

COULEE CHRISTIAN SCHOOL ATHLETICS

Athletics can be an important and vital aspect to the total program for our Christian school. It is a great vehicle to teach many lessons about life, leadership, teamwork, body-life and so much more.

It is delightful to have an athletic program that is founded upon Biblical principles. As you will read in the pages to come, there are several key Biblical truths that shape our philosophy regarding athletics. These truths are the building blocks we hope to build on as we seek to honor God and bring glory to His name.

Your participation, whether as an athlete, parent, or spectator will be an act of worship and obedience to God.

**“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.”
Colossians 3:17**

In His Service,

Kathy Malone
Athletic Director
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ATHLETIC PHILOSOPHY

Coulee Christian School's foundation for its athletic program is God's Word, the Bible. Biblical principles need to be reflected throughout the many programs at Coulee Christian. There should be something happening daily in each sport that points to the Word of God and person of Jesus Christ. There should be unique differences between Coulee's athletic program and that of a secular school.

Our ultimate goal is to become more like Christ (Romans 8:29, Ephesians 4:13) each day through our participation in athletics and life itself. Sports are a means to an end, and not an end in themselves. Participation in a sport provides daily opportunities to grow in our walk through experiencing struggles, failures, successes, and relationships through a Biblical framework. It also provides the opportunity to reflect Jesus through words and actions. Attitudes will reproduce themselves in actions.

The keystones of our athletic philosophy are:

1. Whatever you are doing in your athletic performance, you are to do it with the total release of all your mental and physical abilities and emotional energies with Jesus Christ as your only audience. (Colossians 3:23)
2. You are to totally represent Jesus (as Lord) by saying and doing only those things that He would say and do. (Colossians 3:17)
3. We compete to win the contest. This winning attitude encompasses both spiritual and physical victory. (I Corinthians 9:24-27)

These three scriptural building blocks can be the foundation for truly winning in life as well as athletics. Winning from God's perspective is not defeating your opponent, or being ahead at the end of the contest. Winning is applying God's attitudes and actions through the medium of athletics. In athletics, we are working toward that which will better "conform us to the image of His Son."

ATHLETE'S CODE OF CONDUCT

Each athlete that competes at Coulee Christian will be expected to strive at all times to reflect Jesus Christ by doing the following:

1. Be committed to Jesus first, then the team. (Psalms 37:5)
2. Be intense. Give maximum effort. (Colossians 3:23)
3. Be disciplined, self-controlled and on time! (I Corinthians 9:25)
4. Be obedient to authority (e.g. coaches, captains, officials, and others). (Romans 12:1, 2)
5. Leave any locker room, vehicle, court, etc., cleaner than you found it.
6. Promote team unity. (Philippians 2:2)
7. Strive for excellence. (Philippians 3:14)
8. Treat teammates and others as more important than yourself. (Philippians 2:3)
9. Be an example in regards to upholding the rules of Coulee.
10. Represent the school and Jesus Christ as ambassadors. (II Corinthians 5:20)



TRANSPORTATION

Unless stated otherwise by the coach, all athletes will travel to and from games by bus/auto/van, which will be driven by either the coach or another parent with the proper insurance. Athletes may drive themselves to games within a 20 mile radius with prior permission from their parents and approval of the coach or Athletic Director.

An athlete may return home after a game in a vehicle other than the team vehicle (e.g. with parents) with prior permission from their parents and approval of the coach or Athletic Director. Since a coach is legally responsible for all the athletes and students involved in his/her program, it is essential that parents and athletes follow this guideline. If a bus is used, ALL athletes will need to ride on the bus to and from the game.

Athletes must be picked up from school within 15 minutes after the finish of practice or games. Parents, we greatly appreciate your help and promptness in this area, as coaches must remain at school until all athletes have been picked up. Special circumstances need to be communicated with the coach, or you will be charged \$5 for every 15 minutes following the 15 minute allotted time.

SCHOOL ATTENDANCE

Athletes must arrive to school by 9:00 a.m. to be eligible to participate on the day of a game. If an athlete has a doctor or dentist appointment, he/she must attend a minimum of four periods on the day of the game. The Athletic Director has final authority for special circumstances.

ATHLETE'S DRESS CODE

In order to properly represent the school and the Lord, all students must comply with Coulee Christian School's current dress code. This includes, but is not limited to the following:

- No blue jeans are allowed. Dress pants or black jeans for guys and dress pants, black jeans, or skirts/dresses for girls.
- Gentlemen should have a collared shirt and ladies a nice blouse. No t-shirts allowed.
- With the coach's permission, a team may choose to wear their team wear.

Consequence for failure to dress appropriately on game day will be sitting out for ¼ of game.

