

# **STUDENT-ATHLETE HANDBOOK**



**FOREST LAKE CHRISTIAN SCHOOL**

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## CONDUCT OF A CHRISTIAN ATHLETE

The conduct of a Christian athlete is closely observed in many areas of life so it is important that their behavior is above reproach. Because of the nature of athletics (i.e. practices, games, road trips, etc.), much is required of the student-athlete in the areas of self-discipline and commitment.

“One of the most important benefits of athletics is that it is a microcosm of life. Competitive athletics provide us with a mirror for our real attitudes. It is interesting that frequently the same attitudes we show in athletics are those we show in non-athletic activities when situations are similar.”  
(Wes Neal, *The Handbook on Coaching Perfection*)

## ATHLETIC COMPETITIONS

In the area of athletic competition, a Christian athlete never uses profanity or illegal tactics. A quality athlete should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest whether in victory or defeat. This will mean there will be no fits of temper, clowning, ridicule, etc. when things fail to go as desired, or when being replaced by a teammate. A Christian athlete's goal is to have **complete self-control** at all times.

Officials in a game are there for the purpose of insuring that both teams will play fairly. Officials do not lose a game for you. It is an athletic tradition and rule that no one except the appointed captain can talk to the official, and he/she should speak in a tone of respect and only for the purpose of clarifying a rule, not to question their judgment.

Any behavior contrary to these guidelines is a does not honor Christ and is a negative reflection on the school, team, and coaches. Violations of a serious nature may result in suspension and possible expulsion from the team.

## CLASSROOM

A quality athlete always tries to display good citizenship and succeed academically. Time must be carefully planned to provide sufficient energy for studies so that grades are acceptable. At FLCS, an athlete must maintain

eligibility standards both in academics and citizenship. Failure to meet these standards will result in the student-athlete being declared ineligible according to the eligibility policy as stated in the High School Handbook.

In addition to maintaining eligibility standards, an athlete should give respectful attention to classroom activities and show respect for students, staff, faculty, and administrators at all times.

A Christian athlete should have a good attendance record and should never cut classes or school. Athletes who choose to cut class or school may face disciplinary action resulting in consequences that affect competitions and/or practices.

If a student-athlete is suspended from school, he/she will automatically be suspended from the next athletic contest.

## TRIPS

Each athlete directly represents the Lord, FLCS, the team, and the coaches at home and on trips. It is expected that all athletes wear school dress code before and after games when traveling and when at school. Athletes are to conduct themselves on the bus or van in a quiet and respectful manner. On bus and van trips, boys' teams will sit separately from girl's teams if the teams are traveling together. This policy also applies to rooter buses.

Athletes will go to and from games on the transportation provided by the school unless special authorization has been granted by his/her coach. (See FLCS High School Handbook for details.)

Ipods, MP3 players, etc, are not to be brought to school and sporting events. This policy applies to home games, during travel to and from games, and at away games.

On the trip home from the road games, student-athletes will be reminded at the dinner location to call their parents to inform them of the estimated arrival time. This shows respect for the time of the coaches and other athletes on the trip. School transportation will wait only ten minutes at stopping locations on the way home from a game. If a student's ride has not arrived within ten minutes, the athlete will be required to remain on school transportation and continue on to FLCS and his/her ride will have to drive to the school to get the athlete.

Following weekday road trips, student-athletes are expected to be on time to school the next day. On occasion, the school administration may allow athletes to start school late on the next day, but it will be announced ahead of time. Only administration may approve a late start for athletes on the day after an away athletic contest.

## SCHOOL EQUIPMENT AND UNIFORMS

Student-athletes are personally and financially responsible for all equipment and uniforms checked out to them. If lost, misused, or destroyed, student-athletes are responsible for REPLACEMENT COST of the items. Items that are returned must be the same item that was checked out to the athlete at the beginning of the season; students will not receive credit for returning items that are different than the one(s) received at the beginning of the season. Students will not be checked out from school at the end of the year, and seniors will not be cleared to receive diplomas until all equipment and school uniforms in proper condition are returned to the school.

Treat all equipment as though it were your personal property. Do not share or abuse the equipment.

## TRYOUTS

A tryout period of at least two days will be scheduled for each sport offered at FLCS. At the end of tryouts, a team roster will be established and teams will begin to practice. In the fall, try out dates will be the first days of practice in August. Winter and spring sports will announce try out and starting dates as soon as possible prior to the start of the season.

High school student-athletes are required by CIF to have a physical examination before tryouts (not required for junior high athletes). This is a CIF mandated rule that will be strictly followed. Additional items that are required for participation in athletics include emergency cards, participation agreement, and participation fees.

## TEAM GUIDELINES

A team cannot function as a “TEAM” in the purest sense of the word without several expectations placed on its members. The following expectations are placed on student-athletes in an effort to reinforce the “TEAM” concept:

- All student-athletes are expected to maintain conduct in accordance with the FLCS Student Handbook.
- Sideline and bench conduct is to be consistent with school policy and will be supervised by the coach.
- Student-athletes will be in proper practice attire or they will not be allowed to practice. Approved practice attire includes school physical education shorts or administration approved team shorts (the whole team must wear the same approved short) and the team practice shirt.
- If a student-athlete is late to practice or does not attend practice for an inexcusable reason (i.e. taking to a friend, forgot clothes, etc.) he/she may not start in the next athletic event. Leaving practice early without approval of the coach may have the same consequence.
- If a student-athlete quits or is dropped from the team, he/she will not be eligible for awards for that season.

