

2018-2019

Athletic Handbook

Fort Worth Christian School

The purpose of this handbook is to help athletes and their parents understand the commitment that they are making by being a part of the Fort Worth Christian School Athletic Program. The expectations set before each athlete are not to restrict the athlete but to merely provide limits and boundaries so that the team concept is respected. You should never doubt that the desire of this program is to win games. However, the ultimate goal of the program is to teach each athlete how to win in life.

**PLEASE READ THIS HANDBOOK CAREFULLY WITH
YOUR CHILD.**

Commitment to Athletics

Fort Worth Christian School believes that the experiences to which an athlete is exposed form a quality athletic program which will play a key role in molding the character of each young athlete. The school understands that, in order to produce and maintain a quality athletic program, many commitments must be made by the school, student body, parents, and community. The following information is the foundation for Fort Worth Christian School building and maintaining its athletic program.

This program's desire is to have all its athletes well-rounded and engaged in athletic competition year-round. The Fort Worth Christian School Athletic Program is committed to the benefits of strength, speed, agility, and endurance as essential qualities that will make every athlete more competitive in all sports. The program will prepare the athletes for both the college and career levels by making them accustomed to hard work and discipline. To do this, a priority will be placed on a year-round strength program and a strong focus on track and field in the spring. The program strongly believes that the weight room and the track are the best places to build an athlete's confidence and competitiveness against their district opponents. The athletes of Fort Worth Christian School will be coached to outwork their opponents. It is necessary for you to understand that the program will expect all athletes to conform to its system.

The Fort Worth Christian Athletic Program is focused on the team concept. The program will expect its athletes to be dedicated, committed, devoted, and well disciplined to every aspect of the program. Athletes will be encouraged to compete any time they can contribute to the success of the team. The program will not tolerate individualism or selfish behavior by any athlete. Parents are also expected to be supportive, positive, and committed to the decisions that are made by the Athletic Program.

The Fort Worth Christian Athletic Program is committed to winning. Every aspect of the program will be to prepare our athletes to become champions in every sport they play. Any behavior that hinders this commitment will not be tolerated. However, the program will not place winning above the need to discipline its athletes. Every athlete in our program will be disciplined and treated equally. You must understand that being a part of the Fort Worth Christian Athletic Program is a *privilege, not a right*. Therefore, the program may remove any athlete at any time.

Table of Contents

Cover Page (Purpose Statement)	1
Commitment to Athletics Statement	2
Table of Contents	3
Contact Information	4
Sports Offered in the Fort Worth Christian Athletic Program	5
Rules and Regulations	6
Conduct and Expectations	
On the Field	
In the Classroom	
On and Off Campus	
On Trips	
Training Expectations	
Drug Testing Policy	
Selection of Teams	
Select/Club Sports	
School Equipment	
Dropping/Dismissal from a Sport	
Dismissal from the Team/Program	
Reinstated to Athletics	
Eligibility/Tutorials	
Grading-Dressing Out Policy/Credits	
Practice Regulations	
Dressing Room Behavior	
Team Functions – Games/Practices	
School Spirit	
Lettering/Awards	
Parent Conferences/Interference	
Athletics as a Personal Tool for Discipline	
Vacation Time/Trips During In Season Athletics	
Strength and Conditioning Program/Single and Multiple Sport Athletes	
Specialization of Sports	
Respect for Adults	
Sports Banquet	
Booster Club	
Fund Raising/Donations	
Cheerleading	
Wednesday/Sunday Athletics	
Concessions/Parent Volunteer Agreement	
Early Release Consent on Game Days	
Absentee Policy	14
Athletic Code of Conduct.....	15
Athletic Handbook Acknowledgement/Student Contact Form.....	16
Appendices	
Physical and Medical History Form	Sudden Cardiac Arrest Form
Parent/Student Acknowledgement of Rules Form	TAPPS Steroid Agreement Form
Concussion Acknowledgement Form	Foreign Exchange Student Form
Student Travel Form (FWC form only-applies to Golf/Tennis/Swim)	

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Sports Offered

Fort Worth Christian School offers participation in the following sports programs under the auspices of the Texas Association of Private and Parochial School (TAPPS) in Fort Worth, Texas:

Middle School

*Cross Country – Boys and Girls

Volleyball – Girls

Football – Boys

Basketball – Boys and Girls

Soccer – Boys and Girls

*Track – Boys and Girls

Cheerleading

**includes 6th Grade Athletes*

High School

Cross Country – Boys and Girls

Volleyball – Girls

Football – Boys

Basketball – Boys and Girls

Soccer – Boys and Girls

Baseball – Boys

Softball – Girls

Tennis – Boys and Girls

Track – Boys and Girls

Golf – Boys and Girls

Swimming – Boys and Girls

Cheerleading

ATHLETIC CODE

(This Code Applies to all Sports)

