help curb the degrading of opponents, teammates, coaches or officials.

Explain rules and strategies to parents and spectators in order for them to better understand why certain decisions are made

Learn to accept decisions as they are made and abide by them

Cooperate with the coach and teammates in promoting good sportsmanship

Strive for success in the classroom and on the court/field

Have excellent attendance at school and support the overall school program by attending other school functions

Realize that it is an honor and a privilege to represent Manhattan Christian by being on a team.

Everyone is watching the actions and language of athletes both on and off the playing fields.

#### ***Dress and Appearance***

Coaches may establish additional dress code guidelines for teams. You are expected to follow them. Game day dress is set by the athletic department as neat, clean dress slacks or shorts, shirts, sweaters, skirts, blouses or dresses. Dress and skirt length is at or below the knee. No blue jeans are permitted and pants must be worn properly – at or above the waist.

Hair should be neatly trimmed and of an appropriate length. At the discretion of a coach, you may be required to wear your hair so it will not interfere with your ability to play. E.g. Girls, long hair tied back, away from the face. Boys, cut short in back or around the face. Facial hair is not permitted for participants. Excessive makeup is not allowed and all jewelry is to be removed before practices and contests. The use of gum during contests or practices is not recommended.

### **IV. TEAM STANDARDS AND SELECTION PHILOSOPHIES**

**At the Junior High level** the goal is to promote participation so there are usually no tryouts and everyone can participate. At times teams players may be chosen to participate on a team other than the one established for their grade level. This is done in order to field full teams for each grade level. Additional teams may be formed for a grade level and additional coaches hired if there are more than fourteen participants for one grade level, in basketball or volleyball. Factors considered in forming additional teams, will include availability of coaches, practice times, numbers of games and other related factors. Student will be equally divided on teams when possible. When a grade has multiple teams, the teams will compete in tournaments if and only if there are an equal number of tournaments or tournament games for all teams.

## **V. ATHLETIC ELIGIBILITY POLICIES AND TRAINING RULES**

Students of MCS shall be eligible to participate in extra-curricular activities unless they have been declared ineligible for the following reasons:

**A. Academic Ineligibility:** 1) If a student receives a failing grade or incomplete in a class, for a quarter or for a semester. 2) If a student receives more than one failing grade or incomplete at the time of a mid-term report. They are ineligible to participate in performance or competition for 10% of that season's contests or a maximum of one week of regularly scheduled contests. An incomplete needs to be made up before the student is eligible. 3) Daily Work: Students whose work is at a dissatisfactory level in any class will be made aware of this by using a Parental Notification Form. The principal has the discretion to retain a student from playing in that week's contests (or) until the student's grades are at an acceptable level.

**B. Chemical Use Ineligibility:** 1) Confirmed student use or possession of alcohol or any non-prescription substance defined by law as a drug. 2) Confirmed student use or possession of any tobacco product. Ineligibility will be a) first confirmed violation - non-participation in competition or performances for 40% of that season's contests or a maximum of four weeks of regularly scheduled contests b) Second and subsequent violations - no participation in competitions for 60% of that season's contests or a maximum of six school weeks of regularly scheduled contests. Scheduled contests include district level competition for track, volleyball and basketball and only the regular season contests for cross-country, football and golf. Athlete must attend practices in order to serve the penalty. Penalties for chemical abuse violations will carry over from year to year. E.g.: A violation during the freshman year is a first violation. During the sophomore year another violation is the second offense.

**C. Disciplinary Ineligibility:** Behavior deemed to be unacceptable by the administrator, staff, the Educational Program Committee or School Board. Length of ineligibility will be determined on an individual basis by the administration and coach. Reinstatement of eligibility shall be determined on an individual basis by the group that imposed the ineligibility. The school's disciplinary eligibility policy also will pertain to extra-curricular participation.

**D. Regaining Eligibility:** Students declared ineligible for any of the previous reasons may regain eligibility to participate in extra-curricular activities if the reason(s) for the ineligibility has been corrected and after serving the minimum penalties.

**E. Out of Season Violations:** If the violation occurs during his/her off-season or if the penalty is not fully administered during his/her sport season, the remaining percentage of the penalty will be applied to the next interscholastic sport season in which the athlete participates. This implies that the athlete will compete in the next sport for the entire season - no late starts or early completion unless there is a season-ending injury.

**F. Practice While Ineligible:** While a student is ineligible for competition in an extra-curricular activity for a first offense, he/she must be allowed to participate in practices in order to serve the penalty.

**G. Coaches Rules:** Coaches/supervisors of extra-curricular activities may establish, publish, and enforce additional activity participation guidelines and training rules that must be followed by a student if he/she wishes to participate in that activity.

**H. Statute of Limitations:** There will be a one-school-year statute of limitations rule for offenders in all eligibility areas. E.g. A seventh grade student violating an eligibility rule would become eligible their freshman year, if they did not participate in athletics their eighth grade year. They would not have to serve the penalty if they did not participate for a year or longer.

