



## Quad Cities Christian

# Athletic Handbook

*Pursuing athletic excellence, developing Christian character*

The purpose of this handbook is to ensure cohesiveness and order in the athletic program of Quad Cities Christian School (QCCS). Reference to its content will answer all questions, except the most unusual, related to the program. It is dedicated to the goal of providing a program in which our athletes develop both physically and spiritually. It is our desire that our athletic program be one characterized by the following statement: pursuing athletic excellence, developing Christian character.

### **Athletic Philosophy**

The primary focus for QCCS athletics is the development of the student athlete on and off the field. The QCCS athletic program desires to be as competitive as possible at every level while placing an emphasis on the spiritual growth of each athlete.

### **Athletic Initiatives**

1. Raise the bar-We believe student athletes will reach for the goals set before them. It is important that we set achievable goals while pushing them beyond their perceived limitations.
2. Grow the body-We each have a role in the growth and progression of our athletic program. Everyone buying into their role fully equips the body to function at its greatest capacity.
3. Create community-Service leadership is an emphasis within QCCS athletics (Philippians 2)

### **Attributes within QCCS Athletics**

1. Leadership
2. Communication
3. Professionalism/ Class
4. Qualified Coaching Staff
5. Physical Development
6. Feeder Programs
7. Facility Enhancements
8. Summer Camps
9. Parental Support
10. Performance

### **Participation**

Participation in athletics at QCCS is open to every student, but conditional upon meeting the criteria of academics, character, and athletic skill necessary to compete. Players are only allowed to participate in one sport per season. There is different emphasis at each level of play; however, all teams will compete to win. The middle school, JV and varsity programs are not recreation programs. They are not designed to allow everyone that tries out to make a team nor is everyone that makes a team guaranteed playing time. Only those athletes with the highest skill level and strongest work ethic will be selected for each team. During the school year, teams are not permitted to participate in athletic contests or practices on Sunday.

**Middle School (grades 6-8)** - The athlete is provided with learning experience and the opportunity to develop basic individual skills during practice. Team concepts of play are introduced. During the season coaches will strive to develop Christian character within the team. An athlete's playing time is determined by how it will best serve the team.**Junior Varsity (grades 6-11)** - The athlete improves skills while learning team concepts that are more complex. There is also an increase of physical development with better competition. The coach will emphasize winning and work with the team to develop Christian character. An athlete's playing time is determined by how it will best serve the team.

**Varsity (grades 6-12)** - The athlete is advanced in skill and physical development. Emphasis is placed on individual and team potential. The athlete's playing time is determined by how it will best serve the team. Overall, the goal is to develop a winning program that also emphasizes Christian character.

When choosing athletes for a team and making cuts, the coach is responsible to evaluate each prospective athlete based on objective criteria. A student is not guaranteed a spot on a team because he/she was on the team the year before or their friends are on the team or because they are a senior. Communicating with each individual specific reasons why he/she did not make the team will enable the student to target areas for improvement. The coach is also responsible for evaluating each athlete as to his/her role on the team. There are no guarantees regarding playing time at any level. The coach is the sole judge on who should start and how much playing time each athlete should receive.

### **TMA Coach Qualifications**

#### I. Christian with a Christ-focused mindset

1. Disciplined lifestyle
2. Responsible
3. Takes initiative and has a pro-active approach
4. Respect for others
5. Personable

### **Membership and Affiliation**

6. Strong communicator
7. Program leader / director
8. Visionary
9. Goal Oriented
10. Motivator
11. Teacher
- 12.

QCCS maintains membership in the Illinois High School Athletic Association. As such we will function under the guidelines provided by the IHSA. In addition, QCCS is part of the North Illinois Christian Conference (NICC) and as such will function under the guidelines provided by the NICC.

## Eligibility Requirements

QCCS follows the eligibility requirements of the IHSA and the NICC which state:

- The student athlete must maintain a cumulative 2.0 grade point average on a 4.0 unweighted scale through the end of the previous semester as required by Florida Law. Sixth, seventh and eighth graders must have been regularly promoted from the previous grade, carry a normal class load, do satisfactory classroom work and maintain a satisfactory conduct record.
  - A student may not participate in a sport if the student participated in that same sport at another school during that school year, unless the students meet one of the criteria outlined in the IHSA handbook (Student transfers to pursue an educational opportunity that fits the mission (spiritual and academic excellence) of QCCS and meets QCCS enrollment criteria.

