
HOWARDSVILLE CHRISTIAN
SCHOOL

**ATHLETIC
HANDBOOK**

1/8/2024

HOWARDSVILLE CHRISTIAN SCHOOL
53441 Bent Rd. Marcellus, MI 49067

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We welcome you athletes, coaches, and parents to Howardsville Christian School Athletics. Your desire to be a part of our ministry is one that we do not take for granted. As an Eagle member of our athletic program, we are entrusting you with the privilege and responsibility of representing our school with Christ-like character. We are committed to encourage, support, and serve you as you participate in athletics. We look forward to a mutual relationship that will ultimately benefit and encourage everyone.

The intent of this manual is to acquaint you with the expectations that we as a school have for athletes, coaches, and parents. The contents of this handbook will contain the policies and procedures that Howardsville Christian School has set and established. It is our desire that this manual will help in our efforts to run an athletic program that will experience the type of success that has characterized our school since its inception. The rules and regulations are made in order to best serve and help our student athletes and all who are involved in athletics. We pray that God will be glorified as we seek to have fun and be a light to those with whom we come in contact.

A HISTORY OF HOWARDSVILLE ATHLETICS

Since the very beginning of our school, athletics have been offered to our students. In our early years we offered sports such as basketball and cheerleading. Because of our size and grades offered, these sports remained at the junior-high level. As the school continued to grow and add grades in our high school, so also did our athletic offerings increase. Volleyball and soccer were the first sports to be added for our students. As interest in different areas increased, we as a school sought to offer those sports that our students wanted.

To date we now are able to offer varsity competition in a wide range of sports. A full range of opportunities are also provided for our junior high students in basketball, soccer, and volleyball.

Howardsville Christian School has always been a member of the Association of Christians Schools International (ACSI), and in our early years we participated exclusively in ACSI sponsored tournaments. Beginning in 1993, Howardsville Christian School made the decision to join the Michigan High School Athletic Association (MHSAA). Since then our varsity teams have participated in the tournaments that they have sponsored. The decision to be a part of the MHSAA was based primarily on the advantages offered to both our student athletes and to our school. Membership in this organization does bring with it certain requirements of our coaches and athletes that are spelled out in this manual.

Beginning in the 1990s, Howardsville Christian School had been a member of the Cornerstone Athletic Conference (CAC). Due to lost membership, the CAC ceased to exist after the 2013-14 athletic season. In an effort to be a part of a conference, Howardsville Christian School applied and was accepted into the Red Arrow Conference (RAC) for the 2014-15 school year. In our first year of membership, the conference as a whole voted to move its membership to the BCS (Berrien, Cass, St. Joseph Athletic Conference). Beginning the 2015-16 school year, we began full membership of this conference.

It will continue to be our desire to have an athletic program that first of all is honoring to the Lord. We believe that we can train our athletes that in every arena of life, including the competitive, glorifying the Lord is paramount. This can be accomplished by the grace of God and the efforts of our athletes, coaches, and parents.

PHILOSOPHY

Athletics can play a vital role to the spirit of our school. Kept within its proper boundaries, athletics may be used as an available tool to teach Christian character development and team concepts.

As is the case with any program that is offered at Howardsville Christian School, our goal is to honor and glorify Jesus Christ. It is our belief that athletics can be used as an extension of the classroom whereby our students are given opportunity to apply those principles that have been taught through Christian education.

In accordance with the goals of education, Howardsville Christian School's athletic philosophy is to help our people develop mentally, physically, emotionally, intellectually, and spiritually to their fullest potential. The athletic program contributes to this goal by providing intermediate and high school students with opportunities to participate as team members in sports competition with other schools. The development of physical skills, sportsmanship, teamwork, self-discipline, loyalty, tolerance, and perseverance are desired individual outcomes.

