

*Faith Christian School
Athletic Handbook*



Patriots

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A Message from the Athletic Director

God has blessed Faith Christian School with a quality athletic program. This handbook was organized to clarify the purpose and the policies of Faith Christian Schools Athletic Program. My hope is that we can all achieve God's standard of excellence on both the sidelines and the playing fields. One important reminder, a coach should expect and receive full support from both players and parents.

Our athletic program is just one part of the overall opportunity for our students to have a balanced and fulfilling school experience. Athletics is a chance for students to continue developing their physical, mental, and physical maturity while honoring God through hard work and excellence. Our student athletes are expected to fulfill the high standards of academic achievement and Christian behavior. Through the opportunity of athletic competition and dedication to teamwork and discipline our school has been able to consistently foster traits that are consistent with Christian principles.

Winning is a great reward for diligent effort, strong determination, and proper mental attitude. Without these specific traits that are developed and nurtured along the path that leads to victory winning becomes hollow. Much in the same way, failure and defeat are often times the back door that ultimately leads to success and victory. It is through the lessons we learn in pain and suffering of defeat that we can hopefully learn what needs to be changed or improved.

My responsibility as the Athletic Director of Faith Christian School is to foster these expectations and traits through the leadership of qualified Christian coaches and athletes of our school. Participation on a team is a privilege that is provided for those students who desire to fulfill the expectations of a student athlete.

All of us at Faith Christian look forward to a great year of athletic competition honoring Christ complete with hard work and great memories.

Sincerely,

Jimmy Hendricks

Jimmy Hendricks
Athletic Director

Athletic Theme Verse

“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”

I Corinthians 10:31

Philosophy

The program of interscholastic athletics at Faith Christian School is designed to develop within each athlete Christian values and Christian attitudes toward one another. It allows for the development of physical skills in individual and team sports and for proper health habits to aid in the development of these skills.

- To recognize that each individual student is a unique creation of God, and to provide the opportunities for maximum participation for all students in a variety of activities and play.
- To develop within each athlete the individual and team skills necessary to compete successfully and reach for that individual's God given potential.
- To develop within each athlete strong team spirit and a loyalty to the school.
- To teach good sportsmanship.
- To provide opportunities for athletes which encourage self-confidence, sociability, initiative, and a feeling of belonging.
- To promote an understanding of body growth and development and the importance of good health habits in aiding that growth and development.
- To provide the leadership, rules, and disciplines necessary to assist each athlete in attaining all of these objectives.

To be so thoroughly taught by God's Holy Spirit that we, by precept and lifestyle, may in turn teach our athletes to see life from Christ's point of view, enabling them to think like Him and to act like Him, by demonstrating His character qualities. (Romans 8:29; Proverbs 4:7)

“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).

Mission

The athletic program at Faith Christian School is designed to challenge students to become their best while providing opportunities for social interaction, an outlet for wholesome competition, and a rewarding Christian educational experience. The School's athletic program reflects the mission, beliefs, and values that guide the other components of the institution.

The prevailing attitude among all those connected with the sports program at FCS should be - “I want Christ to be seen in my life.” A Christ-like attitude will mold and shape Christian character from the inside out. The following guidelines are designed to make the sports program profitable for each participant:

1. Obedience - Do what your coaches and others whom God has put in authority over you tell you to do. If you have a question, do not be afraid to ask for clarification.

2. Diligence -Use all your strength and ability to complete each part of your task. (for example cleaning up, doing drills, conditioning, competing in a game or any other activity)
3. Responsibility – do everything that is expected of you, whether being directly supervised or not. Do not make a coach “baby-sit” you!
4. Determination – Make up your mind to accomplish all of God’s goals in His time, regardless of the opposition.
5. Confidence – Remember, as you give totally all you have to Jesus, you become a winner in God’s sight.
6. Perseverance – Always do your best and try to win, as this is the object of competition. If you have done your best, there is nothing to regret.

STATEMENT OF FAITH

Because the Bible does play such an important role in the life of FCS, our position on the Bible and its teachings is of paramount importance. Being non-denominational does not mean we do not believe or teach anything specific. It does mean that denominational differences will not be emphasized at FCS.

1. We believe the Scriptures of the Old and New Testaments are verbally inspired by God and inerrant in the original writings, and that they are the supreme and final authority in faith and practice.
2. We believe in one God, eternally existing in three persons: Father, Son, and Holy Spirit.
3. We believe that Jesus Christ was begotten by the Holy Spirit, born of the Virgin Mary, and is true God and true man.
4. We believe that man was created in the image of God; that he sinned, and thereby incurred not only physical death, but also that spiritual death which is separation from God; and that all human beings are born with a sinful nature and manifest themselves as sinners in thought, word and deed.
5. We believe that the Lord Jesus Christ died for the sins of all men, according to the Scriptures, as a representative and substitutionary sacrifice; and that all men who believe in Him are justified on the ground of His shed blood.
6. We believe that all who receive by faith the Lord Jesus Christ are born again of the Holy Spirit and thereby become children of God.
7. We believe that as God’s children, we are saved to share our faith as well as to live lives of holiness.
8. We believe in the resurrection of the crucified body of our Lord, in His ascension into heaven, and in His present life there for us as High Priest and Advocate.
9. We believe in that blessed hope, the personal and imminent return of our Lord and Savior, Jesus Christ
10. We believe in the bodily resurrection of the just and the unjust, the everlasting blessedness of the saved, and the everlasting punishment of the lost.
11. We believe that God created marriage in the beginning, as a blessing for both man and woman, before any sin or rebellion entered the world, and that he created marriage to be between one man and one woman, who enter into a covenant relationship, complement one another, serve one another, and sanctify one another for as long as they both shall live. Accordingly, we do not accept cohabitation of unmarried couples and any attempt to redefine marriage as a union between people of the same sex, as between more than one man and one woman . We believe that the homosexual lifestyle and alternative gender identities are contrary to the Bible (*Gen 1:27-28; 2:15-24; Lev 18:22; Lev 20:13a; Matt 19:4-6; Rom 1:26-27; 1 Cor 7:14*).

Objectives of the Athletic Program:

A. Spiritual:

1. To teach dependence upon God, prayer, and Bible study (Phil. 4:13).
2. To teach thankfulness to God for health, safety and the opportunity to serve Him through the realm of athletics.
3. To teach how to win with the humble attitude of Christ.
4. To teach how to lose as Christians praising God for the opportunities to learn lessons through athletics.
5. To teach how to control pride (Prov. 16:18).

6. To teach how to love athletic opponents as they are also created in the image of God.
7. To teach that God created our bodies and we are to care for them as the temple of the Holy Spirit (stewardship) (1Cor. 3:16-17).
8. To provide athletes with the opportunity to praise God for works He is accomplishing in their lives.

B. General:

1. To teach the skills and techniques of various sporting activities.
2. To teach team play and unity.
3. To teach concentration.
4. To teach the importance of obeying rules.
5. To teach regard for the rights of others.
6. To teach the acceptance of majority decisions, yet respect the rights of the minority.
7. To develop effective thinking skills.
8. To develop sound judgment.
9. To promote health and well-being.
10. To promote social growth
11. To win games.

(NOTE: The Score at the end of the game/match is important, but it is not going to drive the athletic program)

Guidelines for the Athletic Program:

- A. Start with a qualified, God-honoring staff.
- B. Every practice should be centered around God's Word and creatively relate biblical principles to the athletes.
- C. Stress that winning has less to do with success than bringing glory to Christ through our efforts. Our motto should be: "My best for Christ".
- D. Make it a priority to exemplify Christ to opposing teams, officials and people we come into contact with while traveling.
- E. Athlete Code of Conduct:
 1. Be a Christian example to your teammates and other players from other schools.
 2. Glorify God in everything that you do.
 3. Accept and understand the seriousness of the responsibility and the privilege of representing the school and the community.
 4. Accept and follow the instructions of your coach
 5. Wish opponents good luck before the game and congratulate them in a courteous manner following either victory or defeat.
 6. Respect the integrity and the judgment of the game officials.

Guidelines for Coaches:

A. Spiritual:

1. The coach should demonstrate spiritual maturity.
2. The coach should be knowledgeable of the word of God
3. The coach should be a man or woman of prayer.
4. The coach should demonstrate Godly leadership.

B. Personal:

1. A coach should show a desire for high achievement.
2. A coach should demonstrate a desire to exert leadership.
3. A coach should practice flexibility.
4. A coach should demonstrate Godly aggressiveness.
5. A coach should show determination.
6. A coach should practice discipline.
7. A coach should demonstrate self-control.

C. Professional:

1. The Faith Christian coach will show a willingness to further his knowledge of the sport(s) he coaches / teaches through literature, clinics etc.
2. The Faith Christian coach will demonstrate willingness to evaluate his program and coaching, making changes as needed.

Guidelines for Effective Parent / Coach / Player Relations:

A. All relationships are based on the following biblical commands.

1. Love One Another. John 13:34-35
“A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another.”
2. Respect Each Other. Romans 12:10
“Be devoted to one another in brotherly love. Honor one another above yourselves.”
3. Pray for Each Other. 2 Cor. 1:10b-11
“On Him we have set our hope that He will continue to deliver us, as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many.”

B. With full recognition of and respect for parental responsibility under God, it must be kept in mind that, for athletic participation, parents have delegated the responsibility and authority for the young person to the coach. “Hands on” delegation is not acceptable. There will be a direct/indirect impact on your young person in the following instances:

1. Parental coaching “from the stands” can only be detrimental. A coach needs the full attention and concentration of his players. During a

practice or game, the player “belongs” to the coach. Uninvited parental intervention during these times is a serious distraction and is detrimental to the program and team.

2. Parents negatively approaching the coach or their young person “on the bench” during the game, half time immediately after a game or prior to the post-game team meeting will not be overlooked. A coach should be able to expect and receive full support from both player and parent.