## ILLNESS

Student-athletes who are ill and/or medically excused from school will also be excused from practice and/or games. Following are the guidelines for illnesses:

- If a student-athlete misses no more than two (2) periods of a school day for illness, he/she may practice and participate in a game.
- If a student-athlete misses three (3) periods up to an entire day for illness, he/she may attend practice but will not be allowed to participate in practice. He/she **may not** participate in a game on that day.
- If a student-athlete is ill, but still attends school for the full day, he/she should also attend practice, but may not be required to suit up.

- If a student-athlete goes home ill during the day, he/she should attempt to contact their coach or the Athletic Director and inform him/her of the situation.
- A student-athlete who is home ill should call the coach as early as possible on game days so that the coach may adjust the line-up. It is not necessary to call the coach on practice days to communicate illness, unless required by the coach.

## ABSENCES

When a student-athlete is required by his/her parents to be absent for a family vacation, this is to be accepted as a pre-arranged absence from practices and/or games. When the athlete returns, he/she is not guaranteed his/her previous position on the team (i.e. starting position).

Other pre-arranged absences (i.e. college visitations or mission trips) will be considered on an individual basis.

Student-athletes should make every effort to schedule non-emergency medical or dental appointments so as not to conflict with practices or games. If an appointment is scheduled which conflicts with a practice or game, the coach must be notified in advance. If this notification does not take place, the athlete may be considered unexcused, and therefore may not be allowed to practice or participate in a game.

If the athlete has a medical appointment in the morning or afternoon, he/she must come to school and endeavor to attend four (4) full class periods on the day of the game or practice, and must have a written note from his/her doctor or parent in order to play or practice that day. Student-athletes who miss more than two (2) periods of a school day for dental, medical, or other non-emergency appointments will not be allowed to practice or play in a game that day.

Participation on "club" teams benefits our school teams, as athletes are exposed to different levels of competition and receive further instruction and practice in their respective sports. With prior knowledge, the coach may dismiss an athlete early from a school practice to attend a club practice; however, the school team has first priority in the event of a conflict over games or special practices.

## INELIGIBILITY

A student will be ineligible for extra-curricular activities (including athletics) if his or her report card for the preceding grading period indicates any of the following:

- Academic average below 70 percent at the end of each quarter and/or academic average below 2.0 G.P.A. at the end of each semester.
- A failing grade (“F”) in any class (administration has discretion to allow continued eligibility in the case of extenuating circumstances i.e. the average G.P.A. does not fall below CIF standards or the combined semester grade is a “D” or better).
- One “incomplete” unless caused by absence due to personal illness or death in the immediate family and there is evidence of progress in completing the work.



- One unsatisfactory (“U”) citizenship grade during any quarter or semester.
- If a student–athlete acquires four unexcused tardies in a single class or eight overall in a quarter, he/she will not be allowed to play in the next contest. The athlete must, however, sit with the team. A fifth unexcused tardy to a class or ninth unexcused tardy overall results in missing an additional athletic contest. A sixth unexcused tardy to a class or tenth unexcused tardy overall may result in the student–athlete being dropped from the team or other consequences.
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## REINSTATEMENT

A student will be ineligible for a minimum of three weeks. During this initial ineligibility period, the student will only be able to participate in practices, not games or performances. The student may not accompany the team to off-campus events, including away athletic games. After three weeks, the student’s grades will be reviewed. The student must be receiving at least a 70 percent (70%) academic score in each class and satisfactory (“S”) citizenship grades in each class.

If a student’s academic or citizenship grades are not up to the reinstatement standard after three weeks, his or her progress will be reviewed every three weeks thereafter to determine eligibility. During the first three weeks a student is ineligible, he/she may practice with the team, but three weeks, he/she will not be able to practice with the team until reinstatement requirements are met.



Our natural way of responding and acting may not be God’s way of doing things, and Christian athletes aspire to a high calling to represent Christ on the field of play.

“For My thoughts are not your thoughts, neither are your ways My ways declares the Lord. For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts.”  
Isaiah 55:8-9.

“Jesus explained God’s way in word and action. The implications of representing Jesus . . . are staggering because they have a bearing on eternity.” (Wes Neal, *The Handbook on Coaching Perfection*)

Athletics provide an excellent opportunity for students to learn life lessons about success, failure, teamwork, and discipline. We encourage students to participate in the many sports that are offered at Forest Lake Christian School.

On occasion, extenuating circumstances may need to be considered related to policies or procedures contained in this Handbook. The school administration will make the final decision regarding implementation of policies and procedures when extenuating circumstances need to be addressed.

Forest Lake Christian school reserves the right to change any policy or procedure of the school at any time, when in the sole discretion of the school, it determines that such change is in the best interest of the school or the students.