The following goals for our athletic program have been established:

1. The student athlete will recognize that all physical talents and abilities come from God and should be developed for His glory.
2. The student athlete will be encouraged to practice good sportsmanship, which includes proper respect and submission to game officials, coaches, and game management personnel. Student athletes will also be encouraged to appreciate the facilities and equipment that has been provided for their use. Proper respect towards these facilities and equipment should always be paramount to the students' actions. This would also include facilities at away games.
3. The student athlete will be taught the value of team effort in the competitive arena.
4. The student athlete will be given the opportunity to develop their individual skills necessary for the respective sport in which they have chosen to participate.
5. The student will learn skills and strategies of their sport that will enable them to be competitive in their chosen sport.
6. The student athlete will be taught the proper way to win in a spirit of humility as well as the proper response to loss.

GOALS OF ATHLETIC PARTICIPATION

The goal of extra-curricular participation at Howardsville Christian School should be an educational experience developing individual skills and formulating team concepts that can be used for a lifetime.

1. **Teamwork:** Develop self-discipline, respect authority, work hard and place team objectives above personal desires.
2. **Success:** Perform at one's best regardless of the outcome.
3. **Good Sportsmanship:** Learn to accept winning and losing gracefully. Treat others with respect. Maintain emotional control, honesty, cooperation and dependability.
4. **Develop Good Health Habits:** Develop good nutritional habits, get proper exercise, and follow guidelines set up by coaches.
5. **Spiritual Growth:** Develop character traits that help one grow in his/her relationship with God and also display Christ-like character to teammates, coaches, parents, fans, referees, and the visiting party.

OBJECTIVES OF THE ATHLETIC PROGRAM

A meaningful athletic program should have defined objectives that apply to all levels. These objectives should be consistent with the philosophical and educational objectives designed to promote personal development and community spirit. The athletic program at Howardsville Christian School is dedicated to the following objectives:

- Provide students with quality teaching/coaching personnel
- Provide students with facilities that will enhance their skills
- Provide opportunity for students to participate
- Build a positive image of school activities of which community, parents, and students can be proud and supportive
- Instill values and ethics that are in accordance to God's Word and that help students grow spiritually

CODE OF CONDUCT

A student who elects to participate in athletics program at Howardsville Christian School is voluntarily making a choice of self-discipline and self-denial. Being a member of these groups is a privilege and must be treated as such. An individual's conduct should reflect positively upon himself/herself, his/her family, school, and community.

1. In the arena of competition, behavior should reflect good sportsmanship and Christ-like attitude.
2. In the classroom, the highest individual academic effort and behavior should exemplify the conduct of a good athlete.

3. The student is responsible for equipment and facilities used in the performing of the activity.
4. Dropping out of an extra-curricular sport is strongly discouraged. As a courtesy, the student and parents should discuss this decision with the coach and Athletic Director before making a final decision.
5. Students should use good judgment when emulating college or professional athletes.
6. Students should respect and adhere to the expectations of the coach.

CONDUCT CODE FOR PARTICIPANTS IN EXTRA-CURRICULAR ACTIVITIES

- Participation shall at all times abide by the safety rules of their activity or sport. Unsportsmanlike behavior will not be tolerated.
- Participants' conduct, in and out of school, shall not reflect negatively on their school or create a disruptive influence on the discipline, good order, moral, or educational environment in the school.
- Participants who violate this Conduct Code are subject to being removed from the activity at the discretion of the Coach, Athletic Director, or Principal in addition to any other applicable punishment.

TEN COMMANDMENTS FOR PARENTS OF CHILD ATHLETES

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest with your child, in all circumstances, showing love and using words that are both constructive and what they need (showing tact).
3. Be helpful but don't overly coach them. Constant criticism or advice often times may discourage and do more harm than good.
4. Teach them to enjoy the thrill of competition. Encourage them to do their best, to work hard, and improve their skills.
5. Try not to relive your athletic life through your children in a way that creates pressure. Do not pressure them to do something they do not want to do only because you want to relive your athletic experience.

6. Do not compete with the coach. Constant tension and strife will bring down both the athlete and team.
7. Do not compare the skill, courage, or attitudes of your children with other members of the team. Everybody has been blessed and gifted differently.
8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his/her leadership.
9. Remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage, and the fact that it is relative. Courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.