C. **How Do Parents Get Questions Answered or Give Input?**

Those parents desiring to have input should use the proper communication channels and procedures. If your concern/input is not heard or sufficiently responded to by the coach first, then you may proceed through proper channels by talking with the athletic director, then the school headmaster in that respective order until the matter has been handled satisfactorily. Proper deference should be shown toward the coach by scheduling an appointment with him to discuss concerns in private when he can offer you his undivided attention.

- D. **Support Is Expected.** It is reasonable to expect that any parent who has permitted his young person to try out for a team should be supportive of the coach. Well-placed constructive criticism given privately to a coach is welcomed, but simply airing negative opinions to those around (and to your children) is not acceptable. Such action is in violation of Scripture and school policy. **Parents should never discuss playing time or position with the coach.**

- E. Each coach will have the full responsibility and authority to determine which players are entered into the games at what time and for how long. His determination in this area will be made on the basis of what will best benefit the team as a whole. This does not mean that there will be absolutely no consideration given to the individual needs of a player, but it does mean that instruction and guidance on making a total team effort is of primary significance in this particular educational experience at Faith Christian School.

- F. Communication/ relationship (proper channels):

Athlete to Coach:

1. Athlete should know the philosophy of the coach and their expectations
2. Athlete should know the time and place of practices and games
3. If a problem occurs, the Athlete should be the first to talk with the coach (Privately) to try and resolve the issue

Communication coaches expect from parents:

1. Concerns expressed directly to the coach first
2. Notification of any schedule conflict **well in advance**
(prior to first game of the sports season)

Inappropriate issues to discuss with coach

- 1. Playing Time**
- 2. Team Strategy**
- 3. Play Calling**

4. Matters concerning other student athletes

5. Coaching Philosophy

Athletic Personnel

A. Chain of Command:

1. Headmaster (**Headmaster should only be contacted after all other means are exhausted**)
2. Athletic Director
3. Assistant Athletic Director
4. Varsity Coaches and Sponsors
 - a. JV Coaches
 - b. MS Coaches and Sponsors
 - c. Assistant Coaches

B. Responsibilities:

1. Headmaster – to oversee the overall structure of FCS.
2. Athletic Director – administrates the athletic program and the Booster Club
3. Varsity coaches and sponsors – oversee the entire program of their particular sports including instructing and aiding the JV and MS level coaches in development of players, practices, systems of play, etc.
4. Junior varsity and middle school coaches and sponsors – support the varsity coach in the development and instruction of the program he has established for that sport in both games and practices.
5. Assistant coaches – assist the coach in the implementation of his program in practices, games, etc.; communicate with the head coach when they cannot make a practice or game. Assistant coaches must be approved by Athletic Director.

Sports Offered

A. Fall season

1. JV Girl's Tennis
2. Varsity Girl's Tennis
3. JV Boys' Soccer
4. Varsity Boys' Soccer
5. JV Girls' Volleyball
6. Varsity Girls' Volleyball
7. Cross Country (Boys' & Girls')

B. Winter season:

1. Swimming
2. M.S. Basketball (Boys' & Girls')
3. JV Girls' Basketball
4. JV Boys' Basketball
5. Varsity Girls' Basketball
6. Varsity Boys' Basketball
7. Patri-“ettes”
8. JV Cheerleading (Girls')
9. Varsity Cheerleading (Girls')

- C. Spring season:
1. Boys' Tennis
 2. Golf
 3. JV Girls' Soccer
 4. Varsity Girls' Soccer
 5. Varsity Girls' Softball
 6. JV Boys' baseball
 7. Varsity Boys' Baseball

Multiple Sport Policy

Players can only Practice/ Play in one sport per season, unless approved by Athletic Administration in cooperation with Head Coaches from Respective Teams for the sports of Cross Country and Golf ONLY. In season players MAY NOT participate in off season practices/workouts for any other sport but the season they are currently in unless agreed upon by both coaches and Athletic Director.

Note: Student Athletes are allowed to participate in off season sports on Wednesday and Weekends when they do not interfere with practices and games for the in season sport. Special Considerations will be taken by the off season coaches and athletic director when it comes to conditioning so the athletes do not have twice the conditioning because the student athlete is practicing within multiple sports.

Because practice times take up a huge portion of after school time, academics must be taken into consideration. We must provide adequate time for students to succeed in school as well as in sports. Due to this, multiple practices on the same day cuts into precious study/homework time which cuts into student grades.

After discussion with our team doctors at Duke University Sports Medicine, student athletes are at a high risk for injury when overtraining, working out in multiple sports on the same day, and working out the same muscle groups across sports teams.

1. An example of an issue we are trying to prevent with the multiple sport policy: Weightlifting, Basketball Practice, and Baseball Practice in the same day. Students take an hour of weight lifting, go to an hour and half of baseball after school, and go to Varsity or JV basketball practice after baseball when they are tired, worn out, exhausted, and dehydrated. The human body can only take so much stress in one day before it peaks and begins to go on a steady decline to failure. If you take that one day, followed by a game day, followed by a practice day, and so forth, the body immune system will drop, the athlete's stamina will drop, and the athlete is at a high risk for injury. There has to be significant rest time, rehabilitation, nutrition, and hydration for the body to completely recover. Studies have shown that an athlete will peak during the season and be at his highest point of success during that time. It is the coaches/trainers job to keep them at that point for as long as possible. Once the athlete is either over trained or pushed beyond that point, the athlete will be pushed over that peak and being to decline in performance.

Tryouts/ Practice Times

The Athletic Director in cooperation will determine practice venues and times with coaches. Because of limited facilities, that must be shared, flexibility is required. The athletic director must approve any change to the practice schedule. Practices outside the normal Monday, Tuesday, Thursday, and Friday must be pre-approved. Wednesday and Saturday Practices will be limited. Students must be available for all practices.

Official Season Start Times:

- Fall – the Monday of the 1st week of August
- Winter – the Monday of the 1st week of November
- Spring – the Monday, February 18th

Summer/Off-season Practices must be coordinated with the Athletic Director in order to meet the rules and regulations set by the conference and state association. These all must be approved by the Athletic Director.

Tryout dates and times for all sports are listed on our website under each sports schedule. **All athletes must be present for tryout dates. Special considerations will be taken for situations deemed excusable by the Athletic Department for missing from days of tryouts. Vacations do not fall under this consideration. Athlete must be present for a portion of tryouts if excused for extenuating circumstances.**

Selection of Teams:

A. Teams (all levels):

1. Teams are selected by the coaching staff at the beginning of each season after a tryout period.
2. The coach of each team will inform the players who have made the team by one of the following means:
 - a. Face-to-face meeting
 - b. Posting of roster
3. In the event that player cuts must be made, the final decision of those cuts will reside with the entire coaching staff of that sport.
4. The selection of any captain and co-captains will be determined by the head coach or a team vote.
5. Supplemental Tryouts may be used for new students enrolled after the tryout period. These tryouts may be made unavailable based on team numbers, practices missed, games missed, or other criteria. Supplemental Tryouts for these Athletes are at the discretion of the coach in cooperation with the Athletic Director.

B. General Policy:

Player selection should be based on ability, performance in tryouts, and academics. If all these are equal, always keep the athlete in the higher grade. Cutting any young person from a team can be critical to that person's self esteem. Before an athlete is cut, the decision ought to be prayed about and thought out thoroughly. It is best to let the athlete know first that he has been cut and what he can do to improve his abilities. Be sympathetic and understanding as you handle this tough coaching responsibility.

C. Captains

1. Refer to the appendix for Expectations of Team Captains.
2. At any time, a captain can lose their status of the team leader by not following the standards set for by the Athletic Handbook, the Expectations of Faith Christian Team Captains, or the Expectation of the Coach.
3. Coaches will chose the team captains based on the criteria outlined in the Expectations of Team Captains

D. Team Eligibility

1. Middle school teams will consist of 7th and 8th grade FCS student athletes.
2. Junior varsity teams will be made up of 7th through 10th grade FCS athletes.
 - Exceptions:
 - a. JV Boys Baseball- 7th through 9th grade
3. Varsity teams will be made up of FCS students from 7th through 12th grades.
4. Home-schooled students will not be permitted to participate on FCS athletic teams.
5. Genetic differences relative to average strength and size preclude men from playing in women's sports or women playing in men's sports. Each sport will be designated as gender specific or as dual gender.
6. Policy: 10th graders may potentially play on the JV level of most sports offered, but may be required to play at the Varsity Level in all sports except Basketball. This decision will be made in cooperation with the Head Varsity Coach and the Athletic Director after player evaluations have been done. A 10th grader must begin tryouts on the Varsity Level of all sports except Basketball and Baseball. At this time, coaches will evaluate whether the player need additional time at the JV Level.

Playing Time Policy

A. Middle School Level:

1. Choose a starting team for each game. Base this on ability, performance in practices, and performance in games.
2. Coaches will substitute as much as possible but playing time will be left up to coach.

B. Junior Varsity Level:

1. Choose a starting team for each game, and play the best players. This should be decided on the basis of ability, performance in practices, and performances in games.
2. Substitutions will be at the discretion of the coaches
3. We desire to be competitive at this level, as it is the preparation for varsity.

C. Varsity Level:

1. Choose a starting team for each game. Base this on ability, performance in practices, performance in games, and cohesiveness of starting team.

2. Substitute when a player is injured, tired, is not performing well, or when the outcome of the game is no longer in question. Never let a game get to the point where the other team is being “defeated” emotionally by a run-away game in our favor, i.e. full court press, fast breaks; three point attempts with two minutes to go in the game with a 20 point advantage may lead to hard feelings. Apply the Golden Rule, “Do unto others as you would have them do unto you.”

Team Number Participation

All Soccer – 18 max	Middle School Basketball- 12 max
Varsity Baseball – 16 max	JV Basketball – 12 max
JV Baseball -16 max	Varsity Basketball – 12 max
Cross Country- 10 max (Per Gender)	Varsity Golf- 10 max
Varsity Softball- 16 max	All Tennis- 12 max
All Cheerleading- 16 max	All Volleyball- 14 max

Exceptions may be made in rare circumstances as agreed upon by the coach and the athletic director

Pre-Season REQUIRED Forms

A. Physical Form

- Every athlete is required to have a physical examination form filed in the athletic office before he will be allowed to practice or participate in the athletic program.
- A physical form can be obtained through the athletic office or on the FCS Athletic Website.
- These physicals must be completed before the first practice.