{Athletes at Fort Worth Christian School are held to a higher standard and are expected to adhere to the Fort Worth Christian Student Code of Conduct, in addition to the following Athletic Code of Conduct}

I. Conduct and Expectations

A. On the Field

1. No profanity or illegal tactics.
2. Humble in victory and gracious in defeat.
3. No displays of temper, clowning, etc.
4. Always respectful of coaches and officials.
5. Violation may result in removal from team.

B. In the Classroom

1. Must meet standards set by Fort Worth Christian.
2. Always courteous to teachers and other students.
3. Good attendance – notify coach if absent.
4. Anyone who misses an entire day of school on the day of the game is not eligible to play unless he/she has administrative approval (under normal circumstances, athletes must be present for at least one-half day of school on the day of the game to be eligible to participate on that day).
5. Grade checks will be enforced throughout the year.

C. On and Off Campus

1. Always be courteous and respectful to others, exemplifying Christ through your actions
2. Neat and well-groomed at all times.
3. Never profane in speech.
4. An athlete is judged by the company he/she keeps. In the eyes of the public, his/her action in everyday life, both public and private, is a direct reflection upon the team and the school.

D. On Trips

1. Dress in an accepted manner.
2. Conduct yourself in a manner keeping with this code.
3. Travel and return as a team – varsity athletes will be expected to ride home on the bus except for cases of emergency or special cases. Sub varsity athletes are strongly encouraged to ride home on the bus, but exceptions will be made for transportation issues (any athlete riding home with parent must have a note stating the reason for not riding the bus and a signature of the parent transporting the athlete home). Athletes will not be allowed to ride home from a contest with anyone other than their parent/guardian unless previously approved by their coach.

II. Training

- A. No Smoking or chewing tobacco, alcoholic beverages, or abusive drugs (see also *Substance Abuse Policy in Student Handbook*)
- B. Home by 11:00 p.m. on weeknights and Sunday (except for special events).
- C. Home by 12:15 a.m. on Friday and Saturday nights (except for special events).
- D. Violations of these rules will be handled by the individual coach of each sport (any of the above major offenses will be handled by the athletic director and any other administrative panels).

III. Drug Testing Policy – Fort Worth Christian has adopted a drug testing program in which all students and athletes are subject to being tested at any given time throughout the school year (See also *Drug Testing Policy in Student Handbook*).

IV. Selection of Team Sports

- A. The head coach of each sport will determine the players on the team. The selection of teams will include, but is not limited to, skill level, knowledge of sport, attitude, and experience in the sport.
- B. Middle school and high school sub-varsity team members will receive adequate playing time based upon performance and meeting expectations.
- C. Members of varsity teams are not guaranteed playing time.

V. Select/Club Sports

- A. In the case of a non school-related athletic event conflicting with a school related athletic event athletes should give priority to the school-related athletic event.
- B. Missing a school-related athletic practice or game for a non school athletic activity is unacceptable and could result in a suspension from participation in the following school athletic contest or dismissal from the team.

VI. School Equipment

- A. Athletes are financially responsible for all equipment checked out to them.
- B. They must not abuse equipment. They will be held responsible for any equipment abused other than normal wear and tear.

VII. Dropping/Dismissal from a Sport

A. Any athlete dropping from the team or who is dismissed from the team, unless by special permission from the Athletic Director, will:

1. Forfeit any award from that team.
2. Be expelled from competition for the rest of that sport and all sports immediately following (if expelled or quit a fall sport, then no winter sport; if expelled or quit a winter sport, then no spring sport; if expelled or quit a spring sport, then no fall sport). Fall sports are football, volleyball, and cross country; winter sports are basketball, soccer, and swimming; and spring sports are baseball, softball, track, golf, and tennis. Athletes will be required to go through all scheduled strength and conditioning workouts following the sport from which they quit or were dismissed.
3. Be subject to being removed from the athletic period at the athletic director's discretion or being given written or physical work to earn a grade separate from the other athletes.
4. Be subject to expulsion for the remainder of the school year as well as the following year if the offense is serious enough.
5. Exception to articles 1-4 – athletes will be given a 2 week “trial” window or 10 practices (whichever comes first) at the beginning of each sport. During this time if the athlete chooses not to participate in the given sport, and it is agreed upon by the coach, he/she will be allowed to drop without punishment.