TEAMS SANCTIONED BY HOWARDSVILLE CHRISTIAN SCHOOL

Fall

JH Soccer
JH Volleyball
Boys & Girls Cross-Country
JV & Varsity Volleyball
Varsity Soccer

Winter

JH Boys Basketball
JH Girls Basketball
JV & Varsity Girls Basketball
JV & Varsity Boys Basketball

Spring

Baseball
Softball
Golf

*Sport offerings are subject to change from year to year based on student interest and participation.

COACHING STANDARDS & EXPECTATIONS

The leaders at Howardsville Christian School recognize the need to maintain a standard of excellence for our students. As such, we support the adoption of these standards to be used by the Athletic Director as the basis for the evaluation of coaches and programs.

A coach has a role as leader and mentor to student athletes, and is an official representative of the school at interscholastic athletic activities. In such important capacities, these standard behaviors should be practiced:

1. Develop an understanding of the role of interscholastic athletics and communicate it to players and the public.
2. Develop an up-to-date knowledge of the rules, strategies, safety precautions and skills of the sport and communicate them to players and parents.
3. Develop, communicate and model policies for athletes' conduct in the locker room, at practice, during competition, and at other appropriate times.
4. Develop fair, unprejudiced relationships with all squad members.
5. Allow athletes to prove themselves anew each season and do not base team selections on previous seasons or out of season activities.
6. Give the highest degree of attention to athletes' physical well-being.
7. Allow athletes time to develop skills and interests in other athletic and non-athletic activities provided by the school and community groups.
8. Teach players strict adherence to game rules and contest regulations.
9. Teach players, by precept and example, respect for school authorities and contest officials, providing support for them in cases of adverse decisions and refraining from critical comments in the public or to the media.
10. Present privately, through the Athletic Director, evidence of rule violations by the opponent.
11. Attend required meetings, keep abreast of MHSAA policies regarding the sport, and be familiar with MHSAA eligibility and contest regulations.
12. Present a clean professional image in terms of personal appearance, and provide a godly, positive role model in terms of personal habits, language, and conduct.

Parental Standards & Expectations

Parents are expected to be supportive and encouraging as a fellow brother or sister in Christ. With this expectation come the use of Biblical principles when concerns arise related to their child (see Matthew 18). Parents must also be supportive of all those associated with an athletic event, including officials, coaches, players, and game management personnel. Those who berate any of the above will be asked to leave the event by the game manager (athletic director or assistant). Repeated offences will result in the parent not being able to attend the remainder of the season. Parents should also be supportive of appropriate team discipline when their son or daughter has not followed team rules laid down at the beginning of the season.

When the coaching staff, the athletes, and the parents are working together for the good of the team, a season is successful. Everyone must play his/her role. Coaches coach, players play, and parents need to support their children with attendance and encouragement. As role models to our student athletes, the following behaviors should be practiced by parents:

1. Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game.
2. Place the emotional and physical well-being of the participants ahead of any personal desires to win.
3. Provide support for coaches and officials working with the participants to provide a positive, enjoyable experience for all.
4. Encourage healthy and safe habits by refraining from the use of alcohol, tobacco, or cigarettes on school property.
5. Refrain from comments and actions that are intended to intimidate, bait, anger, or embarrass others.
6. Be a spectator and refrain from "coaching from the stands."
7. Remember that the game is for the students and not for adults.
8. Make sports fun for the participants.
9. Expect that your child treat other players, coaches, fans and officials with respect.

10. Keep all comments from the stands positive, including those directed towards individuals other than your own child.

*Parents should encourage their student athlete to give their best as to the Lord.

EXTRA-CURRICULAR ROLES AND RESPONSIBILITIES

Student Athletes Will:

- Come prepared to work at every practice where he/she is physically able.
- Accept the team rules as established by the coach and the athletic department.
- Attempt to communicate all questions and concerns with the coach in a timely fashion.
- Display a respectful attitude towards his/her teammates, coaches, officials, spectators, and opponents at all times.