B. Athletic Emergency Medical Form

- Every Athlete playing on any team must have this form on file with the athletic department within the first week of tryouts
- This form can be picked up in the athletic office or in the Athletic Summer Mailing Packet

C. Medication Dispense Form

- For your athlete to be able to receive over the counter medications such as Ibuprofen or Tylenol, a form must be on file with the athletic department
- This form can be picked up in the athletic office or in the Athletic Summer Mailing Packet

D. Concussion Statement of Understanding

- Can be found on the FCS Athletic Website under Concussion Info, at the Athletic Director’s Office, or in the FCS Athletic Summer Mailing Packet

Rosters

- A. Each coach should submit a roster of all team members, support personnel and coaches as soon as a selection has been made. The athletic director will produce roster of players of all seasonal teams to distribute to the coaching staff and teaching faculty.

- B. Please be sure to update your roster as the need arises. Let the athletic director know of any additions, deletions, probations, etc., so that the athletic director can communicate this to the conference.
- C. It is recommended that each coach produce a team roster with the telephone number of each person on the team to give to each player. This allows parents to communicate with other parents of students on the team.

Commitment and Quitting Policy

1. Character is not built by quitting. Trying times are not times to quit trying.
2. Students who try out for a sport and make the team, need to understand that they have entered into an agreement in which others are depending upon them to contribute. **He/she will be responsible for attending all practices, competitions, and other responsibilities pertaining to their sport or season.**
3. A student may drop off the team anytime before the first game without penalty. After that period of time no student may quit the team without penalty. There should be a strong sense of belonging to the team even when personal injuries would restrict the individual's participation in practices and games. An injured player is expected to be at all practices and games as if he/she were healthy.
4. **Any athlete who quits a team will sit out the current season and the next season of FCS Athletics**
 - **Seniors that quit in their spring season will be required to perform 5 hours of community service to the Athletic Department or Booster Club that cannot be counted as part of the School or National Honor Society requirement**
5. An athlete who leaves the team while on academic probation and does not return will be deemed to have quit.
6. An athlete who quits will be removed from the team roster and forfeit any post-season rewards such as team pictures, letters, awards, etc.
7. An athlete is expected to be at all games and practices including Conference Tournaments and NCISAA State Games. Permission must be granted prior to missing any event. **Without being excused prior to being absent, the athlete will be deemed as quitting the team.**
 - a. The **Coach and Athletic Director** must be notified of any practices and or games that I will miss during the sports season. This must be done prior to the first game of the season. **This must be done by the FCS Athletic Absentee Request Form.**
 - b. I understand that there may be occasions when due to injury or extenuating circumstances (sickness, death of a family member, family hardship, etc.), I will not be able to participate. Although those situations will be rare, I agree to be honest with my coach/ athletic director and notify them as far in advance as possible. I understand that I must follow

the policies set forth by the Faith Christian School Athletic Handbook regarding these issues on commitment and as follows below:

- i. Missing any game during the course of the season that has not been approved by the Athletic Director and Coach prior to 1st game of the season will result in a 1 Game Suspension. (Approval will be based on excusable absence reasons)
- ii. If an athlete is misses 2 or more games during the course of a season without approval prior to the 1st game of the season, the player will be removed from the team with full penalty of the quitting policy. (Approval will be based on excusable absence reasons)
- iii. An absentee form must be filled out, sign by the coach and athletic director, and turned in to the athletic office for approval for missing any game will be granted.**
- iv. Missing individual practices will be handled by each individual coach and may result in extra practice time, loss of playing time, other punishment deemed fair by the coach, or removal from the team.
- v. The athletic department understands that emergencies do arise such as funerals, sicknesses, etc., these emergencies do not fall under these policies. We only ask the prior notification be given as pertaining to the absence.
- vi. If a player misses any game for an unexcused reason, the player will be subject to the quitting policy.**
- vii. Unexcused absences are considered to be the following: Vacations, Concerts, Leisure Time, Other events such as Travel Teams, AAU teams, Routine Doctor/Dentist Appointment (Games Only), and other commitments made to other teams/organizations that interfere with the commitment made to FCS Athletic Teams, etc.**
- viii.** FCS is supportive of our many local churches whose members make up our student body. Only in rare circumstances is a game scheduled on Wednesday or a practice on Sunday evening between church services. We encourage families to be actively involved in the local church. However, any athlete who misses a practice or game may have to make up practice activities and face the policy in place. This is not meant as punishment for an excusable absence, but a reward for those players who were present.
- ix. In addition to the suspension policy, missing any game during the course of the season that is deemed unexcused, a Conference Game, a NCISAA Playoff games, Tournament game, or proper forms are not filled out and signed by coach**

and athletic director prior to first game of season will result in the loss of eligibility for post season awards including All-Conference, All-State, Patriot Award, MVP Award, Dennis Norris Coach's Award, or Most Christ-like Award.

8. The Athletic Director will decide any exceptions based on the circumstances.
9. A doctor's note is required for an excused absence on game days. Athletic Director will determine any exceptions.
10. Coaches reserve the right to enforce a stricter policy on commitment

Practices

- A. Coaches are to be prompt in their practice sessions. This includes being on time to practice and ending practice on time. Never have a practice without an adult to supervise.
- B. *Athletic Director must approve Wednesday practices. They must end by 4:30 PM.*
- C. Practice times should be kept within 2 hours for JV and 2.5 hours Varsity. Practices for Middle School Teams should be limited to no more than 1 to 1½ hours. They should start and end on time.
- D. Practices are mandatory for an athlete to participate in the athletic program.
- E. Once you have joined a team, you have committed yourself to that team until the last game is completed. Players must make themselves available on Monday, Tuesday, Thursday, and Friday during the season, as well as Saturday in rare occasions.
- F. **Players must be at every practice unless excused by coach AND Athletic Director for one of the following:**
 - **Personal Sickness**
 - **Death in Family**
 - **Previously Scheduled Church Commitment (Coach must be informed at least 2 months in advance)**

In all cases, the Coach & Athletic Director should be contacted to notify of an absence from game or practice.

- G. **Unexcused absences from practice will be handled by the individual coach.**
- H. **Suspension or removal from any team is possible depending upon the athlete's frequency of the absences.**
- I. Each coach will announce their discipline procedure for missed practices. Games will follow the Commitment Policy set by the Athletic Department unless the coach has made a stricter policy for their team to follow.

Athletic Dress Code

1. Game Days Only (MUST BE WORN TO SCHOOL AND GAMES)

a. Select Sports for Chapel Style Dress Code to Apply

Boys: Collared Shirts (polo style), Dress Pants (khaki, blue, black).

- No jeans or t-shirts are to be worn

- No tennis shoes/ Flip Flops

(Wearing ties will be at the coaches' discretion)

Girls: Dresses, Skirts, or Dress Slacks (khaki, blue, black), Dress Shirt

- No jeans or t-shirts are to be worn

- No tennis shoes/ Flip Flops

Exception: Team warm-ups may be worn to school on games days when they are worn in their entirety. Also, when the entire team is dismissed from school, if the entire team completely dresses out for the game before leaving the school, that will be permissible. Athletes must be wearing entire uniform including shoes, cleats, shin guards, etc must when following this exception.

2. Hair: All athletes must adhere to Faith Christian School hair policy and be within this policy during any FCS camp, activities, practices, tryouts, and games. This includes facial hair. Extreme styles and cuts are NOT ALLOWED. Having non-natural hair colors (ex. blue, purple, pink) will not be allowed. **A coach at any time may implement a stricter hair cut policy for their respective team.**

3. Warm-Up Uniform: Team Warm-ups must be approved by the Athletic Director. Players must wear the entire warm-up to school to fall within dress code. No athletic shorts are to be worn as the warm-up. If a player does not follow the approved warm-up requirements, they will be subject to the school disciplinary policy and subject to losing the right to wear warm-ups to school.

NOTE: All dress codes must fall within Faith Christian School standards. Any inappropriate dress will forfeit athletic eligibility for that day. Coaches may add any additions they would like to require as part of the dress code for the entire team. All athletes must follow this dress code on game days and must wear this attire to school and to the game. Athletes must be within school dress code, as well as looking presentable after games as well (No Athletic Shorts, Tank Tops, Etc.)

3. Practice/Other Dress Codes:

- FCS Athletics Approved Team Warm-ups may be worn to school on the day of the game if the entire team wears the warm-up (No Warm-ups on Chapel Days)

- No uniforms or any athletic attire may be worn during school or during P.E.

- **Girls NO SOPHE® Shorts or similar shorts of that style/look (ALL SPORTS)**
- **GIRLS SHORTS MUST BE FINGER TIP LENGTH AT ALL TIMES (ALL SPORTS)**
- Please be advised that slider shorts are recommended to be worn under all shorts, but **DO NOT** count as part of the finger-tip length rule or allow Sophe Shorts to be worn over the slider shorts.
- **No changing clothes on the field, all changing dress attire must be done in a dressing room or bathroom.**
- ***T-shirts are to be worn at practice, no Tank Tops***

Uniforms and Equipment:

- A. Any uniforms or equipment issued to an athlete are the athlete's responsibility to return in good shape.
- B. Lost or damaged equipment will be charged to the athlete.
- C. School uniforms are only to be worn for games, not practices or other functions.
- D. All uniforms and equipment must be returned to the coach or athletic director within one week after the last game of the season.**
- A. Any athlete who does not return uniforms and/or equipment will be charged for the replacement costs. These charges will be added to his/her school bill. An athlete will not be allowed to participate in another sport until all overdue uniforms, equipment, and fees have been turned in.
- B. All uniforms MUST be in a Zip-Lock bag with player's name, number, and size on the bag. Absolutely no grocery bags, store bags, or trash bags will be accepted with uniforms in them.**
- C. If equipment is returned dirty, a \$15.00 fine will be accessed**

Team Eligibility Requirements

- D. All student athletes must be full-time students enrolled and in good standing to participate in athletics at FCS. In the case of spring or summer try-outs for sports or cheerleading the following fall, commitment fees and/or tuition must be paid and up-to-date.
- E. Academic Requirement (for grades 7th-12th only) – A student is placed on probation when he/she fails to meet the academic eligibility requirements as stated below:

(The basic academic requirement is as follows: a cumulative grade average of 77(C) and no single course grade below 70(F). Students will remain on academic suspension until the next progress report time (4.5 weeks)...)