**I. Application of Eligibility Rules:** The application of the eligibility rules shall be in effect from the

start of the first practice of any school-sponsored activity in the fall until the end of the school year in the spring.

**J. MCS Tobacco/Alcohol/Other Illegal Drug Contract:** Athletes are also subject to all consequences of the MCS Tobacco, Alcohol and other illegal Drug Contract. In that contract self-referral does not mean there will be any suspension from a team.

## **VI. ATHLETIC TRAINING RULES**

**A. School Suspension:** Any member of an athletic team who is suspended from school is also automatically suspended from a team, until the administration reinstates that student to school and the team.

**B. Attendance:** All athletic team members (including statisticians) must be in class the entire day in order to participate in a scheduled activity that same day (this includes practices.) Exceptions are made for medical appointments or family emergencies, which are cleared, by the coach, athletic director or principal, prior to missed class time. Athletes are required to inform coaches when practices must be missed.

**C. Transportation to Contests:** In junior high, a bus is usually used to get to the contest, but participants must arrange their own transportation back from the contest. Coaches of each sport will assist in arranging rides home for all participants. Only students directly involved in the activity may ride school-sponsored transportation. Liability insurance does not cover non-participating students.

**D. Participation Fee:** A participation fee is charged each athlete who participates on an athletic team and must be paid before a student is eligible to participate in an activity. The fee is waived if a parent is a member of the Athletic Booster Club and fulfills stated requirements as outlined by the club.

**E. Uniforms:** No athlete shall be allowed to compete in another sport until all equipment and/or uniforms from a previous activity are returned. Late fines can be levied for late returns and damaged uniforms must be paid for. All athletes must wear school issued/owned uniforms when participating in contests.

**F. Closed practices:** Practice sessions are closed to spectators, unless special permission is received from the coach. The practice session is similar to a classroom situation where students are receiving instruction and learning is taking place; therefore visitors are restricted.

**G. Responsibility for School Equipment:** Each participant is responsible for any equipment and uniform that they are issued. If it is damaged or lost, the participant is liable for the cost of the replacement or repair. All uniforms must be washed in cold water and hung up to dry - never in a dryer. Always hang sweaty uniforms to dry. No athletic uniform may be worn for P.E. classes, work or jobs, socially, practices or to school, except on certain "special" occasions, like Spirit Week or Dress-Up Days. Warm-up jackets can be worn to school on days of practices or contests. Students will provide their own practice uniforms, except for scrimmage shirts in basketball and spiked shoes in cross-country and track.

## **VII. STUDENT PARTICIPATION**

**A. Physicals** - All students participating in an interscholastic sport are required to have a yearly physical examination. This is an MHSA requirement and MCS requires written proof of such from the student before that student is allowed to compete in any practices. Standard MHSA-issued physical forms must be used and are available from the athletic director or the high school office. The school will provide one annual opportunity for students to receive physical examinations at a

reduced rate through local physicians.

**B. Insurance** - The school offers insurance to parents and students who desire to take it; otherwise it is assumed that parents provide their own insurance. It is not a requirement for participation, to have insurance, but it is recommended.

**C. Parent Permission**- Students must turn in a signed parent-permit form, before participating. This includes a liability release as well as consent for participation and information regarding inherent risk of sports participation. These forms should be carried with the coach on all trips to insure medical care when the student is away from parents.

**D. Participation Fee**- paid to the Athletic Booster Club prior to participation in any contests.

**E. Online Conduct:** No comments or pictures deemed inappropriate may be posted on social networking sites on the Internet and violations can put athletic participation in jeopardy.

## **VIII. OPEN GYM**

Open gym as defined by the Montana High School Association is “an arrangement whereby the school’s gymnasium is scheduled for volunteer play for all the student body during any month except for June & July.” (\*MHSA Handbook)

### **A. Criteria:**

1. The time and day of the open gym shall be made known to the entire student body by the administration through announcements, bulletin board postings, etc
2. The gym must be open to anyone enrolled in the school and must be on a voluntary basis
3. The person in charge of supervising the open gym may not coach, organize or instruct students in any sport not in season
4. Schools may furnish equipment

### **B. Violations:**

1. Making the open gym available only to specific sport participants
2. Making the open gym attendance mandatory for any student
3. The supervisor of the open gym helping groups of more than one student work on their jump shot, etc., when the sport is not in season
4. Select group of students working out in the gym at times other than the open gym period
5. Coaches playing on teams with players

### **C. MCS Policy:**

An authorized adult supervisor must be present. The supervisor is responsible for student conduct and participation. Students who are involved in a current school sport season must receive permission from their coach before participation is allowed

