

Holly Grove Christian School



Athletic Handbook For Coaches, Parents, & Athletes

Holly Grove partners with family to provide excellence in Christ centered academics by preparing students to live God honoring lives.

What are you training for?

“Physical training is good, but training for Godliness is much better, promising benefits in this life and in the life to come.” -1 Timothy 4:8 NLT

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So whether you eat or drink whatever you do, do it all for the glory of God. 1Cor. 10:31

Whatever you do, work at it with all your heart, as working for the lord, not for me. Col. 3.23

Holly Grove Christian School believes all that is done in life should be pleasing to God, including athletics. The athletes, coaches, and team should strive to do their best in all areas of life. Playing with actions pleasing to Christ is of the utmost importance. Performing at one's best for the benefit of the team is primary while winning is secondary. The coach is to teach a Christian athlete how to deal with both winning and losing, as well as with the pressures in the athletic world, in a manner that is pleasing to God.

HGC athletes are expected to exemplify Christ in both action and attitude. This process begins with an attitude of commitment. Athletes are to do their very best throughout the season to attend their practice and games. An absolute priority! Teams cannot grow in unity, spirit or skill if players are not consistent in their attendance and effort.

We believe that athletics exist to benefit students and that dignity, worth, and self esteem of the student athlete is paramount in athletic activities. We believe that winning is an attitude resulting from optimum preparation, concentrated effort, and a deep commitment to excel. Furthermore, we believe that open communication and mutual respect among coaches, parents, and athletes provide the foundation for a successful program. With these important components pulling together, both student growth and program quality will be enhanced. We recognize that team is more important than the individual. Team unity is vital, while individual achievements are important, but less so. It is our goal, as a school and as a program, to provide athletes with a chance to enjoy, develop, and compete in the sport of their choice. We will strive to create an environment that is safe, healthy, and enjoyable for all. Most of all, we want to see the formation of Christ like characteristic in every athlete.

ATHLETIC RELATIONSHIPS

The Player-Coach Relationship

The player-coach relationship is perhaps the most critical relationship in athletics. This relationship is one that is both educational and nurturing. This relationship is based on trust and respect. It is a coach's goal to develop technical skill and individual leadership in his or her players.

A parent can have a pronounced effect on this very important relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a decided effect upon your child. Please help your child have a positive experience by only using positive opinions in front of him or her.

If you feel the need to express an opinion, please contact the coach privately to express your thoughts. When athletes experience difficulties between their parent and their coach, it can impede their progress and affect their playing time.

The Parent-Coach Relationship

In your role as a parent, you obviously love and are concerned about your child's welfare. You want the best for him or her. But an athlete can have only one coach. Allowing the coach to instruct and guide the team is crucial in many respects.

Should you have any questions or concerns, do not approach the coach immediately at the conclusion of a contest. At this time, coaches have other responsibilities and it may be an emotional time. Call or email and make an appointment for a later time and approach this meeting in a calm, courteous, and logical manner.

One of the responsibilities, which a coach has at the conclusion of a contest, is to have a brief meeting with his players. Athletes should not pause to talk to parents or friends immediately after games. These brief meetings are essential to the learning process involved in athletics.

The Parent-Player Relationship

Being positive and supportive is important, but adding pressure and unrealistic expectations can be extremely harmful. Allow your son or daughter to enjoy and grow from this valuable experience. In numerous national studies, it has been determined that most athletes participate for enjoyment or fun. Excessive pressure or expectations can alter this most fundamental reason for playing.

When you do speak with your child after a contest, don't dwell on his or her play, how many points they scored, or if they started. Instead, first ask how the team did. Did your son or daughter play hard, give 100%, and have a good experience?

The Parent-Officials Relationship

Officials are an important part of the game. Officials agree to and follow a code of ethics. They really do not care or have a vested interest in which team emerges as the victor. It is also important to understand that they are a very necessary part of a game. A contest cannot be played without them. The home schools do not choose the officials. The sports association assignor assigns all officials and neither team has control of which officials are assigned.