Coaches Will:

- Abide by MHSAA coaching standards as stated in the MHSAA Handbook.
- Come prepared to practice daily.
- Make a strong effort to run a safe practice and competition area.
- Communicate important information (such as team expectations and important dates) to parents and administration.

Parents Will:

- Be supportive of not only their children, but of all competitors.
- Support team guidelines and goals.
- Abide by the code of conduct for parents as found in the "Parental Standards and Expectations."
- Communicate concerns directly to the coach while respecting the 24 hour cooling off period (see Extra-Curricular Conflict Resolution Process pg 16).

The Athletic Director Will:

- Recognize that athletes are students, realizing they have more on their plate than athletics.
- Be supportive of the needs of athletes, coaches, and parents.
- Seek to resolve any problems related to sports.
- Be a go to when a conflict cannot be resolved between two parties.
- Be just when resolutions must be made.

COMMUNICATION BETWEEN COACHES AND PARENTS

The purpose of the interscholastic athletic program at Howardsville Christian School is to provide an arena in which students can learn and grow in meaningful ways that are not always possible in a classroom setting. Our ultimate success in achieving a positive athletic experience will be measured by our ability to establish lines of communication. Through good communication, people feel valued and understood, even if complete agreement is not always reached. We are all concerned about the *education* of our students. Part of the process of growing up is learning to handle your own difficult situations. If a conflict or misunderstanding between an athlete and a coach occurs, learning to resolve it is an important educational experience for the athlete. Parents should react slowly, if the circumstance is not extreme. Children tend to exaggerate at times, leave out part of the story, or present a skewed version of an incident. Taking responsibility for your part in a conflict is a learned skill. It requires maturity and honest self-reflection. Athletes vent frustration at the dinner table expecting mom and dad to take their side of the issue. Parents, however, realize that they were not present at practice to see how their child behaved, related to the coach, or to evaluate his or her skill and effort. Parents should always seek more information before drawing conclusions. The most productive long-term help a parent can give a child in awkward situations with a coach is to teach and model the skills of conflict resolution. Help your child resolve his or her own differences. When a student successfully deals with difficult interpersonal conflicts, he or she learns and grows. Parents are encouraged to help their athlete learn the valuable lessons that athletics can teach, even the "tough lessons" that may be difficult for everyone involved. Of course, a parent always retains the right to intervene on behalf of a child.

Communication all parents can expect from their child's coach or the Athletic Director

Team Itinerary: Parents need to know the location and times of all practices, games, meetings, banquets, ect., as well as directions to away contests.

Team Rules: Parents appreciate knowing not only the philosophy of the coach but also an team policies including consequences that the coach established to supplement the code of conduct, rules and regulations.

Injury: Parents can expect to be immediately informed by the coach when an injury occurs that requires medical attention.

Problem Behavior: Coaches should call parents whenever an athlete exhibits atypical behavior that warrants parental intervention.

Discipline: The coach will inform parents within 24 hours of all discipline that results in the loss of practice participation or the removal from a contest or the team.

Communication Coaches Appreciate from Parents

Schedule Conflicts: Please notify the coach if your child cannot attend practice. If you cannot reach the coach directly, it is then appropriate to notify the main office to get a message to the coach.

Emotional Stressors: Coaches appreciate knowing about any unusual triggers that an athlete may have that may cause additional stress. Demeanors vary between people, so please talk to the coach if you know your child struggles in a certain area.

Volunteers: Coaches (and the Athletic Director!) need help with so many aspects of managing each sport's program (fundraisers, work projects, field preparation, concessions, ect.) that they are always glad to hear from parents who have ideas and are willing to work for the team.

Forthrightness: Every coach wants to try to resolve conflict before it is taken to the athletic director, principal or other higher authority or before it is discussed "in the stands."

