

Manhattan Christian

High School Athletic Handbook 2025-2026



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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, humility, and hard 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 humility to put Jesus first and others before yourself, and the hard work with a focus to glorify God in our pursuits. Athletics can be the training ground for the individual's sanctification and maturation. 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 by performing the task at hand; our athletes develop a determination to succeed not only on the scoreboard, but also 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. Because this is our belief, we expect our athletes to reflect Christ-like qualities in all of their lives, and to hold themselves to the high standard of those who are disciples of Jesus.

Objectives of Athletics

Focus

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.

Pursuit

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

Christian Response

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

Relationships

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 relationship with contest officials.

Athletics at Various Levels

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.

Responsibility of the Athlete to Manhattan Christian

Conduct On and Off Playing Fields or Courts

An athlete is expected to:

1. Treat officials and opponents with respect
2. Control his/her temper at all times
3. Take victory or defeat without emotionalism, gloating or extreme disappointment
4. Congratulate opponents in a sincere manner following either victory or defeat
5. Use their influence on and off the court and field to help curb the degrading of opponents, teammates, coaches or officials.
6. Explain rules and strategies to parents and spectators in order for them to better understand why certain decisions are made
7. Learn to accept decisions as they are made and abide by them
8. Cooperate with the coach and teammates in promoting good sportsmanship
9. Strive for success in the classroom and on the court/field
10. Have excellent attendance at school and support the overall school program by attending other school functions
11. Be totally committed to their school team and coach and attend all scheduled practices and contests
12. 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

1. 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. Pants must be worn properly - at or above the waist.
2. 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. For example: Girls, long hair tied back, away from the face. Boys, cut short in back and around the ears and away from the face. No facial hair is allowed for participants.
3. Excessive makeup is not allowed
4. All jewelry is to be removed before practices and contests

Team Standards and Selection Philosophies

Player Information

Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for some sports. Prior to squad selection, the coach shall provide the following information to all candidates:

1. Extent of try-out period
2. Criteria used to select the team
3. Number to be selected
4. Practice and game commitment if they make the team

Player Tryouts

Each candidate shall:

1. Have competed in a minimum of three practice sessions
2. Have performed in at least one intra-squad contest
3. Be personally informed of the selections by the coach

Coaches should discuss alternate possibilities for participation in the sport, or other areas of the activities program for students not selected as players on a team.

“C” Squad

This team may be selected if there are more than 22 participants trying out for the sport – a “C” team coach will be hired and a full schedule of games filled.

Athletic Eligibility Policies and Training Rules

Students of MCS shall be eligible to participate in extracurricular activities including sports and cheerleading, unless they have been declared ineligible for the following reasons:

Academic Ineligibility

Academic Ineligibility

All student-athletes are students first. Academic success is the top priority, and participation in athletics is a privilege dependent on maintaining acceptable academic performance.

Grade Checks

- Grade checks are conducted every Tuesday.
- The eligibility period runs from Tuesday to Tuesday, based on the most recent grade check.
- Eligibility will not be updated mid-week, even if a failing grade is improved after the check.

Eligibility Rules

1. A student is academically ineligible if they have one or more failing grades (F) at the time of a grade check.
2. Each student is allowed one “week of grace” per school year. This grace period:
 - a. Is applied automatically the first time a student receives a failing grade on a grade check.
 - b. Allows the student to remain eligible for one week while they work to improve the failing grade.

3. If the failing grade is **not resolved by the following Tuesday**, the student becomes **ineligible** until the next grade check shows the grade is no longer failing.
4. If a student receives another failing grade at any point after using their one grace week—**whether in the same class or a different one**—they become **immediately ineligible** for at least one full week.
5. ~~A student becomes academically ineligible if he/she receives a failing grade or an incomplete in a class for a quarter or for a semester.~~
6. ~~A student becomes academically ineligible if he/she receives one or more failing grades or an incomplete at the time of a grade check. Grade checks will take place every Tuesday. If a grade is not brought up in a one week grace period, a student becomes ineligible until the grade is brought up from failing. The second time a student receives a failing grade check during the same sports season, they become immediately ineligible until the next grade check. Scheduled contests include district level competition for track, volleyball and basketball and only the regular season contests for cross country, football and golf. An incomplete must be made up before the student is eligible. To be academically eligible, students must have passed all courses during each semester and/or 9 week marking period, immediately prior to their sport season.~~
7. ~~All athletes are considered students first and their responsibility as a student takes precedence over their athletic involvement. The principal has the discretion to retain a student from contests and/or practices if he/she has not completed assigned work, or if his/her behavior reflects disrespect or dishonesty. Athletes must recognize that participation in athletics is a privilege and the athletic department staff, teachers and principal expect all athletes to be model students in and out of the classroom.~~