So while you may not agree with all of their calls please do not harass and taunt them. It is also important to remember that they are in charge of the contest and have complete authority to have unruly spectators removed. In many sports, a team will see the same official several times during a season. Coaches, athletic administrators, and schools work hard to establish a rapport and good working relationship, which can easily be damaged by spectators.

CHAIN OF COMMAND

Please adhere to the following steps whenever important information regarding any aspect of the athletic program-including concerns, grievances, or questions-must be communicated:

It is strongly recommended that all Coaches utilize the **24 Hour "Cool Down" rule**. This means that no Coach should address any concerns or issues (unless for serious matters) for a period of 24 hours from the point of concern.

While we stress that coaches should take the time to answer any questions our parents may have we have three important exceptions:

- a. Playing time
- b. Team Strategy
- c. Other Athletes

1. Players / Parents must first speak to their Coaches adhering to the 24 hour "cool down" period and at a mutually agreeable time.
2. Assistant Coaches must speak to the Head Coach in their sport. If the matter involves two programs, the Head Coaches must first discuss the matter
3. The Head Coach must take his/her concerns to the Athletic Director.

Note: If any Player, Parent, or Assistant Coach approaches the Athletic Director, they must be referred immediately to the Head Coach.

4. The Athletic Director communicates to the Principal.
5. The Principal speaks to the Board.

Note: If any Player, Parent, or Assistant Coach approaches the Principal, they will be referred immediately to the Head Coach.

THE ATHLETIC CODE

Participants must realize that when they participate on a Holly Grove athletic team, they represent not only themselves but their school, family, and community. Players should, in all circumstances, uphold the ideals of good sportsmanship as stressed in practice, and demonstrate a 100% effort in cooperation. Players should exhibit, at all times, an attitude of loyalty and respect toward other members of the team, managers, and coaching staff. Team sports require the sacrifice of some individual rights to insure team success. Therefore, each member must conform to our rules and regulations as stated in this document.

SPORTSMANSHIP

Since athletics should be educational in nature, it is important that all parents demonstrate good sportsmanship and serve as role models for our athletes and students. Sportsmanship is an overt display of respect for the rules of sport and for all others—players, coaches, officials, and fans. It also involves a commitment to fair play, Christian and ethical behavior, and integrity. This means:

- There can be no vulgar or inappropriate language from our fans or spectators.
- Taunting or trashing talk of our opponents and their cheerleaders cannot be tolerated.
- Spectators cannot leave the bleachers or enter onto the court or field during a contest.
- Fans should be supportive and positive. Cheering should be done for our team and not against our opponent.

Responsibilities of an Athlete

Most coaches would expect an athlete to adhere to the following guidelines:

- The team's goals, welfare, and success must come before any individual.
- An athlete needs to consistently attend practice sessions. This also includes weekend and holiday periods.
- Players must be receptive to coaching.
- Team members are responsible for all issued uniforms and equipment.
- As a member of a team, an athlete must agree to and follow the team rules. Athletes need to remember that they are ambassadors and represent not only themselves, but the coaching staff and the school.
- An athlete must immediately report all injuries to the coach.
- Take responsibility and work to enhance the image of athletics not only as a team member, but also as a school and community citizen.
- Be courteous to visiting teams. The opponents wish to excel as much as the home team. Respect their efforts.
- Play hard and to the limit of one's ability. The true athlete does not give up, nor quarrel, cheat, bet, or grandstand.
- Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failures.
- Understand and observe the rules of the game and the standards of eligibility.
- Respect the integrity and judgment of officials and accept their decisions without question.
- Respect the facilities of host schools.

Responsibilities of the Coach

At Holly Grove, a coach is responsible for the following:

- The selection of the squad.
- The determination of the style of play, including the offensive and defensive philosophy.
- The teaching and instruction at practice sessions.
- The determination of who starts and how long an athlete plays in a contest.
- The decision of who plays in what position.
- The establishing of team rules.
- The selection of team captains.
- The communication with athletes and parents with respect to when practice sessions will be held and when the sessions will start and finish.

