

# ATHLETIC MANUAL



*Santa Rosa Christian School*

WHERE CHRIST IS PREEMINENT  
AND CHARACTER IS IMPORTANT

## ATHLETIC PHILOSOPHY

Santa Rosa Christian School believes that athletics can be a valuable asset in the training of young people. Athletics provides countless opportunities for students to face adversity and learn how to handle it according to Scriptural principles. While sports are an enjoyable outlet for students, SRCS has never desired to emphasize athletic goals over the spiritual and academic. We are not structured as a “sports school,” but simply use the athletic venue as another tool in the character training process.

The guiding verse for our sports program is Colossians 3:23: *And whatsoever ye do, do it heartily, as to the Lord, and not unto men.* Based on this verse, SRCS believes that young people should learn to give their all in any area, including sports. More importantly, however, student-athletes should focus on God and His glory rather than man’s approval. We encourage our students to strive for the best, but in the final analysis, despite win or loss, the glory for all should go to the Lord. Therefore, demeanor, attitude, and response to adversity should conform to Biblical ideals so that God will receive the glory.

SRCS also believes that competition is healthy for the development of students. In sports, there are winners and losers; this is also a reality of life that students must learn. When an SRCS team loses, we endeavor to teach the students to dig in and work harder; losing is not a time for quitting. When our teams win, we work to instill a humble and graceful attitude, remembering the Biblical principle that *pride goeth before a fall and a haughty spirit before destruction.*

Based on this philosophy, the mission of the athletic department of SRCS is as follows: *SRCS athletics exists as an avenue to give glory to God, to improve physical fitness and skill, to build character through adversity, and to foster healthy competition.*

The athletic department also maintains several goals:

- To provide a Christian environment for students to participate in enjoyable sports activities that can glorify God.
- To emphasize physical training and exercise.
- To teach young people that the Christian life permeates all areas and activities.
- To build a Biblical of respect for and submission to authority.
- To show students how to be disciplined and responsible.
- To foster the value of hard work and initiative.
- To illustrate the benefits of loyalty and teamwork.
- To learn life lessons related to winning and losing.

SRCS acknowledges that each of these goals may not be met in one season; it is our hope, however, that with the support and instruction of our coaches, the student athletes will improve not just as people but more importantly as Christian servants.

Playing sports at SRCS is a privilege and not a right. Students should follow the expectations found in this manual if they desire to participate. We are glad to offer this avenue of activity to our students, but understand that it is not the ultimate goal of our entire school program.

## SRCS ATHLETIC PROGRAM EXPECTATIONS

**General:** To participate in SRCS Athletics, the following basic requirements must be met:

- A prospective athlete must either attend Santa Rosa Christian School or be a homeschooled student that is not registered through another school, public or private.
- Each student-athlete must have a yearly physical on file with the school office.
- Each student-athlete must pay the determined sports fee per sport he/she is participating in.
- Each student-athlete must agree to follow the guidelines of SRCS as set forth in the parent-student handbook

**Academic:** As stated in our sports philosophy, SRCS does not place sports over academics. SRCS therefore requires each student to maintain a C average in his classes in order to participate in the program. Students who are below this benchmark will not play in any games until the teacher and principal agree that the grades have improved. During this time, the student may attend practices, but cannot play in games; he must, however, sit with his/her team and is to maintain a positive attitude.

**Conduct:** Student-athletes represent Santa Rosa Christian School which in turn desires to portray a testimony that honors the Lord Jesus Christ. Students who conduct themselves in a manner that is against the policies of SRCS can therefore bring shame to this testimony. Furthermore, because lower grade levels look up to our athletes as role models, student-athletes must maintain a high testimony at all times. The following list offers suggestions in setting forth such an example:

- Be respectful of all authority
- Do not belittle or mock the school and its policies
- Keep conversation and behavior pure
- Follow school policies as related to dress code, haircuts, facial hair, conduct, and general attitude and behavior

- Music and headphones are not to be used at any practice or game, including travel.

Students who show a persistence in violating school policies will meet with the principal, athletic director, and coach to evaluate athletic standing.

**Practice:** Practice consumes the most time throughout each season. Practices are vital times in which the coaches teach the athletes proper techniques and necessary plays. Students are expected to maintain respect for the coach, listen to instruction, and execute directives with a good attitude. Rebellious attitudes and “back talk” will result in penalties, and should these issues continue, the student will meet with administration. The following expectations are to be met:

- Students must follow the school dress code even in practices. This means that our young ladies must wear school approved shorts that extend to the middle of the knee. No hip hugger type shorts or “short shorts” will be allowed; tight fitting tops should not be worn. Boys must also refrain from the short “jogging type” shorts and must keep their shirts on during practice. Eagles Athletics shorts may be purchased if so desired.
- Practice is not a time for horseplay, socializing, or electronics.
- Attention and respect must be given to coaches during practice.
- The gym and locker facility are to be left in a neat and orderly fashion after each practice.
- All equipment must be returned to the racks or equipment closet after each practice.
- The intramural goals are not for the enjoyment of the Varsity and JV teams. They are to remain on the sidelines and not used for SRCS “dunk contests.” Your time is better spent training to dunk on a real goal.
- Coaches expect students to be present and participate during practice times. If an athlete is going to be absent, he must talk to the coach for permission.
- Students are also expected to be on time for practice. Unnecessary loitering around the school with “friends” will

cause you to be late and can result in penalties from the coach.