Chemical Use Ineligibility

Prohibited activities include, but are not limited to the following: Use, attempting to use, possessing, purchasing, selling, distributing, or assisting another person in the use, attempted use, possession, purchase, sale, or distribution of tobacco, tobacco products, electronic cigarettes, and/or look-alike drugs, alcohol, controlled substances, other illegal mood-altering and/or performance-enhancing drugs or chemicals or any other substance used to obtain an altered mental state or “high”. Ineligibility will be

- a) First confirmed violated - 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 contest or a maximum of six school weeks of regularly scheduled contests.

Cheerleaders' penalties will be the schedule of the contest in which they will be participating. Penalties for chemical use violations will carry over from year to year. Ex: A violation during the freshman year is a first violation. During the sophomore year another violation is the second offense.

Scheduled Contests

Scheduled contests are defined as any district level competition for track, volleyball and basketball; and only the regular season contests for cross country, football and golf.

Disciplinary Ineligibility

Student-athletes are expected to demonstrate integrity, respect, and responsibility both on and off the field. Acts of dishonesty, disrespect, or other significant behavioral concerns may result in disciplinary consequences, including temporary or extended ineligibility from athletic participation. Such decisions will be made at the discretion of school administration in consultation with the Athletic Director. Each case will be reviewed individually, in alignment with the values of our athletic program.

~~Behavior deemed to be unacceptable by the administration, staff, the Education 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. Regular school eligibility policies also pertain to all participants.~~

Regaining Eligibility

~~Students declared ineligible for any of the previous reasons may regain eligibility to participate in extracurricular activities if the reasons for the ineligibility have been corrected and after serving the minimum penalties.~~

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.

Practice While Ineligible

While a student is ineligible for competition in an extracurricular activity for a first offense, he/she must be allowed to participate in practices in order to serve the penalty.

Coaches Rules

Coaches/supervisors of extracurricular 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.

Statute of Limitations

There will be a one-school-year statute of limitations rule for offenders in all eligibility areas. Ex: A freshman violating an eligibility rule would become eligible their junior year, if they did not participate in athletics their sophomore year. They would not have to serve the penalty if they did not participate for a year or longer.

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.

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 “no suspension from a team.”

Electronic Media

No comments or pictures deemed inappropriate may be posted on social networking sites on the Internet and violations can put athletic participation in jeopardy. Cell phones are not to be used in locker rooms.

Athletic Training Rules

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.

Attendance

All athletic team members (including stats, managers and cheerleaders) must be in class the entire day in order to participate in a scheduled activity that same day (students must be at 50% of class periods in order to attend practice.) Exceptions are made for medical appointments, pre-arranged absences 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.

Transportation to Contests

Each student who rides school transportation to a contest must also ride back from that contest on school transportation, unless his/her parents have personally contacted the coach prior to the return trip. Such students must then ride with his/her parents or other Manhattan Christian students' parents. Written notes are not acceptable. Only students directly involved in the activity may ride school sponsored transportation. Liability insurance does not cover non-participating students riding school transportation.

Financial Costs

Being a part of a team at Manhattan Christian may involve additional financial obligations.

Participation Fee

A participation fee is charged to each athlete who participates on an athletic team or cheerleading squad and must be paid before a student is eligible to participate in an activity. The fee is waived through serving in the MCS concession stand at various events (see MCS Fundraising for additional information.)

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. All athletes must wear school issued/owned uniforms when participating in contests.

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.

Dress and Appearance

All participants in athletic activities must dress appropriately when traveling to and from contests. Coaches will set dress codes with input from the administration. No participants will wear facial hair during their sports season.

Montana High School Association Eligibility Rules

Enrollment/Academics

Participants must be enrolled in a four year high school and receive a passing grade in at least 20 periods per week.

Physicals

Physical examination is required before each student can participate in any practices and must be certified by a physician, a physician's assistant, or nurse practitioner for the current school year.

Age Rule

No student shall be eligible to participate who has become nineteen on or before midnight, August 31 of any given year.

Participation Limits

No student shall be eligible who has been in attendance in any secondary school more than eight semesters.

Sport Limits

No high school students may participate in more than four seasons in any one sport.