## **IX. WEIGHT ROOM**

### **A. Weight room objectives**

1. To utilize a weight training facility in the best interest of all athletes
2. To provide proficient coaching techniques in weight training
3. To provide alternative programs for achieving sport-specific results
4. To ensure that proper safety measures are employed during all training sessions
5. To ensure responsibility for the proper care of equipment
6. To attempt to reduce sport-related injuries through conditioning programs

### **B. Weight Room Rules**

1. Shirt and shoes are required at all times
2. **NOBODY** in the weight room alone

3. All students **must** be under the supervision of the coach assigned to the weight room.
4. Lifters **must** work with a partner
5. All weights must be replaced on racks **immediately** after using
6. Perform lifting **correctly**.
7. Warm-up with proper stretching exercises
8. **NO FOOD OR DRINKS, except water in plastic containers.**
9. **NO** horseplay!
10. Students using the weight room must be properly supervised by an approved adult

## **X. CONCERNS or CONFLICTS**

Athlete or parent concerns should be brought to the coach first and then the administration.

## **XI. AWARDS**

No awards are given at the Junior High level of activities.

## **XII. COACH'S EVALUATION PROCESS**

All participants and their parents will have input into a coach's evaluation process set up by Manhattan Christian.

## **XIII. ACKNOWLEDGEMENT OF RISKS**

Manhattan Christian will provide properly trained coaches, safe equipment and facilities and make reasonable efforts to see that the extra-curricular program is safe for everyone. Nevertheless, because activity can involve injury to the participants, you must be warned of dangers.

The purpose of this warning is to aid you in making an informed decision as to whether to participate in the activity. In addition, its purpose is to make you aware that as a student athlete, parent or guardian, it is your responsibility to learn about the sport and to inquire of coaches, physicians and other knowledgeable persons about any concerns that you might have.

Athletic injuries can impair the participant's general physical and mental health. Such injuries can include death or serious physical injury and a possibility of emotional injury. Injury can arise from the administration of first aid, or failing to follow game training, safety or other team rules. The use of transportation provided to and from a contest also involves the risk of injury or death.

**Basketball:** Basketball is a ball and hoop sport involving CONTACT. Because it is a contact sport, basketball involves the risk of serious injury to every part of the body. Common injuries sustained as a result of participating in basketball include ankle, knee, back, neck, head and leg injuries. Bruises, muscle strains, cramps, fractures, and dislocations are common types of injuries sustained by basketball players. Basketball injuries can result from contact with other participants, the basketball, the playing surface and other solid objects in and around the basketball court.

**Cross-Country:** Cross Country is a competitive running sport. Common injuries sustained in cross-country are to the knees, legs, hips, and lower back. The Achilles tendon, shin, ankle, foot, calf muscle, and hamstring muscle are also common injury sites. Common causes of injury to runners are training errors, difference in leg lengths, improperly fitted running shoes, or running surfaces. Other possible causes of injury include heat stroke, frostbite or congenital body defects.

**Track and Field:** Track and field is a sport involving sprinting, running, jumping and activities such as the pole vault, high jump, and discus throw. Common injuries sustained as a result of participating in track and field are to the thigh and hamstring muscles in the back part of the leg. Shin splints, muscle and tendon injuries of the leg and inflammation of the knee are also common. Head and neck injuries can occur as a result of being struck by throwing implements. Arm and

shoulder injuries can occur to participants as well. The most common time for injury to occur is during practice or warm-up. Other possible injuries include heat stroke or frostbite.

**Volleyball:** Volleyball is a competitive net and power ball sport. Common injuries sustained as a result of participating in volleyball are to the arms, hands, legs, feet, ankles, knees, lower back, shoulders, and elbows. Bruises, scrapes, strains, sprains, fractures, ligament and cartilage damage, and concussions are also possible. Injury to the head and mouth, nose, teeth, eyes, ears, and other parts of the body can result from contact with the ball, players, the playing surface, and other solid objects in and around the playing area.

**Golf:** Golf is a sport involving the use of a club and a ball. Injuries sustained while participating in golf include back, shoulder, wrist, finger, or leg injuries resulting from strained muscles or tendons. Improper warm-up can result in discomfort to the whole body. Also, participants can be involved in injuries from contact with golf balls and clubs used by other participants, while in a practice or meet situation. Weather conditions may also cause colds, flu, heat stroke, sunburn, frostbite or other respiratory problems.

**Football:** Football is an outdoor game using a ball. Football is a game that involves CONTACT. Because it is a contact sport, football involves the risk of serious injury to every part of the body. Common injuries sustained as a result of participation include ankle, knee, back, head, neck, arms and leg injuries. Bruises, muscle strains, cramps, fractures and dislocations are common types of injuries sustained by football players. Injuries can result from contact with other participants, the playing surface and other solid objects in and around the football field. Weather conditions can cause colds, flu, hypothermia, heat stroke, frostbite, and sunburn.