Responsibilities of the Spectator

- Realize that he/she represents the school just as definitely as does the member of a team, and therefore, has an obligation to be a true sportsman and further he/she should encourage, through behavior, the practice of good sportsmanship by all.
- Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
- Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they observe them.
- Treat visiting teams and officials as guests, and extend to them every courtesy.
- Be modest in victory and gracious in defeat.

Acceptable Behavior:

- Giving applause during introduction of players, coaches, and officials.
- Accepting all decisions of the officials.
- Cheerleaders lead fans in positive school yells in a positive manner.
- Promoting handshakes between participants and coaches at the end of contest, regardless of outcome.
- Treating competition as a game, not a war.
- Coaches/players searching out and congratulating opposing participants or coaches.
- Giving applause at the end of contest for performances of all participants.
- Showing concern for injured players, regardless of team.
- Encouraging only sportsmanlike conduct.

Unacceptable Behavior:

- Using disrespectful or derogatory yells, chants, songs, or gestures.
 - Booing or heckling an official's decision.
 - Criticizing officials in any way; displays of temper with an official's call.
 - Yelling that antagonizes opponents.
 - Refusing to shake hands or give recognition for good performances.
 - Blaming loss of game on an official, coach, or participant.
 - Taunting or name-calling to distract an opponent or coach.
 - Using profanity or showing displays of anger that draw attention away from the game.
 - Doing own yells instead of following lead of cheerleaders.
- ***A spectator or parent can be suspended from attending home athletic events if they choose to disregard the policies.***

If you see or hear something that is inappropriate, please help us by saying something positive to the offending individual. Remember, that purchasing a ticket provides you with the opportunity and privilege to watch a contest; it is not a license to verbally assault others or to be obnoxious.

Discipline Policy

- If a player is thrown out of a game or given a red card, that player is suspended at least one game depending on the severity, could be more. The player will meet with the athletic director about further punishment.
- If a player is given a technical foul, that player is to be taken out of that game for at least one quarter. He/she will meet with the athletic director to discuss and further punishment may be given based on the discretion of the Athletic Director.

ELIGIBILITY REQUIREMENTS FOR ATHLETES

In order to participate in athletics at Holly Grove, athletes must meet all eligibility rules as established by the National Federation of State High School Associations (NFHS).

Holly Grove and Conference Rules

- All head coaches will receive a Holly Grove Handbook in the fall of the current school year and are responsible for being aware of and adhering to its contents. Head coaches must also advise all assistant coaches concerning pertinent rules.

Other Eligibility Concerns

- Grades – athletes must remain off academic probation or he/she will not be able to participate in athletics. Academic Probation is as follows: a student has 3 grades below 70% or 2 grades below %60.
- Seniors must be passing all courses necessary for graduation from high school.
- An athlete whose work in any regular marking period does not meet the above standards shall be ineligible to participate in interscholastic athletics, INCLUDING PRACTICES.
- For guidelines determining the academic eligibility of students who receive an incomplete or have grades changed after the end of the marking period, please refer to the Holly Grove Handbook.

Attendance

Students must be in school by 11:30 am to be eligible to participate in practice and/or events.

Suspension from School

Any Student who is suspended from school either in-school or out of school is ineligible to participate in practices and/or events during the duration of the suspension.

PARTICIPATION ON AN ATHLETIC TEAM

It is important to understand that participation on an athletic team at the Holly Grove is a **privilege** and not a **right**. Being on and maintaining one's membership on the team means accepting all the responsibilities of an athlete. However, unlike recreation or intramural teams, equal or guaranteed playing time does not exist. In an effort to win, a coach will use players best suited to the conditions or demands of the contest at that time.

While our ultimate goal is to promote the greatest athletic participation possible, it may be necessary in some sports to cut players from a team. This may occur due to limitations of our facilities, regulations specific to some sports, travel restrictions, and other factors.