Students must meet the academic guidelines of QCCS which state: Students that have a cumulative 2.0 GPA, but have failed a course will be given an academic remediation plan. When the stipulations written in the plan have been met, the student will be granted eligibility.

Students who are not re-enrolled for the following school year are ineligible to participate in Spring Sports.

### **Suspension From Participation**

A student who does not meet eligibility requirements as described above will be suspended from participation in athletics until the grade averages are acceptably raised. If a student's GPA falls below the mandated 2.0 at the end of a semester, that student will not be allowed to participate for the entire following semester. Failure by any student to adhere to the provisions of the Athletic Handbook may be grounds for suspension from participation as determined by the school's administration.

### **Absences**

Students must be in school for at least 3 1/2 hours, (not including lunch time) to participate in practices or games that day, unless prior arrangements have been made with the administration. Any student leaving school early must still meet the time attendance requirement.

### **Early Release**

Because of travel, it is sometimes necessary for teams to leave school prior to normal dismissal times. It is the responsibility of the student/athlete to arrange with teachers to make up for any missed work.

### **Late Return**

If a team returns to the QCCS campus from an away game after 11:30 the student athlete will be allowed an excused absence from 1st period class only. If the student elects to arrive after 1st period he/she must bring a note from his/her parents indicating that they are aware that they have missed 1st period class and are responsible for any missed work.

## **Attire**

---

Students/athletes are expected to dress appropriately and according to the guidelines in the QCCS student handbook while traveling to and from athletic events. Under administrative direction, coaches will specify dress expectations for game day attire.

Transportation Students must travel to and from athletic events on QCCS transportation when it's provided. Students are not permitted to ride home with anyone other than immediate family without written permission.

### **Electronic Devices**

Any student using any electronic device including cell phones while on campus, is subject to having QCCS personnel check the content and could lose their privilege of possessing electronic devices on campus and will receive disciplinary consequences. For example, students watching inappropriate videos on a cell phone, students listening to music with explicit language, or students texting inappropriate messages will result in a parent meeting and appropriate disciplinary consequences. Personal electronic equipment as defined above cannot be used on school sponsored trips or functions without specific permission. Coaches may confiscate any devices used in violation of this policy. All music, movies, CD's, etc. taken on TQCCS sponsored trips must be deemed appropriate.

Uniforms The athletic department will purchase all team uniforms and collect all uniforms at the conclusion of each season. Athletes are responsible to take proper care of uniforms and return them in good condition. Lost or damaged uniforms must be replaced by the athlete. Uniforms are to be worn only for games.

### **Statement of Commitment**

All QCCS athletes and their parents will be required to read and sign a statement of commitment. The purpose of this form is to ensure that all athletes and their parents have considered the level of commitment QCCS requires of its athletes. While considering this document parents and athletes should discuss all its facets. These include:

- I. Practice and game attendance
  1. Required physical (new physical forms must be completed prior to one year anniversary)
  2. Effort and attitude
  3. Injury and playing time issues.
  4. School behavior
  5. Eligibility and attendance requirements
  6. Uniform maintenance
  7. Penalties for quitting a team
  8. Parental volunteering in either the concessions or gate

## **Participation Fees**

The following fees will be charged for athletic participation: \$125.00

## **Rules For All Teams**

The following rules shall be followed by all QCCS teams. Coaches may supplement these with additional rules. A copy of all team rules must be on file with the Director of Athletics and written team rules must be provided to each player and to all parents.

1. All players are required to attend all practices and games unless given prior permission to miss by their coach.
2. Missing a practice or game without prior permission may result in removal from the team. Repeated offenses will result in removal from the team.
3. Players will make up excused missed practices and games in a way to be determined by each coach. (i.e. running laps for missing a practice, or sitting out for part of an upcoming game)
4. Players are to be on time for practices, games and team meetings. Coaches are to penalize tardiness.
5. Players must maintain academic and behavior eligibility as outlined in this handbook.
6. Players are to follow team dress standards as established by each coach.
7. Players are responsible for the proper care and return of uniforms. Players will be charged for damaged or lost items.
8. Players who quit after accepting a spot on a team, without the approval of the coach and Director of Athletics, will not be eligible to participate in a QCCS sport during the following season or to participate the next year in the sport they quit.
9. If a player is required to miss practices or games because of a doctor's instructions, a note from the doctor is required prior to his/her return.
10. If a player needs to get academic help after school at a time which would make him/her late to practice, he/she must get prior permission from the coach.
11. Missing practice because of detentions will result in disciplinary action as determined by each coach.
12. QCCS practices and games must have first priority over all non-QCCS travel and club sports teams.