ATHLETIC COUNCIL

The Athletic Council is compromised of the Athletic Director, Principal, and School Board:

The Athletic Council shall, at the request of the head coach, have the power to bar from participating in athletics any individual whose actions are detrimental to the reputation of the school. Any individual barred must make a personal appearance before the Athletic Council before the student may again participate in athletics.

Organizational Chart of the Athletic Department

Every organization that is going to function efficiently must have a design that makes clear the procedures that are to be used. The athletic department is no different than any other part of our school's ministry in that regard. At the present time the organizational chart of our athletic department is as follows:

School Board

School Administrator

Athletic Director

Coaches

A "ladder" approach should be taken starting from the bottom and working upward. The proper use of the above chain of command will help to ensure that all parties have a proper way to deal with any problems that may occur over the course of the year. Each party in the chain of command has their proper role in the ministry that we have been called to in being part of the athletic team at HCS. The coaches should try to talk with the athletic director about any problems concerning coaching duties. If after talking with the athletic director the coach still does not feel that an adequate solution has been reached, they should then go to the school administrator.

Appropriate Concerns for Parents to Discuss with Coaches:

- The treatment of your child.
- Ways to help your child improve.
- Concerns about your child's physical health and welfare, academic progress, or violation of the code of conduct. **(Please, matters regarding other athletes are to be left to their respective parents, unless extreme).

Areas of Control that Belong to the Coach:

- Team procedures, placement, and size.
- Position(s) played, lineups, and playing time.
- Play calling and style of play.
- Practice plans, drills, and scrimmages.
- Coaching staff (upon approval of the Athletic Director).

EXTRA-CURRICULAR CONFLICT RESOLUTION PROCESS

- All complaints **MUST** be heard at the lowest possible level **BEFORE** intervention by a higher authority can occur.
- A 24 hour "cooling off" period must be granted before any complaints are initiated, unless the incident needs immediate action.
- Complaints must be made within 10 days of the incident. For the sake of all parties, the entire process must be concluded within 30 days of the incident.

Step 1: Start with the Source

The player or parent will speak directly to the coach. A cooling off period will be granted for all parties before resolution is sought. This meeting should be done in private, away from practice sites or other team members. The meeting should also be conducted face to face. A student who does not feel comfortable speaking solely to the coach may request a parent to be present, however the meeting should be conducted by the athlete.

Step 2: Move to Program Head (Head Coach)

This step is necessary only if the issue is in regards to a subordinate or assistant (i.e. an assistant coach, volunteer, ect.). The head coach should confront the issue. If a resolution cannot be made, the Athletic Director shall be contacted. If the "source" of the problem is the head coach, move to step three.

Step 3: Contact Athletic Director

If an agreeable solution is not reached, then the athletic director will conduct a meeting between the parties in an attempt to find resolution.

Step 4: Contact Principal

If an agreeable solution is still not reached, then the principal will conduct a meeting between the parties in an attempt to find resolution.

Step 5: Request School Board Mediation

If an agreeable solution can still not be reached, the school board shall govern the situation and find a resolution that it deems best for all parties involved.

Conducting a Meeting:

1. Introduce yourself if necessary. There is to be no yelling, verbal or physical abuse by either side.
2. When each person is speaking, there is to be no interruption. Let each person complete his or her version of the situation before the other person speaks. When stating your concern, be prepared with the facts in so far as you understand, or can ascertain them. **Be clear about what you hope will happen as a result of your meeting.**
3. As you talk with the coach, or other authority, repeat back what you hear him or her say to be sure that you understand the important points. Remain calm and friendly as you talk and listen. Take notes.
4. Assist in generating option to resolve the conflict. Make sure there is fairness to the proposed solutions.
5. Before the session ends, have a plan that is clearly understood by all parties. If necessary, have a written document restating the final outcome, what happens if the situation reoccurs, and signatures indicating understanding is appropriate. This written plan will check for mutual understanding. Make a plan to touch base following the initial meeting. Remember that each party has a stake in making the plan work. We always assume that all parties have the best interest of the student-athlete in mind when concerns are discussed. Therefore, we make every effort to assure that the student is not penalized or placed in an awkward position as a result of voicing a complaint. Parents, rightly so, tend to have single focus and advocate for their own child. Coaches, on the other hand, tend to have multi-focus and must safeguard the needs of every player as well as the team as a whole. Parents and coaches, in order to communicate effectively, must respect the legitimate perspective of the other.