ATHLETIC PHYSICALS

Each athlete must have on file a current physical before beginning to practice for the season. Physicals are good for 2 years to participate in athletics.



NON FULL-TIME COULEE STUDENTS

Non full-time Coulee students may participate in sports at Coulee Christian based on approval of the Athletic Director. Non full-time Coulee students' sports fees will be higher than full time Coulee Christian Students. Grades must be submitted to the Athletic Director quarterly. Dates will be given at the informational meeting at the beginning of the season. Non full-time Coulee students will need to maintain the same academic eligibility as Coulee Christian students. Forms must be submitted by the due date or students will not be eligible.

PLAYING TIME

Playing time on the JV/Varsity level is based on merit, which encompasses ability, effort, attitude, and attendance. We do not promise every player will play every game. Our coaches desire to play as many people as possible as long as the outcome of the game is not in jeopardy.

Playing time on the "A" level (7th-8th grades) is more evenly distributed. It is also somewhat based on merit, but we strive to play everybody in every game. We do not promise equal playing time, but will try to get every player in each game (except for tournaments).

At the "B" level (5th – 6th grades) we will play all players an equal amount of time based upon effort, attitude, and attendance.

Playing time at all levels can be affected by missing practices or games, or because of behavior.

ELIGIBILITY

All student athletes will have their academic eligibility checked. The following requirements must be met at each nine-week grading period and progress reports:

1. Have no more than one "D" in any subject. (Athlete is ineligible on the second "D".)
2. Have no "F's" in any subject.

If any athlete is ineligible at the end of the grading period or at progress report, they will not participate in any games or contests for a minimum of ten school days.

Two days following posting of report cards/progress reports on Sycamore, those athletes who are ineligible will be notified. After ten school days, we will check on eligibility to determine if the athlete may play. If eligible at the time, the athlete would remain eligible until the next report card or progress report. If ineligible, the athlete remains such until the end of the grading period or until the progress report comes out. During the time of ineligibility the athlete is expected to participate in all practices and attend all games where he/she will sit with the team but not suit up. Exceptions to practicing and suiting up are allowed at the coach's discretion.

Fall sport participation is based on being academically on track for graduation.



If a student is suspended (at home) from school, he/she is also suspended from any games during the suspension plus the next game. If a student is suspended at school, he/she is suspended from any games that evening. The second in-school suspension during the season will also result in being suspended from the next game. Any student on suspension is expected to attend any games and sit with the team, but not suit up.

SPORTS OFFERED

| | | |
|---|---|--|
| <i>Fall</i> | <i>Winter</i> | <i>Spring</i> |
| Volleyball (Girls 7 th -12 th) | Basketball (Girls 5 th -12 th) | Soccer (Girls 7 th -12 th) |
| Soccer (Boys 7 th -12 th) | Basketball (Boys 5 th -12 th) | Baseball (Boys 7 th -12 th) |
| Cross Country (6 th -12 th) | | Soccer (Co-Ed 1 st -6 th) |

Team compositions will vary from year to year due to enrollment and 5th – 8th may not be offered. Lower grades may be included.

SPORTS FEES

In an effort to offset some of the athletic budget, the administration has instituted a fee assessed to each athlete to participate in an interscholastic sport. All fees also include gas and coaches’ gifts.

| <i>Grade Level</i> | <i>Coulee Student</i> | <i>Part time Coulee Students</i> | <i>Non-Coulee Student</i> |
|--|------------------------------|---|----------------------------------|
| 9 th - 12 th grade | \$100 | \$150 | \$200 |
| 7 th - 8 th grade | \$50 | \$75 | \$100 |
| 3 rd - 6 th grade | \$35 | \$50 | \$70 |
| 1 st - 2 nd grade | \$25 | \$40 | \$50 |

Sport fees must be paid BEFORE an athlete is allowed to play in a game.

Fees may be reduced or increased at discretion of the Athletic Director (shorter seasons, gas expenses, etc.) All levels will cover their own expenses for away tournaments (hotel, gas, food, etc.).

PRACTICE

Practices will be held after school hours on Monday, Tuesday, Thursday, and Friday. No Wednesday practices will be held. Practices are mandatory to be eligible to play in games. Coaches will use discernment for special circumstances (i.e. injury, illness, and “special” circumstances). Coaches may call a Saturday morning practice on occasion (attendance is not mandatory, but highly encouraged).



OPEN GYM/FIELD

Open gym/field may be held for athletes who choose to attend to improve on their skills. This is presently available only to 7th – 12th grades.