Transferring

Participants may not change high schools and be eligible immediately, without the corresponding change of residency by their parents or guardians.

Amateur Status

Athletes may not have played on a professional or semi-professional team.

Award Rule

Participants may not receive an award that exceeds \$100 for performance on a team or individual sport.

Off Season Practice

Individual students involved in team sports may receive individual instruction from their coach during the off season, but may not participate in a "team" practice called by their coach, except during their season and June and July. They also are not required to be at any "open gym" sessions.

Assaults

Any athlete who physically assaults a contest official shall immediately become ineligible for further competition.

Ejection Rule

Any athlete who is ejected from a contest will also be suspended from the next regularly scheduled contest.

Practice Requirements

Students must participate in the required number of practice days before they will be allowed to participate in a contest. Required practices:

- 8 practices – Cross Country, Track, Basketball, Volleyball
- 10 practices – Football
- 3 practices – Golf

Student Participation

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 participate in any practices. Standard MSHA issued physical forms must be used and are available on the MCS website.

Insurance

It is a requirement for participation to have proof of insurance. A medical release form with insurance information must be filled out and kept in the MCS office.

Head Injuries and Concussions: Duties

Athletic Director or Administrator in Charge of Athletic Duties:

1. **Updating:** Each spring, the athletic director or the administrator in charge of athletics shall review any changes that have been made in procedures required for concussion and head injury management or other serious injury by consulting the MHSA, the MHSA website, US DPHHS and CDCP website. If there are any updated procedures, they will be adopted and used for the upcoming school year.
2. **Identified Sports:** Identified sports include all organized youth athletic activity sponsored by the school.
3. **Training:** All coaches, athletic trainers and officials, including volunteers shall undergo training in head injury and concussion management at least once each school year by one of the following means:
 - a. Through viewing the MHSA sport-specific rules clinic
 - b. Through viewing the MHSA concussion clinic found on the MHSA Sports Medicine page on their website; or by the school inviting the participation of appropriate advocacy groups and appropriate sports governing bodies to facilitate the training requirements.
4. **Parent Information Sheet:** On a yearly basis, a concussion and head injury information sheet shall be distributed to the student-athlete and the athlete's parent and/or guardian prior to the student-athlete's initial practice or competition. This information sheet may be incorporated into the parent permission sheet which allows students to participate in extracurricular athletics and should include resources found on the MHSA Sports Medicine page of their website, US DPHHS, and CDCP websites.
5. **Responsibility:** An athletic trainer, coach or official shall immediately remove from play, practice, tryouts, training exercises, preparation for an athletic game, or sport camp a student-athlete who is suspected of sustaining a concussion or head injury or other serious injury.

6. Return to Play After Concussion or Head Injury: In accordance with MHSA Return to Play Rules and Regulations and the Dylan Steigers Protection of Youth Athletes Act, a student athlete who has been removed from play, practice, tryouts, training exercise, preparation for an athletic game, or sport camp may not return until the athlete is cleared by a licensed healthcare professional (registered, licensed, certified or otherwise statutorily recognized health care professional.) The health care provider may be a volunteer.

Code of Conduct Form

A Code of Conduct Form must be signed once per school year by the athlete and parents. This form is available on the MCS website.

Parent Permission and Medical Release Form

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 will be carried with the coach on all trips to ensure medical care when the student is away from parents. Forms are available on the MCS website.

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.

Open Gym

“Open Gym” is defined by the MHSA as “an arrangement whereby the school’s gymnasium is scheduled for volunteer play for all the student body during any month except for June and July.” (MHSA Handbook) During June and July, coaches may coach their teams and conduct practice sessions.

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.

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 groups of students working out in the gym at times other than the open gym period.
5. Coaches playing on teams with players.

MCS Policy

1. An authorized adult supervisor must be present.
2. The supervisor is responsible for student conduct and participation.
3. Students who are involved in a current school sport season must receive permission from their coach before participation is allowed in an open gym for sports not in season.

4. Gym availability must be scheduled through the AD.

Montana High School Association

MSHA ruling states that out of season coaching is acceptable only on a one to one basis in team sports, Ex. – one athlete per coach. This means that one or more coaches could instruct one athlete, but two or more coaches cannot coach in their sport except during the season, and from June 1 to July 31.

Weight Room

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 being employed during all training sessions.
5. To ensure responsibility for the proper care of equipment.
6. To attempt to reduce sport-related injuries through well developed conditioning programs.