Playing Time

Middle School: The goal of the junior high level and below is to teach fundamentals of the sport with an emphasis on sportsmanship, teamwork, and Christian character. Winning, as a goal, must be balanced with as equal playing time, as much as possible, for all participants.

Junior Varsity Level: Coaches should balance student-athletic participation with the success of the team. Fundamentals of the sport, sportsmanship, teamwork, and Christian character are goals while providing practice and competition for all participants. Coaches should stress to all participants that each athlete is an important contributor to the team, but that playing time may not be afforded equally to all. Every effort should be made to allow each athlete significant playing time at each event. Maximum student-athletic game participation is stressed, but not mandated at this level.

Varsity Level: The success of the team is the main goal at this level. Student athletes should learn that all participants are working together for the good of the team. Game participation is handled exclusively by the coaching staff. Although playing time should be provided for as many athletes as possible, the success of the team will be paramount. Coaches should stress to all participants that each athlete is an important contributor to the team, but that playing time cannot be afforded equally to all and that there may be close competitions where some team members see little or no playing time. Maximum student-athletic game participation is stressed, but not mandated at this level.

Note: At all levels of play, playing time may be affected by school disciplinary procedures and the participant's ability to attend practice sessions and complete training assignments both during practice and outside of practice.

CONFLICTS IN EXTRA-CURRICULAR ACTIVITIES

Students are frequently involved in multiple school activities. The student should notify the coach and the director of the other activity as soon as a conflict in the calendar occurs which requires the student to be in two places at the same time.

The commitment of students in extra-curricular activities should increase at higher levels of competition. At times, personal interests may need to be sacrificed for the good of the individual and his/her team members.

During the season, anytime a participant fails to attend practice/game, the student's return to the line-up will be determined by the coach and his/her procedures. The coach has the right to enforce his/her policy in regard to absence by an athlete who fails to communicate prior to the practice/game.

RULES PERTAINING TO ANTI-SCHOOL ACTIONS

At Howardsville Christian School, we have a standard of excellence, seeking to please, honor, and glorify God. There are certain actions that do not positively reflect what we desire to accomplish nor does it encourage others towards godly living. Below is a list of actions that are not accepted and consequences that these actions entail:

1. **Use of alcohol, drugs, tobacco, or steroids:** Any use of these substances will automatically result in suspension for the rest of that sport's season.
2. **Use of foul or inappropriate language:** Foul or inappropriate language is not tolerated and will not be accepted. Depending on the nature and content of speech, a student may be suspended anywhere from one game to the rest of the season.
3. **Bullying:** Putting down or harassing fellow team members will not be tolerated. Evidence of this will result in suspension or removal from the team.

SPORTSMANSHIP

Sports at Howardsville Christian School have earned us an outstanding reputation from area schools, public and private. Many Athletic Directors, and opposing fans have commented on how much they enjoy playing us because of our fair play and positive attitude. Many referees have also stated that they enjoy officiating at our school. We work hard to be good sports, knowing it is a practical way for our school to "shine its light before men," representing Christ. Please remember the following statements that help us maintain good sportsmanship:

1. A student spectator represents his/her school the same as the athlete.
2. The good name of the school and ultimately the Lord is much more valuable than any game won by unfair play or poor testimony.
3. Accept decisions of officials without dispute.
4. Any spectator or athlete who continually demonstrates poor sportsmanship may be excused from the athletic program.

ADULT FAN BEHAVIOR GUIDELINES

If a fan is acting in an unsportsmanlike manner, he/she will be approached and be advised of the inappropriate behavior by a school representative or Athletic Director. A second offense will result in a suspension of two home contests and any other athletic event during the suspension time period. A third offense will result in a suspension from all athletic contests for the remainder of the school year. This process may be accelerated if the Athletic Council deems it necessary.