## **Facilities Use Policy**

The athletic facilities of Quad City Christian are intended to meet the physical education and athletic needs of our students and school families. Use of the facilities will be prioritized as follows:

1. QCCS physical education program
2. QCCS athletic program
3. QCCS extended family (i.e. faculty, staff)
4. General community use

### **The following will apply to all facility usage:**

1. Physical education classes must be supervised by an approved adult at all times. Athletic teams must be supervised by an approved adult at all times.
2. Use of all facilities, other than for physical education classes, will be scheduled by the Director of Athletics and/or the QCCS Superintendent.
3. If the facility is used by an outside group, an approved adult must be designated by the Director of Athletics and/or administration to oversee all activities.
4. Outside groups who use the facilities must provide their own equipment unless prior arrangements have been made to use QCCS equipment.
5. Proper shoes must be worn during use of facilities.
6. All outside groups are subject to a rental fee as determined by the school administration and must comply with the school's general use policy.

## **Critical Situations Policy**

1. The Director of Athletics will administrate all home events or designate another staff member to do so in his absence.
2. In case of an emergency the following will occur:
  - a. Professional medical advice will be sought from among spectators.
  - b. The administrator on duty will work with coaches and parents to determine if emergency assistance should be called.
  - c. Emergency assistance will be called if any doubt exists as to the seriousness of the injury.
  - d. The administrator will stay in the vicinity of the injured player and designate others to make necessary calls.
  - e. The administrator will designate an adult to accompany the injured player to the hospital if the player's parents are not in attendance.
  - f. An immediate effort will be made by the administrator to contact the parents of the injured player.
  - g. The administrator will work with the family to coordinate any help they may need to provide for other children or to notify family members.

## **Athletic Awards**

There will not be a major emphasis on individual awards at QCCS. This is based on our commitment to emphasizing the concept of the team as opposed to the individual. The following awards will be given each season:

### *Eagle Cup*

Male and Female Athlete of the Year - Each year one male and one female varsity athlete will be selected for this award. The Director of Athletics will survey all varsity coaches for candidates for this award and make the final selection from among those nominated. The award is based on athletic accomplishment, leadership, academic excellence and character. Junior and senior athletes are eligible for consideration.

### *Varsity Team Awards*

Each varsity athlete will receive a varsity letter, along with a pin, upon completing his/her first year of varsity participation. At the conclusion of each additional season of varsity participation the appropriate bar will be presented. In addition, each varsity coach will present up to 3 awards including an Eagle Award.

### *JV Team Awards*

The coach will present up to 2 awards including an Eagle Award.

### *Middle School Team Awards*

The coach will present up to 2 awards including an Eagle Award.

The Director of Athletics will arrange for all awards to be prepared and available for presentation.

## **Athletic Funding**

QCCS provides funds for the general operation of the athletic program. These funds are generated by many sources including, the sale of advertising, student participation fees, admission and concession revenues and occasional fundraisers. **Admission Policy For Home Events**

QCCS teachers, staff and their spouses will be admitted free to all home events. (Excludes state series games) Admission will be charged to all other adults and students. Admission prices will be published prior to the beginning of each school year.

## **Concessions**

Concessions will be available at most home events. The Director of Athletics will arrange for the purchase and sale of concession items and schedule parents of athletes to sell concessions at all home games.

## **Pictures**

The Director of Athletics will schedule a picture day during each sports season. Information about picture day and an opportunity to purchase pictures will be provided to each family.

## **Sportsmanship**

Good sportsmanship is at the top of our list of priorities at QCCS. This would be true, even if we were not a Christian school. But as a Christian school, it is even more important for us to maintain excellent sportsmanship. This commitment brings us back to our basic emphasis of "Pursuing athletic excellence - Developing Christian character." It is proper to want to excel, but we must always remember that the development and demonstration of Christian character is an even higher calling. The following Athletic Creed is something we must all consider and work toward.