UNIFORMS

All uniforms issued by the Athletic Department are property of the Coulee Christian School. Athletes will be issued their uniforms and be responsible for laundering and reporting any damages. Any athlete who loses or severely damages a uniform will be charged for replacement and shipping costs. Athletes for A/B level teams will be required to purchase royal blue athletic shorts for games.

PRACTICE JERSEYS

All Coulee Christian athletes will need to purchase at least one reversible numbered practice jersey from the athletic department. Practice jerseys will also be used as game jersey for A/B players. Practice jerseys can be used for all sports in which the athlete participates. Practice jerseys are **REQUIRED** to be worn for participation in all practices.

Spandex shorts need to be worn under all shorts.

Care and cleaning are the responsibility of the athlete/parent.

TRY OUTS

Try outs for all sports may be applicable.



VARSITY LETTER at COULEE CHRISTIAN SCHOOL

To earn a varsity letter in a sport, an athlete must:

- Be a full-time, high school student at Coulee Christian School
- Complete the entire season as an active varsity team member
- Attend all games and practices unless excused by the coach
- Exhibit Christian character, sportsmanship and behavior towards players, coaches, and officials
- Maintain academic eligibility throughout the entire season
- Have no disciplinary action that results in being benched for an entire game
- Return all uniforms and pay all fees
- If there is more than one playing level, all varsity members will earn a letter.
- If there is only a varsity team, lettering will be based upon 50% of game play as well as coaches' and athletic director's discretion

Coaches may award a Varsity Letter to an athlete or manager who falls short of fulfilling the sport criteria and who

- Has participated for four years
- Has made a special contribution to the team through hard work and sacrifice
- Has been prevented from meeting the specific criteria because of an injury

Numerals

Numerals indicating an athlete's graduation year may be earned following the first season of play while meeting the above requirement with no consideration of game time.

Tournament Patches

The athletic director may award teams with tournament patches based upon place and number of team in tournaments.

Jackets may be purchased through Coaches Corner in Holmen



Sample of Coulee Christian School ANNUAL ATHLETIC CONTRACT

I, _____, understand and commit to the following rules and their consequences as I participate in athletics at Coulee Christian School.

- I will attend all practices and games. I will notify my coach if there is a conflict in my schedule (i.e. dentist appt.) I understand that I must accept the consequence of not starting in games for missing practice the day before a game. Also, I understand the possibility of being let go from the team for excessive missing.
- I will maintain academic eligibility. I will seek help if I am falling behind or having problems. I understand the terms set up in the Athletic Handbook.
- I will take proper care of equipment, uniform, and facility. I will assist in the putting away of balls/equipment and help in keeping gym/locker room orderly. I will take good care of my uniform and report any damages/loss to Athletic Director.
- I will abide by the dress code on game days. I understand that I will sit out 1/4 of game if I do not dress properly. I understand I will not start as well.
- I will represent my school in a Godly manner through my words and actions. I will respect those God has put in authority over me including my parent(s), coaches, and officials. I understand that the coach has the right to pull me out of the game if I am being disrespectful to officials or am not acting in a Christian manner.
- I will strive to maintain the Athletes Code of Conduct. (Athletic Handbook)
- I will participate in team devotionals/Bible studies. I will seek to grow closer to the Lord and my teammates by being an active participant. I will follow Jesus' example by being an encourager and by being compassionate to my teammates.
- I will eat properly and get sufficient sleep.

Athlete's Signature

Date



Sample of Annual Parent/Guardian Commitment

I give permission for my child, _____, to participate in the Coulee Christian Athletics Program. I will do the following to help my child be successful:

1. Pray and encourage child daily. I will be available for my child to express his/her needs and share his/her feelings. I will give Godly counsel in resolving conflict.
2. Provide balanced meals each day (especially lunch).
3. Attempt to keep scheduling appointments, lessons, etc. which conflict with practices and games to a minimum.
4. Support the program my child is involved in by volunteering to help (i.e. coach, concessions, team-mom/dad, score table, tickets, rides to AWAY games, team meals)
5. Be a positive, Christian role model at all games in my words and actions.

I also acknowledge and accept the risks inherent in sports participation including the possibility of injury to my child. I have read and signed the permission to treat form below. I have a copy and understand the Coulee Christian Athletic Handbook.

Parent/Guardian

Date

Sample of Coulee Christian School ATHLETE PERMISSION TO TREAT FORM

Name: _____ Birthdate: _____

Allergies: _____

In the event that I cannot be reached, I hereby give my consent for emergency treatment for the above named Coulee Christian student or Homeschool/Providence athlete according to the judgment of the attending physician, nurse, and/or athletic trainer. I will trust the Head Coach to assess and pursue appropriate treatment.

Parent Signature: _____

Cell Phone #: _____ Home Phone #: _____

Date: _____