B. One of the most important things that an athlete learns is not to be a quitter.

C. Senior Athletes will be allowed to be dismissed from athletics at the conclusion of their sport(s). They will be required to fill out and sign an *Athletic Release* form before being excused from Athletics.

VIII. Dismissal from the Team/Program – An athlete may be dismissed from the team at the discretion of the coaching staff for any serious violation of the Athletic Code and/or:

- A. Poor attitude in general.
- B. Lack of effort in practice or games.
- C. Lack of respect for the coach.
- D. Improper conduct at school or on trips.
- E. Violation of training rules.
- F. Conduct that is not in line with what is expected of an athlete.

IX. Reinstated to Athletics after Being Dismissed/Quitting – any athlete who wishes to return to athletics after being dismissed or quitting the program will:

- A. Be allowed back in the program upon consent of the Athletic Director.
- B. Be required to go through all off-season workouts for a semester before being allowed to actually represent the school in athletic competition (summer also counts as one semester).
- C. Be held to a higher standard than the average athlete in that any offense that is deemed negative to the program can result in automatic dismissal from the athletic program without warning.

X. Eligibility/Tutorials

- A. The Fort Worth Christian School coaches and administration shall determine each student's eligibility according to the academic boundaries set by Fort Worth Christian and TAPPS. Fort Worth Christian strictly adheres to these rules and regulations.
- B. Athletes who do not maintain passing grades or who are habitually missing assignments may be subject to discipline or suspension from athletic competition at any time.
- C. Athletes will be required to attend tutorials if their grades are not acceptable.
- D. Grade checks will be enforced throughout the school year.
- E. Athletes who become academically ineligible must complete the remainder of the season to stay in good standing.
- F. Athletes who are academically ineligible may not travel or suit up with their team during the duration of their time of being ineligible. They may, however, be on the sidelines/bench with their teammates, upon consent of the coach.

XI. Grading-Dressing Out Policy/Credits

- A. Athletes will receive $\frac{1}{2}$ credit per semester.
- B. Athletes will begin each 9-week grading period with a 100 average.
- C. Per 9 weeks, 5 points will be deducted each time an athlete does not dress out or participate in athletics, unless the missed practice is excused (ex: two unexcused misses = 90 for the 9 week period).
- D. Athletes are considered excused if they have a parent or doctor's note, or are excused by our athletic trainer.
- E. Parent notes are good for 2 days; after this, our athletic trainer will evaluate the athlete and determine whether or not he/she needs to see the doctor or return to participating in athletics (our trainer will communicate with the parents of the athlete regarding the situation). The athlete will be considered excused or unexcused based on the athletic trainer's evaluation.
- F. A Medical Doctor's note will be honored and athletes will be excused for the duration of the time listed on the note.
- G. All athletes will be required to dress out whether participating or not (unless athletes are too ill to be at practice or are rehabbing with the athletic trainer).
- H. Athletes that become injured or ill the day of athletics will be considered excused/unexcused based on the evaluation of our athletic trainer.
- I. Athletes absent from Athletics will be deducted 5 points as well, unless they call their coach that day explaining their absence and bring a note from the parent/doctor the following day.
- J. Punishment will be given to any athlete receiving an unexcused for the day (see "Reminders" on page 13 of the handbook).

- XII. Practice Regulations
- A. If an athlete misses practice for any reason, he/she must call the coach to whom responsible.
 - B. When the athlete returns to practice, he/she must have an excused absence.
 - C. If the athlete is at school but not well enough to work out, he/she must have a note from the doctor or from his/her parent(s); otherwise, the athlete will be expected to suit up in full uniform and watch the practice.
 - D. Those who have injuries are responsible for seeing that their injuries get an ample amount of treatment. Treatment will be before or after practice or on Saturday or Sunday. If the athlete does not seek treatment, he/she should not expect to miss practice because of injuries.
 - E. An athlete who misses several days workout during the week should not expect to play the day of the game because someone else has been working in his/her place.
 - F. Anyone who misses workout (excused) will be expected to make up what was missed to the satisfaction of the coaches.
 - G. Anyone who misses workout for classroom reasons (excused) – such as make-up work, testing, tutorials, etc. – will be expected to make up what was missed to the satisfaction of the coaches.
 - H. Anyone who misses workout without an excuse will be subject to severe disciplinary action.
 - I. Violation of any of the above will result in disciplinary action.
- XIII. Dressing Room
- A. Roughhousing and horseplay will not be allowed in the shower or dressing room.
 - B. All equipment must be hung up. Anything found on the floor will be turned in.
 - C. Soap and tape must be put in proper place and not on the floor.
 - D. The last person leaving the shower should turn off all showers.
 - E. Proper respect must be given to team managers.
- XIV. Team Functions – Games/Practices
- A. Every player is expected to attend all team functions. This includes squad meetings, pep rallies, and banquets. Anyone who does not attend must notify a coach and have good cause for not attending.
 - B. Each player is responsible for knowing the time, place, and date of all practice sessions, games, banquets, and team meetings.
- XV. School Spirit
- A. Each athlete should furnish spectator and booster support for sports in which he/she is not a participant.
 - B. He/she should participate in all sports where his/her presence will help the team.