Every coach has the responsibility and authority for selecting his or her team. The criterion for selecting the team is developed by the coach.

It is also important to remember that there are no guarantees. Players from the previous year's JV team, for example, do not automatically make either the JV or varsity squad the following year. Having been a member of a team during the previous year or even being a senior does not ensure that an athlete will make the varsity squad.

Parents should expect that every candidate is treated fairly and given every consideration. Coaches are sensitive to feelings of disappointment, will handle the task as positively as possible, and be available to answer athletes' questions.

While we understand that being cut is disappointing for many athletes and even for their parents, we unfortunately cannot keep everyone. Anyone cut from a team is welcome to try out again next season or try another sport. When parents and athletes understand and support the coaches', this difficult process becomes a less painful experience for all.

Athletic Fee

To participate in Holly Grove Athletics, there is a Pay to Play fee. Varsity sports is \$90. Middle School is \$80. This helps pay for uniforms, transportation, and referees. This fee must be turned in before the athlete can receive a uniform.

The Purpose of Junior Varsity, JV and Middle School

Junior Varsity teams exist to provide athletes an opportunity to develop skills and gain experience. While the athlete's age, size, or skill level may be the limiting factor in not making the varsity team, participation on a JV or a Middle School team may enhance the athlete's potential to make the varsity team in the future. A caution, however, must be given. Being a member of a JV team does not guarantee that an athlete will automatically move up the following year to the next level. The athletes best suited for varsity competition will make the team each year.

Striving to win is important in athletics; however, compiling a great record or winning a championship should not be the primary objective of a JV team or Middle School team. The development of athletes should be the ultimate purpose of a JV team while at the same time acknowledging the value of winning, learning, and enjoying being member of a team.

If a sport has a Middle School, Junior Varsity and/or Varsity teams with a sufficient number of players per team, a player should not be moved from one team to the other for the purpose of winning a game. **Players should only be moved to another team in order to carry a sufficient number of players,** at the discretion of the Athletic Director and the Administration.

Policy for Athletes Changing Teams

Whether by being cut, by quitting, or by being dismissed, an athlete's membership on a team may be altered. Although we want to promote participation, we also want to safeguard fairness and an ethical approach with regard to all coaches and teams. In order to achieve all of the above objectives, the following guidelines will be used:

1. Any player cut from a squad during tryouts is free to try out for another team, with that coaches' approval.
2. Any player quitting a team must get the approval of the first and second coach, as well as the athletic director before joining a second team. All obligations such as returning uniforms and equipment must be completed prior to joining a second team.
3. Any player dismissed from a squad must get the approval of the first and second coach, as well as the athletic director before joining another team. The athletic director will mediate all problems when an athlete changes teams; his/her decision will be final.

Post Game/Practice Responsibilities

Student-athletes waiting and/or loitering in the lobby pose potential problems. Risk of injury and property damage can possible result from unsupervised gatherings. In part to address this issue, the following guidelines will be used:

The coach will be responsible for:

- Supervising the locker room while athletes change.
- Securing all equipment, locker rooms, and gyms.
- Supervising the lobby area and hallways until the athlete's transportation has arrived and he/she leaves.

The athlete is responsible for:

- Arranging for transportation after practices and games in advance.
- Leaving the building and grounds within approximately one-half hour after the conclusion of a contest or practice session. For safety purposes, waiting, lounging, or "hanging out" on school grounds is not permissible.

Practice Sessions and Games

Practice sessions are normally closed to spectators. These sessions are the equivalent of a teacher's classroom and there is real, quality instruction taking place. Interruptions and interference to an athlete's concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in a classroom setting. Education in any setting cannot be compromised.

At Holly Grove, practice sessions, when school is in session:

1. Normally last two hours.
2. May start and end at different times due to the schedule of the coach or facilities. Check with the coach for the specific times.
3. Will not be held when school is dismissed early due to inclement weather.
4. May not be held when school is not in session due to inclement weather.
5. May be held on Saturdays and over holiday periods.