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 or staff member assigned to supervision of the weight room.
4. Lifters must work with a partner.
5. All weights must be replaced on racks immediately after using.
6. Lift correctly. Use lighter weights for correct technique before advancing to heavier weights to prevent injury.
7. Warm-up with proper stretching exercises.
8. NO FOOD OR DRINKS, except water in plastic or metal containers.
9. No horseplay!
10. Students not in a sport, using the weight room during non-class hours, must be properly supervised by an approved adult.

Concerns or Conflicts

Athlete or parent concerns should be brought to the coach first and then the administration and School Board. Athletes should address issues with their coach before parents are involved.

Coaches Observation Process

There is much more to coaching on the interscholastic level than winning. A successful coach needs a broad spectrum of competencies that are, in most situations, not taken into account whenever he/she is evaluated. Not everyone fits the model of the successful coach and the successful coach is not always the one who wins the game.

There is much to be understood if one is to be a capable coach at a Christian school. Coaches need to understand growth and development patterns, strength development, stress factors, fatigue levels, psychological readiness, maturation rates, learning curves, modern training techniques, and proper sequential development of various skills. This list should be much longer, but the important factor to remember is that it takes knowledge and command of many competencies to be a coach. If we were to

stop here, however, we would still be missing a very important ingredient in successful coaching. Integrated with all of these necessary factors is a love for the Lord and a willingness to model a close walk with Him. We ask each of our coaches to use athletics as a tool to help our athletes to better understand the sovereignty of God in all of life. Without identification of program goals and objectives, it is difficult to assess the need for growth, improvement or change. The following instruments have been developed to help athletic directors accomplish the goals of coaching assessment and improvement.

Observation Procedures

Purposes

1. To afford an opportunity to identify, recognize and praise quality coaching and instruction.
2. To provide an opportunity to identify potential leadership within a system.
3. To create a climate to achieve individual improvement through the development of job targets.
4. To provide information necessary to enhance objective assessment of a coach.
5. To identify factors that interfere with a coach's overall contribution to the growth of athletes.
6. To assure that quality coaching is a responsibility shared by the entire coaching staff and the athletic administrator.

Procedures

1. Supervision
 - a. The athletic director and principal are responsible for the supervision of all coaches' evaluations.
2. Coaches are encouraged to ask their teams for observation input either formally or informally
3. Process
 - a. The AD will submit a copy of the report to the principal and keep a file of that report.

Communications and Conflict Resolution Procedure

Concerns or problems within the program should follow the steps outlined below as well as God's Conflict Resolution Principle as stated in Matthew 18:15.

MCS Grievance Procedure Involving Coaching Staff, Players and/or Parents

MCS supports voluntary resolution of conflicts, problems, and concerns between two parties regardless of their positions or roles. MCS firmly believes most issues can be handled quickly and appropriately to everyone's satisfaction. We encourage athletes who are facing difficulties with a supervising coach to deal directly with the coach. If they are not comfortable or lack the confidence to deal with the situation without a parent present, they are encouraged to meet with the coach with the parent present.

Underlying assumptions:

1. Coach's decisions regarding athletic play time-game management-practice time and management are not issues that will not be dealt with beyond a conversation with the coach.
2. Coaches are to provide a safe environment for the athlete.
3. Consistent communication between the coaches and athletes is expected. If this is not happening, this concern should be shared with the coach as soon as possible.
4. Coaches are not to be approached with concerns immediately following an athletic contest. We believe that time and space allows for better communication if difficulties have arisen.

The following grievance process should be followed in situations in which immediate resolution cannot be achieved.

1. After meeting with the coach and assuming a resolution cannot be achieved, the athlete or parents should request a meeting with the coach and the schools designated Athletic Director. The meeting should take place within a reasonable amount of time (10 business days).
2. If a satisfactory resolution cannot be achieved in a meeting outlined in #1, the athlete or parent may request a meeting with the appropriate Principal and Head of School.
3. If a satisfactory resolution cannot be achieved in a meeting with the administration, the athlete or parent may appeal to the Board of Directors. The complaint will be heard at the next available full Board meeting.
4. The decision of the Board will be final.

If any of the following situations occur, an athlete should contact the Athletic Director or administrator immediately and report the event in as much detail as possible:

- Physical or emotional intimidation
- Inappropriate sexual advances
- Physical or verbal abuse

The complaint form is available at the office (#625 in Policy Handbook).