(Please refer to the Suspension and Probation section for more information)

- F. Athletic eligibility is also dependent upon school attendance on the day of an athletic event. Any student who plans to participate in an athletic event must check into school by 9:50 a.m. and remain in attendance the entire school day. Exceptions to the attendance policy are made only in emergency situations. Any tests, quizzes, or other work missed by an athlete on game day, other than for a medical appointment, must be made up at the teacher's discretion before the student will be excused from school and/or cleared to play. The administration and/or athletic director reserves the right to withhold eligibility to play if the attendance policy for the day of the event is abused. Students who chronically miss school the day before or the day after an athletic event may be counted unexcused.

Seniors who only have ½ day classes must check in by 9:50 a.m. A late check in must be an excused absence for the senior to be eligible to play in any extra-curricular activities on that day. Otherwise, if the tardy is unexcused, the athlete must have attended at least half of first period along with the rest of the day's classes to be eligible to play. Any out of town doctor's appointment and other circumstances must be approved by administration prior to the appointment.

- G. No player shall have reached his 19th birthday on or before Oct. 16 of the current year. A student athlete entering grade 9 is eligible for competition for the next (per conference guidelines) consecutive semesters.

Suspensions / Probation

A. Behavioral Related :

1. Any athlete receiving an out of school suspension (athletic or school) for misconduct will not be allowed to participate in the next scheduled game. Any athlete receiving a second suspension for conduct in a season will be removed from that team/squad for the remainder of the season.
2. Students receiving a one-day suspension for misconduct between playing seasons will be ineligible to play in the first game in the next season.
3. Disciplinary Actions taken by the school administration for student's behavior may affect Athletic Eligibility for the athlete

B. Academic Related:

Athletic Probation and Suspension (for grades 7th-12th only) – A student is subject to Athletic Probation or Athletic Suspension when he/she fails to meet the academic eligibility requirements as stated below:

The basic academic requirement: a cumulative grade average of 77 (C) and no single course grade below 70 (F). Students will remain on academic probation/suspension until the next progress report (4.5 weeks).

1. Athletic Probation:

A student who is not currently under Academic Suspension, but falls below the basic academic standards at the progress report time (4.5 weeks), will be placed on Academic Probation. If that student is taking part in athletic activities, he/she must begin a proactive remediation regiment as follows:

- a. The student must attend the help class offered each week by our teachers in the courses where the grades are below academic requirements. These classes will take highest priority for the student, who will be excused from practice, games or **for any unexcused reason** (determined by Athletic Director), that student will be the Athletic Director's responsibility to follow up with the teachers to assure the student attends help class and inform the coach/sponsor if the student must miss practice, games, or team meetings.
- b. At the end of 2 weeks, the Headmaster and Athletic Director will evaluate the academic progress of the student to determine if the student has progressed under this regiment. If the Headmaster and Athletic Director deem that the progress has been sufficient, he may remove the student from Academic Probation status and return him/her

to normal extracurricular activities. If the student has not made progress with this regiment, the athlete will be suspended from playing in any athletic events until the grading period is finished or the next progress reports are issued (2.5 weeks). He/she will continue to be required to attend help class during this time. The student is allowed to remain on the team and practice with the group.

- c. If the student still fails to meet the basic academic requirements at the 9 week grading period, he/she will then be placed on full Academic Suspension as explained below.

2. Athletic Suspension:

This will be enforced at the 9 week report card period. The basic academic will remain the same: a cumulative grading average of 77 © and no single course grade below 70 (F). Students will remain on academic suspension until the next progress report time (4.5 weeks). While under academic suspension, a student cannot take part in school-sponsored athletic events.

Year-to-Date Clause: If a student is cumulatively failing any class at the start of any sport season, they will be academically ineligible to play any sports that season until they can pull their cumulative grade over passing. This rule supersedes any other rule in regards to sports.

Technical Fouls / Cautions / Ejections:

- A. Any athlete receiving a CONDUCT/ATTITUDE technical foul in a basketball game, a caution (yellow card) in soccer, a caution (yellow card) in volleyball, or a verbal caution in baseball or softball must immediately be removed from that game/match and will remain out of that game/match for a set time deemed necessary by the head coach. Any soccer, basketball, volleyball, softball or baseball player receiving a caution or technical in two consecutive games/matches will be removed from that game/match and suspended for the next scheduled game/match. There will be no exceptions to this policy, and it must be enforced department-wide.**
- B. Any athlete receiving two technical fouls in one game, an ejection (red card) in soccer or volleyball, or an ejection in baseball or softball will automatically be suspended for the next scheduled game/match. This is a school rule but also a conference rule. This is a stiff penalty for the above offenses so encourage your players to play hard but remain under control. Further suspensions may apply as well.**
- C. Any player having received three or more technical fouls or yellow cards for cautions due to misconduct or attitude lose all privileges to letter, receive awards including School, Conference, or State, or receive any other forms of privileges from that sport.**
- D. Any player being ejected from any game or receiving a red card will lose all privileges to letter, receive awards or receive any other forms of privileges from that sport. The player is also subject to be removed from the team based on the discretion of the Athletic Director and coach.**

- E. In addition to forfeiting all awards, any player who has received three cautions/ technicals/ ejections during any sport season for misconduct/ attitude will be removed from that team immediately. Further penalties may apply in addition to this based on the discretion of the Athletic Director and School Administration.**
- F. Ejections and Suspensions carry over from sports season to sports season. This does not apply to suspensions from school.**
- D. If at the time the player is removed from a game/match he outwardly displays a negative response toward the officials or the coaches for the action taken, he will be suspended from the next scheduled game. The athlete's response to the offense is more important than the offense itself!**
- E. If determined by the athletic director or the head coach that an athlete's play or attitude displays a direction which is contrary to the direction and philosophy of the athletic program, he may be removed from a team immediately.**

**** Please note the above rules apply to coaches as well.****

Guidelines for Away Trips:

- A. Parents will be given the time of departure and the time of return, if possible, for each trip.
- B. All persons riding the school transportation shall abide by the dress code established by the school for that particular activity. The dress established for any particular team will be adhered to by the members of that team or squad. Take pride in personal appearance!
- C. Prayer should begin and end every trip. Conversations and actions on the trip should be those which would be glorifying to the Lord Jesus Christ.
- D. Students are to ride back in the same vehicle that they came in – the ONLY EXCEPTION is – they may ride home with their parents.
- E. Players must remain in the gym at home and away games unless a player has permission from the coach to leave.
- F. Maps or directions are available for all away games at the school office.
- G. The drivers of the vehicles have the responsibility to transport our athletes safely. It is imperative that their requests be followed. Always be courteous to the driver. Do not distract him. It is policy that the team travel together in the vehicles they are assigned to on the way to a game. School policy also dictates that all drivers and students must wear seatbelts.
- H. There is to be no screaming or yelling on the buses or vans. Keep hands and feet inside the windows at all times. Standing and moving around on the buses will not be allowed.

- I. Buses are to be cleaned after every trip. This is the responsibility of every athlete who rides on these vehicles. Any damage done to vehicles from horseplay or carelessness will be the responsibility of the individual(s) who caused the damage.

Sports Injuries

- All injuries that occur while participating in athletics must be reported to the FCS Athletic Department and the coach.
- If the injury requires medical attention by a doctor, it will be necessary to have an injury report
- ***The FCS Athletic Department reserves the right to withhold ANY athlete from play due to injury until seen and released by a Licensed Medical Doctor if thought to be in the best interest of the athlete***
- Many injuries can be taken care of by the medically licensed staff in the Athletic Department
- If necessary, the athletic department will contact the parents in order to refer the athlete to the proper medical treatment facility or the parents may choose another at their discretion.
- FCS Athletics in cooperation with the NC Law and NCISAA governing agency has adopted the Concussion Protocol. Please refer to the Appendix of this handbook or go online to the FCS Athletic Website for more information
- Please refer to the Athletic Website for information on Sports Medicine and the Concussion Information and how the FCS Athletic Department is here to help you and your athlete.

Athletic Participation Fee:

- A. A participation fee per sport will be charged to every athlete who participates on a team at FCS any time during the season. This does not include tryouts. There will be no credits given at the end of the season. Any Athlete on a roster at the first game will be billed a Sports Participation fee. A reduction in the athletic fee is given to certain sports in which players must purchase their uniform.
- B. The participation fee is set by the Board each year and is payable to the school. The charge will be applied to the athlete's account at the beginning of the season in which the athlete is participating.

Fundraising and Advertising

The Athletic Director and Booster Club Officers must approve all fundraising projects for ALL FCS Athletic Teams throughout the school year so they can be added to the Athletic Calendar. All fundraising events must be re-approved each school year. Fundraising events will be limited as not to interfere with FCS Booster Club Fundraisers/ Events and School Fundraisers and so all teams can have the opportunity to help meet their needs. A fundraising request form must be filled out and turned in to the Athletic Director for all fundraising event requests. If the fundraising event is approved by the Athletic Department, it will be sent for final approval to the Head of School. School Calendar events and other fundraising efforts will be taken into consideration when a fundraising request is given.

Advertising for an event must be sent out through the Athletic Department. For school wide events, the athletic department will approve the advertisement of a fundraiser and pass it along for school wide email. Flyers/Posters for events posted throughout the school must also be approved by the Athletic Department before being placed at various locations throughout the FCS Facilities.