XVI. Lettering/Awards

- A. Each varsity athlete will receive one letter award per sport.
- B. Athletes are awarded letters based on one of the three following criteria:
 - 1. Participate in that high school sport at Fort Worth Christian for two years with at least one year as a varsity player.
 - 2. Participate in that high school sport at Fort Worth Christian for three years.
 - 3. Exception: new senior athletes will be awarded a letter at the conclusion of their sport(s).
- C. The coach reserves the right to letter or not to letter an individual. A player may receive an award whether or not he/she plays.
- D. All letter jacket purchases must be approved through our athletic secretary. Letter jacket purchases will take place either in the fall or spring, through Balfour.

XVII. Parent Conferencing and Interference

- A. There will be no parent-coach meetings before, during, or after a game or practice. If parents desire a meeting to address concerns with a coach, they must seek an appointment with the coach when convenient for both parties.
- B. The proper chain of command is expected to be followed (Parent ⇌ Head Coach ⇌ Athletic Director ⇌ President).
- C. Failure to support and accept the coaching philosophy of the school will result in a negative situation for the athlete.
- D. A parent, relative, or other spectators will not be allowed to coach or give playing advice to their children during practices or games.
- E. No one should ever interfere with the coaches while they are coaching.
- F. Parents and spectators are to remain off the playing and practice areas unless permission has been granted by the head coach (however, parents and family are always welcome to all practices and athletic events – we strongly encourage this).
- G. The coaching staff will not engage in a debate with a parent over playing time, strategy, or philosophical issues.

XVIII. Using Athletics as a Personal Tool for Discipline – parents are strongly discouraged from disciplining their children by taking them out of their team sport (ex: not allowing your child to play during a game because he/she did not do all his chores that day, or because he/she made a bad grade on a daily assignment at school). This hurts not only the child, but also his/her teammates that are counting on him.

XIX. Vacation Time/Family Trips During In Season Athletics – all planned family outings should take place during the summer break or in the off season. Planned trips during in season athletics are strongly discouraged because of the commitment obligations to one's team, and will be considered unexcused.

XX. Strength and Conditioning Program/Single and Multiple Sport Athletes

- A. The purpose of the strength and conditioning program is to improve the athletic program by enhancing each athlete's abilities. Drills and activities to improve speed, strength, endurance, and agility will be utilized throughout the year.
- B. It is mandatory for all student-athletes to participate in the strength and conditioning program if they wish to participate in Athletics. Exceptions: for

students who wish to participate in Tennis, Golf, and Swim *only*, participating in 7th period Athletics is not required. Tennis and Golf practices will take place after school.

C. Athletes not participating in an in-season sport will be required to compete in strength and conditioning workouts during the athletic period.

D. In-season athletes will participate in strength and conditioning/agility workouts either before or after their in-season practices (Winter sport athletes, due to lack of gym/field space, will condition and lift weights with their team only).

E. Weightlifting and conditioning will be part of every sport the school offers.

F. Athletes will be encouraged to compete in multiple sports.

XXI. Specialization of Sports – all sports will be considered equally important, and the sport that is in season will take precedence over all sports that are not in season.

XXII. Respect for Adults – athletes will be expected to address all adults in a respectful manner. The program expects all athletes to use a “yes/no sir” and “yes/no ma’am” response when speaking to all adults.

XXIII. Sports Banquet – in the spring, the Athletic Department will host a high school banquet honoring all athletes who participated in athletics during the competition seasons. Athletes are expected to attend the banquet to honor their sport(s) and dress appropriately.

XXIV. Booster Club – the Fort Worth Christian Athletic Booster Club meets periodically throughout the year to promote parent and citizen involvement in the Fort Worth Christian Athletic Program. The Booster Club serves in a support capacity to raise funds, awareness, and community spirit. They are under the auspices of the school President and facilitated by the Athletic Director. TAPPS has set forth strict guidelines for the proper management of any organizations supporting student activities.