Spectators at games, however, are very much encouraged. Positive and nurturing support of teams and athletes can be very helpful to performance in athletic contests.

Parents should be on time when picking up their child/children. It is, however, the coach's responsibility to stay with the team until all athletes have been picked up.

RISKS OF ATHLETIC PARTICIPATION

In spite of protective equipment and the supervision and sound instruction by our coaches, there are some risks associated when someone participates in athletics. Injuries in some of our activities can and do occur. In extremely rare cases, death could also result. All athletes and parents need to be aware and understand this possibility. At Holly Grove, we will do all that we can to ensure a safe and healthy environment for our athletes.

Athletic Insurance

Holly Grove Christian School carries secondary athletic insurance. This insurance should pay for expenses incurred as a result of an injury during a practice or a game that the parents' insurance will not cover.

Injury expenses should first be submitted to the parent's health insurance company. Our insurance should cover any expense that the family insurance plan does not. In order to submit a claim to our company, the following is required:

1. Copy of athletic injury report from School.
2. Copy of your insurance company's explanation of benefits stating what amount and why they did not cover the entire claim.
3. Copy (ies) of doctor and hospital bills.
4. Our insurance company's claim form.

If there is no family insurance, our policy should cover the complete cost of the claim. The following is required:

1. Copy of athletic injury report from school.
2. Copy (ies) of doctor and hospital bills.
3. Completion and submission of insurance claim form.

Please contact your child's school if you have questions regarding the athletic insurance policy.

BOOSTER CLUBS

Please refer to the Holly Grove Facebook Page if you have any questions concerning Booster Clubs. We need all the support and help we can get, please get involved.

TRAVEL POLICY

All team members must travel as a group to and from all athletic contests. Under certain circumstances or exceptional situations where it creates an inconvenience to the family, athletes may be excused from riding either to or from an athletic event in school authorized transportation. Please refer to the HGCS Student Athlete Permission Slip for Game Transportation.

Parent / Athlete / Coach Communication Guide

Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administrators. For all of us to be successful, effective communication must occur. The school athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff. We are continually attempting to improve communication with the students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of the program.

Your Expectations

A. It is reasonable to expect your child's coach to inform you:

1. When and where practices and contests are held.
2. About his/her coaching philosophy.
3. About the expectations he/she has for all athletes on the squad as well as your individual child.
4. What is required to be a part of the team, i.e., fees, special equipment, season conditioning, lettering requirements,
5. If your child is injured during participation in a practice or contest.
6. Whenever any disciplinary action results in your son/daughter being denied participation in a practice or game

B. Typical concerns of parents that are appropriate to discuss with a coach are:

1. Any unhealthy mental or physical strain you detect in your child at home (especially when it affects His/her academic performance).
2. How you can contribute to your child's skill improvement and development.
3. Any dramatic changes you detect in your child's behavior.

Our Expectations

A. It is inappropriate to discuss with a coach:

1. Playing time.
2. Team strategy or play calling.
3. Other student athletes.

B. Coaches often need parents to tell them:

1. Any specific health concerns about your son/daughter expressed directly and informally to the head Coach at a mutually convenient time.
2. Notification of any schedule conflicts well in advance.
3. Your commitment to the program, and how you plan to make a contribution to the program's success.

For

example, one way is to be sure your child is at practice each day on time and to supervise that your Child gets enough rest and nutrition at home.

4. Strategies that have worked for you in dealing with your son/daughter being successful in the past.

C. If you have a concern to discuss with a coach, what procedure should you follow?

1. Remember the "24 Hour Cool Down Period". Make an appointment the next day with the coach.

Never approach the coach after a game unless the coach requests this.

2. If the coach cannot be reached, call the Athletic Director to set up a meeting.
3. Please do not attempt to confront a coach before, during, or following a contest or practice. These can be busy and emotional times for both the parent and the coach and this period does not promote objective analysis of the situation.

D. What should you do if the meeting with the coach does not result in a resolution to the problem?

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next step can be determined.