Even though many have the attitude that “it is just practice,” as a Christian school, we desire to maintain high standards and procedures at all times so that our Father is glorified.

**Games:** During games, the students are the responsibility of their coach, whether home or away. Students should follow their coach’s instructions as to arrival and departure times for games. Below are some general game guidelines.

- Before games, students are not to be in the gym without a school staff member present who agrees to supervise.
- Varsity athletes who are waiting to play should sit together and cheer on the jv team. This is a time for mental preparation, not socializing.
- During the game, the players should not display a bad attitude toward the officials. The coach and team captain speak to the officials as needed.
- Students who receive technical fouls, red cards, ejections, or any other form of penalty for displays of anger and bad attitudes may sit out one game at the discretion of the administration and in conjunction with coaches. Other penalties will be decided by the coach in corroboration with the athletic director and academy principal. **Any fines given by the conference will be paid by the student, not the school.**
- Athletes must also display a proper attitude to the opponent’s coaches. Students must not argue with or begin a “war of words” with coaches. Such action will result suspension of games and if persistent, removal from the team.
- At no time during a game, whether watching jv or sitting on the bench should players use electronics or headphones unless instructed to do so by the coach for score keeping purposes.
- Students should develop the ability to lose with grace. Good sportsmanship is to be displayed after games. Students are to line up and congratulate the other team, and no matter what is said to SRCS students by other athletes, we expect our students to display a gracious attitude.
- SRCS athletes must be careful to avoid excessive celebrations

after games. Rather than building up a prideful attitude after a win or loss, the athletes should assemble around the coach for prayer and acknowledgement of God. This will keep athletics in perspective.

- When visiting another school, students are to stay under adult supervision and respect the property of the other school. For example, students should not wander off or spend long periods of time in the restroom or locker room away from supervision.

In general, students are expected to display a testimony indicative of the glory of Christ wherever they go. Even in tough environments in which others do not display the right demeanor, SRCS students should not use this as an excuse to behave in the same manner.

**Uniforms:** With the exception of baseball, SRCA purchases and owns the uniforms used by the players. Students are responsible to keep uniforms washed and in good condition. Coaches will record the uniforms as they are distributed, and the athletic director will make sure they are collected at the end of the season. Those who do not return their uniforms or lose them will be charged the price of the uniform. Please remember that money was raised to purchase these and they should be treated with care.

**Transportation:** Travel is an assumed part of playing in a Christian conference. The typical mode of transportation is the bus. The following guidelines govern behavior on the bus.

- Remain seated while the bus is moving.
- Remain quiet at railroad crossings.
- Keep arms/head inside the bus.
- Sit facing forward
- Do not throw things out of the windows.
- No electronic devices are to be used.
- Boys and girls are not to sit together or near each other.
- After each trip, athletes are to check the trash and windows.
- Athletes are not to communicate with other vehicles; this includes making gestures or writing signs.

For some situations, athletes may travel to a game in private vehicles. During such trips, the athletes are to respect the vehicle they are riding in and be sure to remove all trash and belongings when the trip is finished.

Student athletes are not to give rides to other students without parental permission.

**Homeschool Athletes:** SRCS allows homeschoolers to participate in our sports program, remaining within the limits specified by the conference. Should more homeschoolers desire to play than is allowed by the conference, the coach will implement a try out and use cuts for homeschoolers. Homeschooled athletes must follow the specifications set forth in this manual as if they were a fulltime student of SRCS, including academics, dress, demeanor, attitude, and testimony. Homeschoolers must fill out and sign appropriate paperwork for the office.

**Sports Banquet:** In May, after all sports seasons are over, SRCS will hold a sports banquet for **the athletes and their parents only**. Depending on the year, the banquet will be held either at the school or at a local restaurant. Cost for the banquet varies each year but will be announced in advance. During this time, each coach will present certain awards that range from MVP, Most-Improved, Leadership, Offensive/Defensive Player, etc. Athletes who attend the banquet are to dress in Sunday church attire that conforms to SRCS standards with regard to length and modesty.

**Coaches:** Coaches are to remember that their character and demeanor will affect the entire team. Coaches should seek to be consistent, fair, and calm (when possible); remember that a “bossy” demeanor will turn the students away. Seek to win them over so that they want to play for you and execute your plans. Excessive screaming and public humiliation are not the best methods to reach the athletes; it is however, a great way for you to upset the parents and families. Remember grace, and learn to love the athletes. Also remember that these are immature young adults, so do not carry wrong expectations; they will fail, have the wrong attitudes, talk, and stir up drama. Be the adult and approach things

Biblically which involves going to the people involved rather than listening to rumors or only one side (there are ALWAYS two sides or one side that was more exaggerated).

## **Conclusion**

SRCS is happy to offer an athletic program; however, we desire that athletics remain in their proper place. Through the program, the student-athlete can learn the proper way to act in the face of difficulty or adversity so that God can be glorified in the process. Thank you for your willingness to participate in the program; we trust that God will bless with safety, maturity, and development of our young people.

*Note: This handbook is not intended to be distributed to students; the goal is for coaches to implement this information and include important parts in their team expectations. The administration will review the information with the student body.*