Fans/ Spectators:

A word to our fans/parents:

FCS parents and spectators are aware of the standards set forth by the school, but oftentimes are unaware of what we expect from our fans. To clear things up, the following items are to be kept in mind during all sports seasons:

1. **DO NOT CRITICIZE**- fans sometimes feel that they are able to coach their kids or other kids better than the assigned coach. Just support the players and coaches; build them up- don't tear them down!
2. Comments to officials and opposing teams and their coaches should all be positive. If it doesn't represent Christ in every way, don't do it or say it.
3. Realize that the word "Christian" means Christ-like. We as Christians always are displaying a testimony to other school. At Faith, we want it to be godly one, where people know that there it definitely something different about us.

Long after the score is forgotten, our behavior and reputation will always be remembered.

The best way to help your athlete is to provide encouragement and to be positive, both at home and in the stands. If there is a problem, have your child talk to his/her coach. If the problem is not resolved or if it is of serious nature, then call/ or talk to the coach yourself. If no solution can be reached at this point, then call upon the Athletic Director to set up a meeting with all parties involved.

Know that you are the most important person in your child's life, and that he/she wants you to be proud of him/her. Be in the stands, rain or shine, and cheer positively.

Spectators Responsibility:

1. Understand that they represent Faith Christian School just as much as the players do and must therefore practice good sportsmanship
2. Appreciate good performance no matter who achieves it
3. Show compassion for injured players on both teams
4. Treat opponents, coaches, and officials with respect
5. Respect the property of others and the authority of those administering the competition (Athletic Director, Score Keeper, Clock Keeper)
6. Officials at any game in which and FCS Athlete participates are there as representatives of authority. The same respect is expected towards them as others in authority.

Sportsmanship

1. Treat officials, opposing teams, coaches, players, and spectators from other school as OUR Guest
2. Respect the property and reputation of our competitors as well as our own
3. Cheer our teams to success, not to the opponent's misfortune
4. Remember: Christians are ambassadors for Christ. As a parent of an athlete, the most important responsibility that you have, is to be representatives of Christ and uphold godly standards.

a. **“Let no man despise the youth; but be an example of the believers in this world, in conversation, in love, in spirit, in faith, and in purity.” 1**

Timothy 4:12

5. The best way to help your athlete is to provide encouragement and to be positive, both at home and in the stands. Be supportive of your athlete....don't criticize them when they mess up.

Set a watch, O Lord, before my mouth; keep the door of my lips. -- Psalm 141:3

These general principles can be adapted to other sports simply by understanding the spirit in which Christians are to do things (I Corinthians 10:31-33).

Athletic Banquet:

- A. Only athletes who finish the season still on the team roster will be recognized at the awards banquet.
- B. Middle School and Junior Varsity Teams will award two individual awards for each sport. Varsity Teams will award three individual awards for each sport. The coach for each particular sport will determine the categories.
Exception 1: When a team roster exceeds 14 players, three awards will be given for that sport.
Exception 2: When a team wins a conference championship or is runner-up in the conference championship, an extra coaches award will be given. (This includes NCISAA Tournaments as well)
- C. Lettering- given to each Athletic Participant who has been a Varsity athlete, manager, statistician, or scorekeeper during the course of the year.

Faith Christian School

Department of Athletics

Policies, Procedures, and Protocols

Athletic Field/Lights Use Policy

Due to liability, vandalism, and the safety of our student athletes, permission to use ANY of the FCS fields including the practice soccer field must be granted by Athletic Director PRIOR to use. Coaches CANNOT give permission for field use.

Also a parent or an FCS coach MUST be present to supervise the activity unless Athletic Director is present at the site.

Names of all FCS students and parent supervisor will be needed when asking permission to use the fields. This is used in the event that the Rocky Mount Police Department stops anyone on the fields for trespassing. Only the names of those given permission will be allowed to remain at the site. All others will be removed from the site for trespassing.

These permissions must be gained EACH time an FCS student would like to use the field during anytime throughout the year including the summer. NO ONE has permission to use the fields freely anytime they would like. This includes parents, coaches, and students.

Boys and Girls may NOT participate on the fields during the same time for any sports at any time.

The FCS Athletic Fields regularly receives maintenance including chemicals, sand, grass seed, and fertilizer. It is dangerous for anyone to be on the fields when the chemicals are in their active state.

If field use is granted, the coach(s), parent(s), and student(s) are responsible for cleaning up any trash left around the field, for raking and filling in any holes created on fields (Baseball and Softball), and for placing back any equipment used.

Parents and Students please note: NO ONE except coaches, emergency personnel, or handicapped individuals are allowed to drive through the double gates to access the fields. Please park in the parking lots.

The Athletic Director must approve all games/practices that need use of athletic field lights. Outside of FCS Athletic Teams, the use of the lights and facilities will require an hourly fee, security, and clean-up.

Faith Christian School Athletics

Drug and Alcohol Screening Policy

For the purpose of this policy, student refers to any student who participates in extracurricular activities to include, but is not limited to the Athletic Program. All students are subject to this policy in accordance to the standards set forth by the Board of Directors and Administration of Faith Christian School.

Purpose

Faith Christian School believes the consumption, buying, selling, transfer and abuse of drugs and alcohol that have not been prescribed for medical benefits can be detrimental to the physical, emotional, and mental health of its students. Also, the use and abuse of drugs and alcohol seriously interferes with the performance of student-athletes and teenage drivers and is dangerous to themselves as well as others. Because of these concerns, Faith Christian School has adopted the following procedures for students beginning on the first day of official tryouts and continuing everyday there-after.

Goals

- To represent Christ in every aspect on our lives, whether on the field/court or off
- Give students the opportunity to stay away from drugs and alcohol and anyone that uses them.
- Produce student-athletes who serve as role models, influencing their peers to make healthy and responsible choices.
- Anyone who drives under the influence of drugs or alcohol endangers the lives of themselves and others. Through the drug screening program, we seek to encourage students to remain substance-free and establish appropriate habits at an early age
- Deter the use of illegal drugs in our community
- Identify any students who may be using drugs and to identify the drugs as well as to provide referrals for counseling and treatment

Policy

- Drugs and Alcohol will not be tolerated by Faith Christian School and will result in dismissal of the offending student or students
- Consumption of drugs and alcohol is neither compatible nor permissible with the wholesome Christian environment we provide at Faith Christian School
- Faith Christian School desires to maintain a drug-free campus at all times
- Random or Selective tests can be performed at any time by School Administration and/or Law Enforcement. Canine units may be brought in to check and search lockers, cars, and any and all items on Faith Christian School property including but not limited to: Rental property, off campus events, sporting events

- A coach, faculty member, staff member, or administration may request a drug and alcohol screening to school administrator on any student at any time throughout the year

Procedures

- Random testing will take place throughout the school year with students chosen randomly or at selection
- Testing will be administered by a certified lab of the school's choosing.
- Types of drugs test, but not limited to: Urine Test, Hair Test, Alcohol breathalyzer
- These may be administered at any time without parental consent
- The school will pay for the cost of the test if no drug or alcohol is found
- The parents will be responsible for all costs if drug or alcohol use is confirmed

Please refer to Student-Parent Handbook for addition information on all policies and procedures in accordance with the discipline policy for student drug and alcohol offenses.

Emergency Action Plan (EAP)

Emergency Action Plan

Emergency Personnel: Certified Emergency Medical Technicians, Certified AED/ CPR administrators, Coaches, and Other Trained Medical Personnel on site for competition and on campus for practice/conditioning sessions.

Emergency Communication: A cell phone should be on location for each practice/competition in the possession of team coach.

Emergency Equipment: During competitions, supplies are located on the field (medical kit, injury ice), additional emergency equipment supplies are accessible from the athletic director in the gym on campus. AED is located in the gym on campus or with the Athletic Director. Emergency Responder or Athletic Director will have the Red Emergency Response bag.

Roles of First Responders:

1. Immediate care/First aid of injured or ill student-athlete
2. Emergency equipment retrieval
3. Call **9-1-1** (provide name, address, telephone number; number of individuals injured; condition of injured; age and sex of injured; first aid treatment; specific directions; other information requested)
4. Notify Athletic Director at 252-908-7378
5. Direction for EMS to scene
 - a. Open appropriate gates
 - b. Designate individual to “flag down” EMS and direct to scene
 - c. Scene control: limit scene to first aid providers and move any bystanders away from area.

Emergency Contact Numbers:

Ambulance:	9-1-1
Fire Department:	9-1-1
Police:	9-1-1
Poison Control	1-800-222-1222
Non-Emergency Police	252-972-1411

FCS Address: 1333 Faith Christian Drive
Rocky Mount, NC 27803

Directions to Home Facilities for Emergency Responders:

From Hwy 64:

Take 64 East toward Rocky Mount - Take the Winstead Avenue Exit (Hospital will be on your right) - At end of exit ramp turn right onto Winstead Avenue - Continue on Winstead Thru five traffic lights - Turn left onto Faith Christian Drive and entrance to fields is at the end of the paved road.

From Wilson - Hwy. 301:

Take 301 North toward Rocky Mount - After crossing the Tar River, take the first exit to your right onto Arbor Lane - Go to the stop sign (Merita Bread store on your left) - Turn left onto Bethlehem Road - Go to the 3rd traffic light and turn left onto Old Mill Road - Go to the first traffic light and turn left onto Beechwood Drive - Turn left onto Faith Christian Drive and entrance to fields is at the end of the paved road. - If you miss the Arbor Lane exit the first traffic light will be at the Rivers Edge Shopping Center (on your right) - Turn left at this light, go to the first light and turn right onto Bethlehem Road - Go to the first traffic light and turn left onto Old Mill Road - Go to the first traffic light and turn left onto Beechwood Drive - turn left onto Faith Christian Drive and entrance to fields is at the end of the paved road.

Faith Christian School Athletics

COLD EXPOSURE PROTOCOL

Wind Chill

Temperature is a measure of the heat of a substance. The weather forecast tells you how warm or cold it is going to be outside. A forecast generally refers to the temperature of the air close to the surface of the Earth. But temperature alone will not tell you how cold you'll feel when you get outside-especially if there is a wind blowing! The greater the wind speed, the faster a person will lose heat. This phenomenon is known as *wind chill*. A temperature we feel is called a sensible temperature. To estimate the heat loss based on temperature and wind speeds, we use the Wind Chill Index. Wind chill is referred to as an equivalent or sensible temperature, since it is not an *actual* temperature.