XXV. Fund Raising/Donations – any sport choosing to raise funds or accept donations must have approval from the Athletic Director who is under the direct authority of the school President. Upon consent, profits/donations will be placed in designated athletic accounts. All rules regarding fundraisers are the same for regular school fundraising (found in the student handbook).

XXVI. Cheerleading – all cheerleading squads will be under the FWC Athletic Program. Cheerleaders will be expected to abide by all rules in the athletic handbook, in addition to all guidelines and constitutions in the cheerleading manual. Thus cheerleaders are considered leaders of our school and will be held to even higher standards.

XXVII. Wednesday/Sunday Athletics – all FWC practices should conclude before 5:30 PM on Wed nights, and no organized practices are allowed on Sundays.

XXVIII. Concessions/Parent Volunteer Agreement – all parents/guardians of FWC athletes are encouraged to volunteer their time to work concessions and/or perform other volunteer work within the athletic program, if needed, at some point during the school year.

XXVIV. Parent/Guardian Consent for Early Release on Game Days – Parents/Guardians agree to allow their student-athletes to leave during 7th Period of the day of a game if their coach releases them. Parents/Guardians understand that by granting this permission that their student-athletes will be considered dismissed from school.

Absentee Policy

***Athletes must call in if absent; no call = unexcused absence.**

Excused Absence:

Run previous workout missed plus 10 x 40 yards or 5 sets of lines.

Unexcused Absence:

- 1st unexcused – run a “Reminder”
- 2nd unexcused – 3 days
- 3rd unexcused – 6 days
- 4th unexcused – dismissed from athletics

“Sample Reminder”

Boys

4 lap jog
100 yd Yo-Yo
200 yd Lunge Walk
50 Sit-ups
50 Push-ups
100 Line Jumps
25 Up Downs

Girls

4 lap jog
100 yd Yo-Yo
200 yd Lunge Walk
75 Sit-ups
25 Push-ups
100 Line Jumps
50 Mtn. Climbers

Note: above are sample reminders only – reminders may vary from sport to sport depending on facility options and type of sport

Fort Worth Christian Athletic Code of Conduct

Statements of Expectations

Fort Worth Christian School believes that being involved in athletic activities is an honor demanding many responsibilities. **Being a member of a team or athletic organization is a privilege, not a right.**

The following are expectations for our **athletic students**:

- Strive to obtain a quality education, keeping this the primary reason for attending school.
- Be intense competitors during the contest while exhibiting good sportsmanship and courteous behavior.
- Display positive leadership.
- Aspire to the highest moral and ethical values.
- Conduct yourselves as ladies and gentlemen.
- Show respect for others (faculty, students, opponents, and officials).
- Develop and exhibit school pride.

Standards for FWC Athletic Activities

All students are expected to adhere to the *Fort Worth Christian Student Code of Conduct* as it pertains to school-related or school-sponsored activities. Prior to participation in any FWC *athletic activity*, the student and parent must read and sign the Fort Worth Christian *Athletic Code of Conduct*. As previously stated, students involved in athletic activities are expected to exhibit the highest standards of ethics and conduct. Participation in any athletic activities is viewed as a privilege. Therefore, coaches and directors of these activities may develop and enforce codes of conduct that will take into consideration conduct that is outside of the school's usual jurisdiction regardless of date, time or location. This would include any misconduct that would reflect negatively on Fort Worth Christian School. Students involved in a major disciplinary infraction (including but not limited to drugs, alcohol, tobacco, violent behavior and any other illegal offense) or who violate the *Fort Worth Christian Student Code of Conduct* will be disciplined or suspended from participation in athletic activities for a specified length of time or indefinitely.

Athletic Handbook Acknowledgement/Student Contact Form

Student's Name (print) _____ Grade _____

Parent's Name (print) _____

Current Mailing Address _____

Home Phone _____

Work Phone _____

Cell Phone _____

Email Address _____

**Acknowledgement of Receipt to the Procedures and Policies of the
Fort Worth Christian School Athletic Handbook**

I have received and understand the responsibilities outlined in the Fort Worth Christian Athletic Handbook. I agree to respect and follow all the procedures and policies of the handbook. This includes the Fort Worth Christian Athletic Code of Conduct. I also understand that participation in TAPPS' athletics is a privilege and not a right.

Please Sign

Student _____ Date _____

Parent/Guardian _____ Date _____