Conflict Resolution

In resolving conflict with coaches, the following steps of communication will be followed by the administration, board, parents and athletes:

1. Player and coach
2. Player & Parent - Coach
3. Player & Parent - Coach & Athletic Director
4. Player & Parent - Coach, Athletic Director & Principal
5. Player & Parent - Coach, Athletic Director, Principal, Head of School & School Board

If there is a concern to discuss with a coach, the following procedure will be followed:

1. Call the coach and set up a face-to-face meeting
2. If the coach cannot be reached, call the athletic director and a meeting will be set up for you.
3. Please give yourself time to understand your concern before approaching a coach. Attempting to confront a coach before, during or immediately after a contest or practice is unacceptable.
4. If the concern is not satisfactorily resolved after meeting with the coach, the athletic director will be involved in the discussion.
5. The athletic director will investigate the concern through discussions with the coach, other coaches, and will observe practice or game situations if it relates to the concern. The athletic director will document the results of the investigation and subsequent action(s) to be taken to resolve the conflict.
6. If the formal complaint is not satisfactorily resolved by the athletic director, the athlete and/or parent may appeal in a face-to-face meeting with the principal, who will meet with the parties involved in a further attempt to resolve the situation.
7. If the complaint is not satisfactorily resolved at this level, the athlete and/or parent may appeal to the Head of School in a face-to-face meeting.
8. Following this meeting, the conflict may be presented to the School Board in a formal written correspondence.

Awards

Individual Awards

1. Individual awards are only given at the high school level.
2. Varsity teams may award two individual awards as to the coach's discretion.
3. All levels below the varsity level receive a participation pin and certificate.
4. Managers/stats receive a participation pin and certificate.
5. 1st Varsity letter - pin of sport and certificate.
6. 2nd and following Varsity letter - pin of sport, certificate and plaque after senior year.

Lettering Requirements

Cross Country Varsity

Must attend all meets and practices unless prior permission is received from the coach. Also, athlete must accomplish one of the following:

1. Run at the state meet
2. Run the 3 mile course at Townsend (the last regular season meet) in less than 19 minutes for boys and 22 minutes and 30 seconds for girls
3. Run in 3 meets during the year and have a time better than $\frac{1}{3}$ of all the runners in the varsity race.

Track Varsity

Participation in practices and meets is required. Participants must meet the lettering standards as set up by the coaching staff or must have completed their third year in a high school track program.

Basketball Varsity

Participant must play in as many quarters as there are games. (ex. - 18 games scheduled, player must have played in 18 quarters)

Volleyball Varsity

Participant must play in half as many matches as there are in the season. (ex. - 26 matches, player must have played in 13 matches)

Golf Varsity

Participant must either qualify for the state tournament or meet the minimum score requirements set up by the coaching staff. (ex. – for boys, score a 100 or less in a meet; for girls, score 120 or less in a meet or 18 holes).

Football

Participants must play in as many quarters as there are games. (ex. – 8 games scheduled, player must have played in 8 quarters)

Cheerleading

Letters or pins will be awarded to all participants who meet qualifying standards:

1. Supervisor's discretion
2. Attend all practices and contests unless excused by supervisor

Coaches Discretion

The coach may use his/her discretion regarding the lettering of athletes who do not meet the standards. Also, the coach has the right to not award a letter to anyone who meets the above requirements but may not meet Manhattan Christian citizenship requirements.

Team Awards

All Varsity teams will be allowed two awards. Each coach and team can select which award will be given. Ex. – Most Improved, Best Defense, Coach's Award.

All awards will be ordered by the athletic director and given by the coach at an Awards session following the conclusion of each sports season. All awards must also meet MHSA guidelines as to cost.

Acknowledgement of Risks

Manhattan Christian will provide properly trained coaches, safe equipment and facilities and make reasonable efforts to see that the extracurricular 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.

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.

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.

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.

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 laying surface and other solid objects in and around the basketball court.

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.

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.

Cheerleading

Cheerleading is a flexibility and agility activity. The risk of injury may include the possibility of neck and spinal injuries, which can result in paralysis, injury to the head or bones, joints, ligaments, muscles and tendons. The risk of injury may result from falls or collisions with other participants or the ground surface.

NCAA Eligibility Standards

For those students who desire to participate in college athletics please visit the following websites.

For NAIA colleges, visit:

<http://www.PlayNAIA.org/page/students.php>

For NCAA colleges, visit:

<http://CollegeSportsScholarships.com/NCAAClearinghouse.htm>

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