A lower wind chill can increase the rate at which certain cold weather dangers, such as frostbite and hypothermia can develop. There are precautions that we can take to avoid them when outside in extreme weather, such as wearing proper clothing and using appropriate equipment. You can also check yourself regularly for wet or cold areas on your body while outside in extreme weather, or use the buddy system to look for signs of danger and rewarm body parts as needed. Here are some of the conditions that can lead to hypothermia:

°Cold temperatures

°Wetness

°Improper dress/equipment

°Exposed skin

°Poor food intake

°Prolonged exposure

The severity of hypothermia can vary, depending on how low the core body temperature gets.

There are specific signs and symptoms to look for. The condition worsens as the core body temperature lowers.

Mild Hypothermia (core body temperature ranges from 97-95 degrees Fahrenheit):

- Involuntary shivering
- Inability to perform complex motor functions.

Moderate Hypothermia (core body temperature ranges from 95-90 degrees Fahrenheit):

- Slurred speech
- Violent shivering
- Dazed consciousness
- Irrational behavior (for example, the person may begin undressing and is unaware of being cold)
- Loss of fine motor coordination

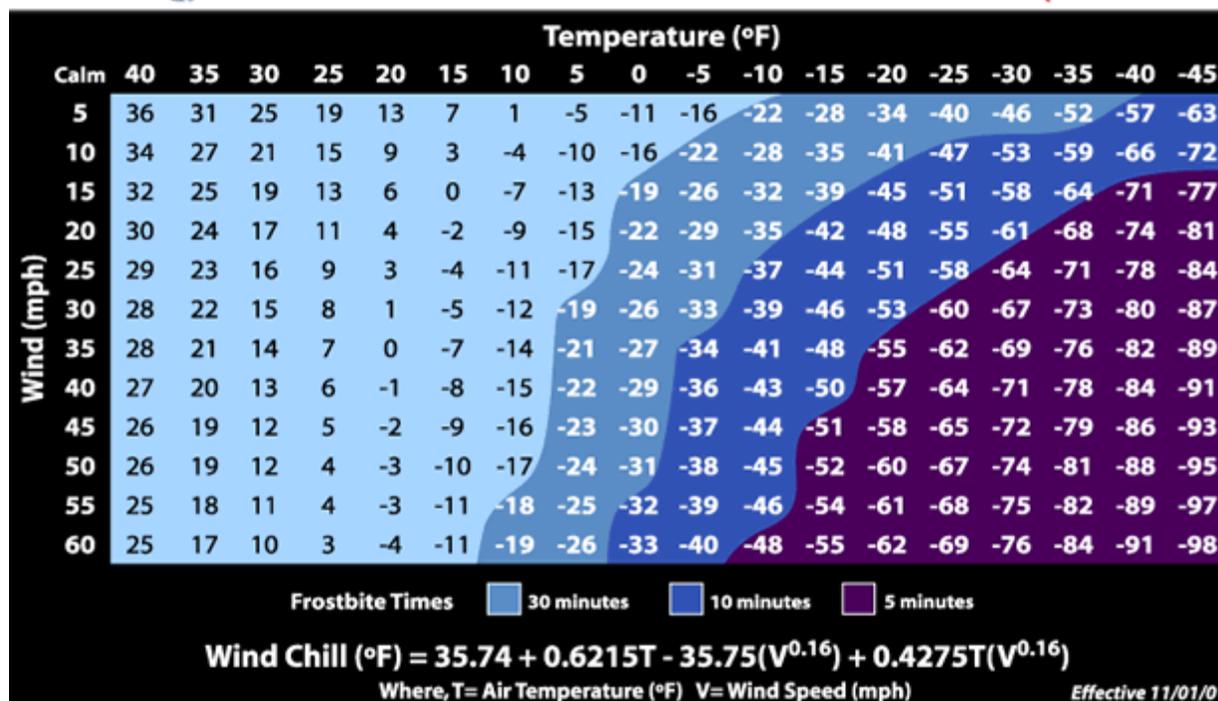
Severe Hypothermia (core body temperature ranges from 90-75 degrees Fahrenheit):

- Pupils are dilated
- Skin is pale
- Pulse rate decreases
- Muscle rigidity develops

- Shivering occurs in waves, it is violent and then pauses; the pauses eventually grow longer and longer until shivering ceases
- Person falls to the ground and cannot walk; may curl into a fetal position to conserve heat
- Person loses consciousness, heartbeat and respiration are erratic
- Cardiac and respiratory failure, then death



NWS Windchill Chart



Cold Exposure Guidelines

In cold weather proper layered clothing should be worn and encouraged by all Faith Christian Athletics department staff, coaches and student athletes. These include:

- Several layers around the core of the body, especially for those individuals that are not very active.
- Long pants designed to insulate. Polar fleece / cotton sweatpants are excellent. On very cold days a nylon shell or wind pant can be worn on top of them for additional wind break.
- Long sleeve shirt / sweatshirt / coat designed to insulate and break the wind.
- Gloves
- Ear protection / hat or helmet.
- Face protection.
- Wicking socks that do not hold moisture inside. Wool is excellent. Cotton absorbs and holds in moisture.

Clothing should be **layered** to allow adjustments as activity level may increase and decrease within a practice which may elevate or drop body temperature. The first layer of clothing should wick sweat and moisture away from the body. The top layers should act as insulators to trap heat and block wind. The following temperature guidelines have been established for intercollegiate teams during cold weather. Cold weather is defined as any temperature that can negatively affect the body's regulatory system. These do not have to be freezing temperatures! The following guidelines have been established for Faith Christian Athletics practice and event participation.

Outside participation limited to 30-45 minutes:

Temperature reaches 40° F -- 45° F or wind chill 40° F.
(Proper Clothing Must Be Worn To Continue With Limited Outside Participation)

Termination of outside participation:

Thermometer readings falls at/or below Temperature 40° F or wind chill 40° F.

In addition to the above guidelines it is recommended that additional directives are given to student athletes.

- Cold exposure / activity require more energy from a body. Additional calorie intake may be required.
- Cold exposure / activity require similar hydration to room temperature; however, the thirst reflex is not activated. Conscious efforts before and after practice to hydrate should be initiated.
- **Never train alone.**
- **Student athletes should be instructed on signs of cold stress** (wind chill, frostbite and hypothermia). Fatigue, confusion, slurred speech, red or painful extremities, swollen extremities, blurred vision, red watery eyes, dizziness, headache, numbness, tingling of skin and extremities, shivering, uncontrollable shivering etc. are a few warning signs of cold stress.

Faith Christian School Athletics

HEAT EXPOSURE PROTOCOL

Heat Exposure Policy

While life threatening situations are rare in athletics, serious consequences can result from heat stroke. With prevention being the major goal of the Faith Christian Athletics Department, it is important certain safeguards are met to ensure the safety of our student-athletes.

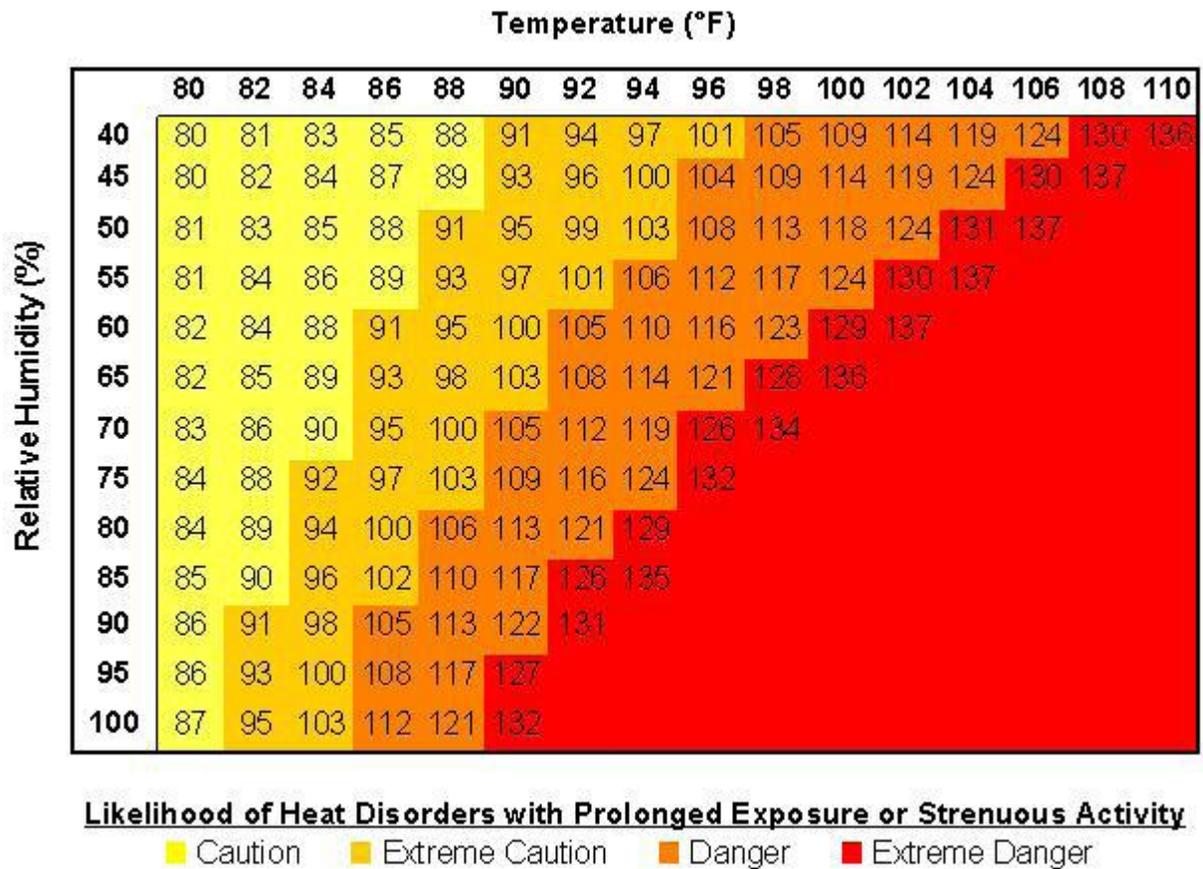
During times of hot weather, the Athletic Director, Coach, or Emergency Personnel will determine air temperature and relative humidity utilizing a Heat Index Monitor. It is in the best interest of the head coach to obtain information pertaining to heat/humidity and follow appropriate procedures for each zone or risk.