### **Athletes will:**

**Respect** parents, coaches, teammates, officials and opponents

**Personify** commitment and a positive attitude

**Represent** their school with honor and pride

### **Parents will:**

**Support** the team and coaches in public and address concerns in private

**Encourage** 100% individual effort and 100% team loyalty

**Provide** positive reinforcement to all athletes

### **Coaches will:**

**Inspire** their athletes by personal example both on and off the field or court

**Teach** athletes to play hard, but to win or lose with equal grace

**Treat** all people with dignity and respect

With this Athletic Creed in mind the following should be considered when it is necessary to deal with any conflict situation in the QCCS athletic program.

Commit the situation to personal prayer, seeking God's direction in dealing with it.

Go directly to the person involved. Go with the proper spirit, seeking mutual resolution to the conflict. This is a scriptural mandate. (Matthew 18: 15-17)

If resolution does not occur, take your concerns to the next level.

Resist the natural temptation to talk to other people about the situation. This often falls under the scriptural warning to avoid stirring up dissension. (Proverbs 16:16-19)

## STATEMENT OF COMMITMENT

I, \_\_\_\_\_, as a member of the QCCS athletic team, do agree to abide by the following rules and standards of conduct. I realize that athletic involvement is a privilege, and not a right, and carries with it responsibilities. I further acknowledge that there will be consequences for misconduct or not fulfilling my commitment.

- A. I agree to attend and be on time for all practices, meetings, and games. This includes awards programs, team parties, team pictures, and all other team functions.
- B. I agree to provide a current physical prior to the beginning of tryouts for a team.
- C. I agree to personally gain prior permission from my coach if extenuating circumstances arise where I must be late or miss a team function. (i.e. academic help, family emergency, etc.)
- D. I agree to follow the Matthew 18 principle in dealing with disputes.
- E. I am responsible to attend practices and games when injured unless excused by my coach. I understand that if excused from practices or games by a physician, I must supply a physician's written release to resume participation.
- F. I agree to keep an attitude of encouragement towards my teammates in every situation.
- G. I agree to refrain from smoking, drinking, and profanity anytime and anywhere. According to the scriptural mandate to flee from even the appearance of evil, I agree to avoid situations (parties, informal gatherings, etc.) where alcohol and drugs may be present.
- H. I realize that being late due to a detention will not be tolerated, and I will avoid actions/attitudes that may lead to detention.
- I. I agree to maintain my academic eligibility as outlined in the Student and Athletic Handbooks and to inform my coach of any academic problems that I may encounter.
- J. Equipment & Uniform: If any damage occurs during my possession, I agree to pay for repair or replacement. I agree to not use any school issued equipment or uniform for any outside activities unless approved by my head coach and/or the Athletic Director. I will return the full uniform within TWO WEEKS after the season has ended or I will be fined \$25.00.
- K. I understand if I am not in school attendance for 4 periods, I will not be allowed to participate, unless prior arrangements have been made.
- L. I understand that if I am ejected from a game, I will be required to pay the fine assessed by the FHSAA.
- M. I understand that if I break my commitment to my teammates, coaches, and QCCS by quitting a team, my participation on QCCS teams will be restricted.

### Parents:

- 1. I agree to refrain from behavior in the stands toward other spectators, teams or officials that would hurt our testimony as Christians.
- 2. I agree to follow the Matthew 18 principle and schedule meetings for disputes with those involved.
- 3. Parents must treat all supervisors at games with respect. The coaches, fans, and officials should be respected and failure to do so will result in discipline action and possible removal from facilities.
- 4. If I have a matter to discuss with the coach concerning my child, I will not confront the coach on a game day before or after the game but will wait and set up a time to meet with the coach.
- 5. I understand that if I do not allow my child to attend games or practices during the season, the penalty will be the same as an athlete quitting the team in accordance with the athletic handbook.

*I have read and understand the QCCS Athletic Handbook. In signing this document, I agree to do my best to abide by its guidelines.*

---

Student-Athlete Signature

---

Date

---

Parent Signature

---

Date