POLICIES REGARDING TECHNICALS AND EJECTIONS OF ATHLETES OR COACHES

1. **Technical Fouls:** A technical foul received by an athlete or coach *that is a direct result of unsportsmanlike conduct* will automatically result in suspension for the next contest. They are permitted to finish the current contest.
2. **Ejection from Game (Athlete):** When a student is disqualified during a contest for *flagrant or unsportsmanlike conduct*, that student shall be withheld by his/her school for the remainder of that day of competition and for the next two contests. The student may still practice with team if deemed appropriate.
**A second ejection will result in the suspension from the remainder of contests of that sports season.
3. **Ejection from Game (Coach):** When a coach is disqualified during a contest of competition for unsportsmanlike conduct, the coach shall be prohibited from coaching for the remainder of that day of competition (he/she must leave school grounds) and from coaching at or attending the next two contests. The coach may still run practice if deemed necessary.

**Any coach who is disqualified for unsportsmanlike conduct two or more times during a season, and any coach or player who is ejected for spitting at, hitting, slapping, kicking, pushing or intentionally and aggressively physically contacting an official at any time during that season, is not eligible to participate in that MHSAA tournament for that sports season. If the tournament disqualifying ejection for that individual occurs during the MHSAA tournament, that player or coach is ineligible for the remainder of that tournament.

PHYSICALS

A physical form must be properly completed and signed by the parent or guardian and examining physician. This form shall be kept on file by the Athletic Director before a student may participate in athletic activities.

1. A physical examination given after April 15 is good for the following school year.
2. Students may never, under any circumstance, participate in a contest without a current physical.

INJURY POLICY

Injury Reporting: Students absent from practice due to extended illness or any athlete who sustains an injury while participating for Howardsville Christian School on his/her own time needs to report the injury to the coach.

Release to practice/compete following an injury: Any athlete who has sustained an injury that requires medical treatment must be released to return to competition or

practice by his/her M.D. or D.O. Release by the M.D. or D.O. must be delivered in writing to the Athletic Director. See the MHSAA Concussion protocol policy in the school office.

Athlete's Responsibility: It is the responsibility of the athlete to follow the instructions of his/her physician, with regard to an injury. It is his/her responsibility to follow up with treatment as directed by the physician.

DUAL PARTICIPATION

There exist circumstances in which it may be in the best interest of both a particular team and an individual athlete to allow participation on more than one athletic team during a particular season. This would allow individual athletes an opportunity to excel in activities that will help both them and others grow and develop physically, socially, and emotionally while, at the same time, helping the overall growth, development and success of the entire team.

1. The athlete must choose his/her primary sport and would be expected to attend all practices and contest of the primary sport (this includes sports students choose to play outside of school).
2. The athlete will only be able to participate in the secondary sport when there is not a conflict with primary sport activities.
3. The athlete would be expected to abide by all team rules for both sports.

GAME DAY ATTENDANCE REQUIREMENTS

1. All athletes are expected to be at scheduled practices and contests.
2. An athlete must be in school half of the school day unless he/she is participating in a school-sponsored function.
3. If there are extenuating circumstances to an athlete's attendance, the athletic director will determine the eligibility.

GAME DAY DRESS ATTIRE

The way we dress is part of our overall testimony. The way we look when entering another team's gym can help speak to the philosophy and lifestyle we live by at HCS. Looking sharp and clean portrays a good image and testimony. On game days student athletes are expected to "dress for success." It's nice to feel good about ourselves and the team we are representing on game day.