“Extreme Caution” – Special observation and consideration should be given to student-athletes susceptible to heat problems (i.e. overweight, underweight due to water loss, history of previous heat injury). Cold water should be accessible before, during, and after activity.

“Danger” – We strongly encourage several 5-10 minute rest/water breaks for activity lasting over one hour (maximum of 20 minutes between breaks). It is recommended practice should be conducted during the coolest part of the day (before 10 am and after 4 pm). Practice intensity should be light with student-athletes wearing loose, light colored clothing.

“Extreme Danger” – We strongly encourage providing unlimited water breaks every 15 minutes. Practice intensity and duration should be decreased. Practice should be conducted in shorts with no equipment. Consider postponing or cancelling the practice or event. Final call on cancellation will reside with the Athletic Director or Emergency Personnel.

Vital Sign	Heat Exhaustion	Heat Stroke
FACE	Pale	Red, Flushed
SKIN	Moist, Clammy	Hot, Dry
SWEATING	Profuse	None
TEMPERATURE	Normal (98.6 or slightly higher)	Extremely high (106-110)
PULSE	Weak and Rapid	Strong and Rapid
CONSCIOUSNESS	usually conscious	Possibly unconscious, headache a usual symptom
BREATHING	Rapid, shallow	Possible convulsions/ Rapid, shallow
TREATMENT/ FIRST AID	Move to a cool area. Recline with feet elevated. Ice or cold compresses. Electrolyte solution. Hospital or Doctor evaluation	Lower body core temperature immediately! Recline with head elevated. No stimulants Undress/cold towels or ice/medical emergency transport



Heat Illness Management

When participating in sports during hot weather, individuals can be at risk for developing heat illness. Heat illnesses vary in severity from mild (cramping) to severe (heat stroke, death). The following guidelines should be utilized to assist in the recovery of heat illnesses.

1. Continue to hydrate yourself with water and/or electrolyte beverage.
 - Drink 24oz (1 water bottle) of cold fluids for every pound that you have lost.
 - DO NOT DRINK caffeinated beverages (e.g. coffee, tea, iced tea, Coke/Pepsi, Mountain Dew, etc.), “energy drinks” (e.g. Red Bull, Jolt, etc.) and alcoholic beverages □ they cause you to produce more urine, so you end up losing even more fluids!
 - DO NOT DRINK carbonated beverages & sugary drinks (e.g. fruit juices / punch, etc).
 - Drink enough to satisfy your thirst. Eat a good meal (drink while eating). Continue to drink after the meal.
2. Eat a good, nutritious diet.
 - Low-fat, high carbohydrate, moderate protein foods.
 - Fruits & vegetables.

- Stay away from fast foods.
 - Lightly salt foods to taste and/or eat foods high in sodium (e.g. ham & cheese, pizza, tomato sauce, soup, tomato juice / V8, pretzels, pickles, etc).
3. Avoid taking any supplements, stimulants, and/or other medications unless prescribed for you by a Physician.
 4. Monitor your urine color & output (urine color should be pale yellow to clear if you are properly hydrated).
 5. Immediately contact the coach or emergency personnel if any of the following occur:
 - Cramping / muscle spasms / convulsions.
 - Nausea and/or vomiting.
 - Elevated body temperature ($>104^{\circ}$).
 - Severe headache, dizziness, confusion, and/or lethargy.
 - Staggering body control, decreasing level of consciousness, intense thirst.

LIGHTNING SAFETY

- FCS Athletics Department is equipped with a weather monitoring system and lightning detection system to better keep our Athletes safe.
- Decisions to remove teams or individuals from practice activities will be made by the coaches on staff or Athletic Director.
- Decisions to remove teams or individuals from athletic competition or events will be made by the athletic director and with the cooperation of the officials.
- **Athletic Director and Emergency Medical Personnel have the final call on inclement weather postponements and cancellations for games, practices, and scrimmages**

Faith Christian Athletics Lightning Policy

With prevention being the major goal of the Faith Christian School Athletics Department, utilizes the Sky Scan lightning detector to determine the threat of lightning during athletic participation. This device will be used in conjunction with other conventional methods (i.e. flash-to-bang method, National Weather Service) in determining practice and/or game status.

Practices – the Athletic Director or Emergency Personnel will be responsible for determining the threat of lightning. At such time that lightning is detected in the area within a range of 3-8 miles (lightning detector or flash-to-bang), the Athletic Director or Emergency Personnel will make a decision with the coaching staff to remove the team from the playing field to a secure and safe location. Decisions about initiating a practice that has not begun or continuation of a practice that has started will be made with input and consultation of the Athletic Director or Emergency Personnel and head coach.

Competition – the Athletic Director or Emergency Personnel will be responsible for determining the imminent presence of lightning. At such time that lightning is detected in the area within a range of 3-8 miles (lightning detector or flash-to-bang), FCS Athletics will notify the opponent team and game officials of our intentions to remove our team from the playing field to a secure and safe location. Communication will be made to the spectators advising them to take shelter. Decisions about initiating a contest that has not begun or continuation of a contest that has started will be made with input and consultation of the Athletic Director, Emergency Personnel, game officials, and head coaches.

Faith Christian Athletics will not permit its teams to return to an open field for practice or competition until at least 30 minutes have elapsed since the last evidence of lightning in the area and an appropriate warm-up/stretching period is provided.

Guidelines for Lightning Safety:

1. Know where the closest "safe structure or location" is to the field or playing area, and know how long it takes to get to that safe area. Safe structure or location is defined as:
 - Any building normally occupied or frequently used by people, i.e., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and **do not use** the showers or plumbing during a thunderstorm.
 - In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof and rolled up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the metal roof, which dissipates the lightning strike around the vehicle. **Do not touch the sides of the vehicle.**

- **The locker rooms at the field house are specifically for the athletes, coaches, officials, game personnel. The Gym may also be used for spectators.**
2. Be aware of how close lightning is occurring. The flash-to-bang method is the easiest. To use this method count the seconds from the time lightning is sighted to when the clap of thunder is heard. Divide this number by five to obtain how far away (in miles) the lightning is occurring.
 3. As a minimum, National Severe Storms Laboratory (NSSL) and the NCAA recommend that by the time the monitor obtain a flash-to-bang count of **30** seconds; all individuals should leave the athletic site and go to a safe structure or location.
 4. If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize your body's surface area, and minimize contact with the ground. Do not lie flat.
 5. If unable to reach safe shelter, stay away from the tallest trees or objects (such as light poles or flagpoles), metal objects (such as fences or bleachers), individual trees, standing pools of water and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.
 6. When considering resumption of an athletics activity, NSSL staff recommends that ideally everyone should wait **30 minutes** after the last flash of lightning or sound of thunder before returning to the field or activity.
 7. If someone should be struck by lightning coaches should enable pre-hospital care (EAP Procedure) for lightning victim procedure.

- 1. Survey scene for safety.**
- 2. Activate EAP.**
- 3. Carefully move victim to safe area if necessary.**
- 4. Check ABC's**
- 5. Monitor until EMS arrives or Other Trained Personnel**

Procedures for Medical Emergencies

In the event that an injury occurs in any program, each Athletic Team should have a designated individual who will be responsible for following emergency procedures outside the Medical Personnel and Team Doctor.

1. Based on the activity/area, the person who is coaching will assist with emergencies

- First Responder/ Emergency Medical Personnel should be on call to respond if needed

2. General Emergency Procedures

- a. Take control of the injury situation.
- b. Determine the type of emergency and transportation assistance needed.
- c. Designate one (1) person to contact 911
- d. Remain with the injured person until medical assistance arrives.
- e. Complete an Accident/Injury Report Form.
- f. Contact the Parents and Athletic Director immediately, once the situation is under control.

3. Life-Threatening Situations Procedures

(These include only a non-breathing situation where CPR is needed or profuse bleeding where direct pressure is necessary to stop bleeding):

- a. Assess the situation.
- b. Immobilize the injured person. Do not move or allow him/her to be moved, (unless the environment is life-threatening.)
- c. Designate a person to call 911
- d. Be prepared to provide the following information to these persons:
 1. LOCATION of the situation and the best access route.
 2. PHONE NUMBER and LOCATION from where the call is being placed.
 3. WHAT HAPPENED? DESCRIBE THE INJURY SITUATION and the injured person (include the body parts involved), and explain what is being done.
 4. Hang up only after you have been released.NEVER HANG UP FIRST!!!
- e. Remain with the injured person until assistance arrives.
- f. Have someone contact the Parents and Athletic Director immediately.

4. Minor injuries (scrapes, bruises, strains, sprains, etc.)

- a. Assess the situation.
- b. If it is a minor scrape or cut, conduct general first aid
- c. If the injury is a sprain or strain, have the player try to walk it off, if pain does not allow player to walk, Do Not allow them to continue playing. Contact parents and request them to seek medical attention.
- d. Be prepared to provide the following information to Parents:
 1. Location of the situation and the best access route.
 2. What happened? Describe the injury situation, the injured person (include the body parts involved) and explain what is being done.Remain with the injured person until parents arrive.
- g. Contact the Athletic Director when situation is under control.

5. Transportation Procedures

If the injured player's parents want to take them to the emergency room, assists the player to the car. If the player is unable to walk, have two or three designated people carry the player to the

car after the injured area has been immobilized.

PLEASE DO NOT ALLOW ANYONE TO PICK UP, MOVE, AND/OR LIFT/CARRY AN INJURED PERSON ALONE OR BEFORE THE INJURY HAS BEEN ASSESSED!!!