***Boys are expected to wear either:**

1. A shirt/tie with slacks or
2. HCS sports polo / collared shirt with khakis or slacks.

***Girls are expected to wear either:**

1. A nice skirt/dress **or**
2. HCS sports polo with nice slacks/skirt.

****It is expected that for home and away games that take place in the gym, the team arrive in game day attire and not warm-ups. After the game, athletes are encouraged to return to their game-day attire. Saturday volleyball tournaments are the exception to this rule.**

****Violations in dress code will receive one written warning, which will be signed by the parent and returned to the office. All subsequent violations will result in the suspension of all participation in that day's contests. Athletes may dress with the team but must sit the bench.**

PRACTICE ATTIRE

Attire worn to practice must be appropriate. Girls' clothing must be modest and undergarments must be covered.

WEDNESDAY PRACTICE POLICY

***Teams shall not practice on Wednesdays during the school year. Many churches have some kind of service/program (AWANA, youth group, ect.) that students attend. We want to keep this a priority.**

****The only athletic activities that may take place on Wednesdays are MHSSA district tournaments, unavoidable tournament dates, or make-up conference games.**

**** Summer practices may take place on Wednesdays as long as the practice is finished by 5:30 p.m. These practices are not mandatory.**

SNOW DAY/SCHOOL CANCELLATION PROCEDURES

1. All games and practices will automatically be cancelled until school is called back into session.

***Note: A game may still take place if approved by the Athletic Director of both Howardsville Christian School and the opposing school's Athletic Director.**

2. If school is called off during the school day, there are to be no team practices and all games will automatically be cancelled unless approved by the Athletic Director.

TRANSPORTATION

Howardsville Christian School's transportation consists of a van that is both used by the school and Howardsville Gospel Chapel. Because the school has access to one van, transportation can be difficult to coordinate, especially if there are several away games on a given day. Coaches often need assistance in getting their teams to away games.

Parents are strongly encouraged to help provide transportation for sports teams when necessary. Parents transporting team members will be asked to fill out a Volunteer Driver Application Form to keep on file at school. If coaches call and need assistance, please make every effort to help, knowing that you are ultimately serving and blessing both your child and the team.

FOOT COVERINGS/CLEATS

State Health Department regulations require feet to be covered at all times in public buildings. The only exception should be in locker rooms. "Spikes" and cleats of any kind are prohibited in the hallways or locker rooms. Athletes are to put on & take off cleats outside of the building.

PARKING

Participants, parents, and guests are to park in the main parking lot for contests in the gymnasium. No one is to park on sidewalks, grass, or other areas.

EQUIPMENT

1. Any individual who has failed to return, in good condition, any equipment issued shall be ineligible from participation in any other sport until such equipment is satisfactorily returned or the Athletic Department is reimbursed.
2. The theft of school equipment is larceny and Michigan law regards larceny as a felony.

AWARDS

- A. An awards banquet will take place after the Fall, Winter, and Spring sports seasons. This will be a night where teams and athletes are recognized for their athletic achievements and accomplishments.
- B. Award Hardware Policy (subject to change):
 - a. Athletes will receive the following awards:
 - i. **Junior High**-Certificate
 - ii. **Freshmen**-Pin, Graduation Year Patch, and any earned individual or conference awards

- iii. **Sophomores**-Bronze Medals, Lower Case Letter, and any earned individual or conference awards
- iv. **Juniors**-Silver Medals, Upper Case Letter, and any earned individual or conference awards
- v. **Seniors**-Gold Medals and any earned individual or conference awards

Howardsville Christian School Eligibility Requirements for All Students

Students wishing to participate in extra-curricular activities must maintain a C (2.0 GPA) with no failing grades in any subject. Students must also show no sign of negative attitude or display actions that are inappropriate for a student of our school. **The administration reserves the right to determine a student's eligibility at any time.** The procedure for taking eligibility that has been established is as follows:

Grades will be checked on Monday and if a player is ineligible the parents/students will be notified that day. Ineligibility will go into effect on Wednesday morning and they will remain ineligible until the following Wednesday morning.

It should be remembered that any student declared ineligible is not allowed to practice or participate until he/she regains eligibility status.

A student must attend at least half of their classes in order to participate in their game that day (i.e. – if a student has 5 classes, they must attend 3).