6. Accident/Injury Reports

The coach of each team is responsible for completing an Accident/Injury Report Form for each accident/injury that occurs during any team activity. Forms should be turned in as soon as possible to Athletic Director. Each team should have a supply of these forms and fill them out immediately and completely at the time of the injury.

Faith Christian School Athletics

Sports Medicine

In the occurrence of injury to a Faith Christian School Athlete, we are here to help the athlete and the parents manage the situation.

Faith Christian School Athletics has trained emergency medical personnel on staff to treat minor injuries so athletes can return to play as soon as possible.

In the event it is determined an Athlete should seek Medical Attention by an Emergency Physician, the parents of the athlete will be contacted by the Athletic Director, Coach, or Emergency Personnel as soon as possible based on the nature of the injury.

For all other non-life-threatening injuries, a request still may be made by the Athletic Director, Coach, or Medical Personnel for a follow up visit to obtain an X-Ray or seek medical attention from a Sport Medicine Doctor.

Student Accident Insurance

While every precaution is taken for proper supervision for the prevention of accidents at school, accidents do happen. Accidents are immediately reported to the parents, and accident forms are completed. Parents are advised to carry adequate health insurance protection. Faith Christian School provides supplemental accident insurance for students. This insurance is designed to supplement the family's individual or group insurance coverage, but does not eliminate the need for such coverage (and may not cover the entire amount). The school also carries liability insurance. Accident Insurance requests from the school must be made within one month of the injury. The injury must have occurred while participating in an FCS Sponsored Athletic Event or Practice.

Faith Christian Athletic Department will help you receive the quality treatment your athlete needs. We will assist and schedule necessary appointments upon request by the parents.

The Athletic Department will schedule timely appointments with some of the best doctors in the country. These appointment times can only be obtained through the Athletic Director or Emergency Personnel through direct contacts with these facilities.

We are here to help you chose the best facility based on the nature of your Athlete's injury.

Sports Medicine Facilities We Recommend:

Duke Sports Medicine Clinic

Carolina Sports Concussion Clinic

Concussions

If a concussion is suspected, the FCS Athletic Department, Medical Staff, and/or coach will contact you about your athlete as per the NC Concussion Law. The athlete cannot return to play until seen and released by a licensed physician and the NC Concussion Return to Play Form is signed by the physician.

If you suspect your child has a concussion, please notify the FCS Athletic Department as soon as possible. It is in the best interest of your athlete to be safe and precautionous rather than risk their lives and risk a 2nd impact.

What is a concussion?

A concussion is an injury to the brain. It's usually caused by a direct OR indirect blow to the head. Most of the time a concussion does not involve a loss of consciousness.

What are the signs of a concussion?

Individuals who have had a concussion will usually experience some of the following signs and symptoms in the minutes, hours, days and weeks after an injury:

- Headache
- Dizziness
- Confusion
- Ringing in the ears
- Nausea
- Vision disturbance
- Poor balance
- Memory difficulties
- Trouble concentrating
- Feeling "foggy"
- Trouble sleeping
- Oversensitivity to light or noise
- Feeling slowed down
- Fatigue
- Irritability and mood changes

How is it diagnosed?

Suspected concussion injuries should be evaluated both by FCS medical staff and by your physician. First, if you suspect a concussion, notify the FCS Athletic department and team coach so signs and symptoms can be assessed and recorded. This is very important, especially if the athlete is confused or does not remember the injury. The medical staff will perform initial testing of strength, sensation, balance, reflexes and memory. In more serious cases, you will be referred to a doctor who will want to get special x-rays of your head, called computed tomographic scans (CT) or magnetic resonance images (MRI).

Does medicine help?

The treatment for concussion is rest. If you have a headache, try cool applications on your head, such as an iced towel. **Always ask your doctor before you take any medicine if you've had a concussion.** Aspirin and anti-inflammatory medicines can complicate the injury.

What symptoms warrant immediate medical attention?

- Any loss of consciousness
- Severe headache
- Repeated vomiting
- Confusion that gets worse
- Difficulty walking, speaking or using your arms
- Convulsions
- Unusual sleepiness
- Stiff neck

When can I return to sports?

You should **NEVER** return to play while you still have any symptoms or effects of concussion. This is crucial to your safety. Most athletes are ready to return to action in a few weeks but every injury is unique and requires individual management. If referred to a doctor by the trainer or school personnel, a doctor's note is required in order to return to play.

What are the risks of returning to play too early?

- Causing symptoms to persist weeks or months longer than they would with proper rest
- Development of permanent symptoms or lowered thinking skills
- Catastrophic brain damage

Are there any lasting effects to a concussion?

Most people get better after a concussion without any permanent damage. People can have signs of concussion for weeks to months. After several concussions, your doctors may talk with you about changing sports.

By the NC State Law, we are required to withhold ANY athlete with suspected head injury and having signs of a concussion until seen and released by a medical professional that specializes in Head Injuries and Concussions.

In addition, it is required that each athlete sign a concussion statement form each school year. This form can be found on the athletic website, athletic office, and in the FCS Athletic Summer Mailing Packet.

Athletic Consent and Permission Forms

Athletic Consent

Parents & Athletes,

Students are required to ride to and from the games in the same assigned vehicle (Bus or Approved FCS Drivers Only). Riding home with Parents is the **ONLY** exception. We will **NOT** accept notes or phone calls. This rule is entirely for the protection of your child and the protection of our school. Players are not allowed to drive themselves to away games except to Rocky Mount Academy, Rocky Mount Prep, Wilson Christian, Community Christian, S.W. Edgecombe, Greenfield School, Wesleyan College. Only with the coach's permission can players drive to these facilities listed above. **Players CANNOT transport other players to away games (exception: transporting brother or sister).**

FAITH CHRISTIAN SCHOOL OF ROCKY MOUNT ATHLETIC CARPOOL – PARENT AUTHORIZATION

I, as parent/legal guardian give permission for my child to be driven in a vehicle by parents, coaches, students, and family members who are FCS Approved. These individuals are authorized to drive my child to and from any team functions, including, but not limited to practices and games. As a school policy, Faith Christian will only allow a maximum of two passengers per student driver (1 driver, 2 passengers) to and from any athletic event in which they are participating. Student drivers are not permitted to drive to ANY "away" game/match except those within the Rocky Mount Area.

AUTHORIZED PARENTS/ COACHES/ ADULTS:

I authorize for All FCS Approved Drivers to drive my student to and from practices and/or games.

I also authorize my student to ride with another student to practices when needed under the consent of the student driver's parent.

I hereby release and forever discharge Faith Christian School of Rocky Mount, its faculty & staff, coaches, and team managers of any liability for any personal injury or loss incurred while in any car of an approved driver.

EXPECTATIONS OF FAITH CHRISTIAN TEAM CAPTAINS

Being a captain of one of **Faith Christians** athletic teams is the most important role a student can assume within the athletic program. It requires commitment, leadership, responsibility, and putting others before self. Whether being elected or selected as a captain, the team or coach has placed a great deal of confidence in your ability to lead. As a captain, you are a representative of **Faith Christian School** and will be measured by others on how you carry yourself.

Below are the expectations of a **Faith Christian** captain:

- Uphold the school's mission, School Handbook, and Athletic Handbook.
- Put others ahead of **yourself**.
- Be respectful at all times (Includes coaches, teammates, parents, officials, administration, etc.).
- Be a **team player** and promote **team unity**—seeking to always include **others (especially with new players and younger players)**.
- Encourage your team to perform at their highest level.
- Create a healthy view of **winning and losing**. Keep emotions under control without losing enthusiasm.
- **Never give negative criticism or blame teammates**. (Give constructive criticism.) Promote this behavior as it is a core value within our program
- Meet and greet officials, opposing coaches and captains.
- Communicate any issues that you feel the coach and/or Athletic Director should be aware of that could hurt the team or school.
- **Be on time for practices and games**
- **Enjoy the game and have fun!**

FAITH CHRISTIAN SCHOOL ATHLETICS PLAYER COMMITMENT

Sports are a time consuming commitment, which takes a lot of sincerity by the student-athlete but also by the parents/guardians in order to be successful for the player as well as the team. We will need help at home games, working in the concession stand, scores table, setting up and taking down equipment and other areas. Athletics teach our athletes many things such as: commitment to a single cause, teamwork, cooperation, acceptance, timeliness, management of time, sportsmanship and many others.

- 1) I understand that I am a part of the Faith Christian School Athletic Teams, I am committing to being part of that team. As such, I will take my responsibility to my team seriously. I understand that I am expected to attend all team practices, games and tournaments - This includes games and tournaments on weekends.
- 2) I understand that the commitment I am making is for any sport I play. I will limit my other activities to avoid conflicts with the commitment I am making to Faith Christian School Athletics.
- 3) I understand that I must notify my coach (**Athletic Absentee Request Form**) and athletic director of any practices and or games that I will miss during the sports season. **This must be done prior to the first game of the season.** I understand that there may be occasions when due to injury or extenuating circumstances (sickness, death of a family member, family hardship, etc.), I will not be able to participate. Although those situations will be rare, I agree to be honest with my coach/ athletic director and notify them as far in advance as possible. I understand that I must follow the policies set forth by the Faith Christian School Athletic Handbook regarding these issues on commitment.
- 4) I understand that my conduct at practices, games and tournaments is a reflection of me as an individual as well as my team and most importantly a reflection of our testimony of Jesus Christ.
- 5) I will follow the instructions of my coach concerning conduct. I will, at all times, demonstrate good sportsmanship and good citizenship. I will conduct myself in a manner that brings credit to my team and to me, and in a manner that brings glory to Jesus Christ.
- 6) I understand that if any of the following commitments are broken, that I can be removed from the team and forfeit eligibility for 2 sports seasons. **In addition, all awards for that sport from the Athletic Department, NCISAA, and EPIC will be forfeited.**
- 7) I understand that all policies, rules, and procedures written in the FCS Athletic Handbook, FCS Cheer Handbook (Cheer Squad Members), and the FCS Student Handbook apply to me at all times whether on campus or off campus for any Athletic Events for me and parents.