



ATHLETIC HANDBOOK

ROYALS

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PHILOSOPHY OF ATHLETICS

1. **SCS Athletics Mission Statement**

The mission of the SCS Athletic Department is to lead students to love God, instilling in them a will to strive for excellence with Christian discipline and character that withstands pressure, teaching them the importance of teamwork & servanthood, and showing them how to accept victory or defeat with grace and humility.

2. **Athletics Philosophy**

Athletics are part of God's creation. As such, athletics are intended to bring glory to Him. Christians are commanded to be different from the world around them, and this should be reflected in our athletes and coaches. We must teach our students to play sports and to live life from a Christian perspective rather than a man's perspective. Athletics from a Christian perspective should have several distinct characteristics that, when followed, allow coaches, athletes, and spectators to bring glory to God. These distinct characteristics are drawn from God's Word and may be different from the world's viewpoint. It is vital that each Christian athlete, coach, and spectator be willing to submit, make changes, grow, and mature so that God will be pleased. **Christ is to be the center of all our attention, both on and off the athletic field. We are to have His attitudes, His actions, and His mindset in every endeavor.** The following are the major objectives for our athletic program and are meant to give perspective and create a foundation for making each program an extension of our mission at SCS.

3. **Our main objective is to bring glory and honor to God**

A team establishes many goals, none of which should be greater than bringing glory to our Lord and Savior. As a Christian school, we should be demonstrably different in our attitudes and actions. We are called by our Lord to be a light on a hill in the athletic contest. Granted, we will suffer some setbacks in this high goal, yet we need to continually encourage our coaches and athletes to pursue the elevation of Christ's reputation. This cannot be compromised for perceived athletic benefit or success. As a result of our main objective, we strive to demonstrate.

3.1. **A person's worth and performance should not be linked together.** The Bible instructs us not to place our worth in circumstances, but in the position we have in Christ. Our self-worth is not to be determined by a win-loss record or the ability to perform at a high level. An athlete may perform poorly, yet he/she needs to be affirmed that he/she is still valuable, loved, and accepted. This is God's example to us, "In that while we were still sinners, He loved us and sent His Son to die for us." Therefore, success needs to be evaluated on the type of people we are producing, on the characteristics and qualities our athletes are claiming for themselves, not on our finish in city/provincial play or in our win-loss record.

3.2. **Athletics is a laboratory for learning to deal with the many facets of the Christian life.** Our God created many tools which are intended to teach us about life. Drama, music,

academics, and athletics are a few. We need to provide an environment through which God's truth can be effectively communicated. In athletics, one experiences all human emotions from joy to sorrow, pride to humility, camaraderie to loneliness. These experiences provide opportunities for Christian coaches and parents to impart God's truths about how these situations should be handled.

- 3.3. **As authorities established by God, umpires and officials receive our honor and respect.** All authority comes from God (I Peter 2:13). Often human authorities make human mistakes, which have a negative impact on us. Our response to this "injustice" is of great importance to God. Which is more important, our rights or God's reputation? I Peter 2:1 states, "For it is commendable if a man bears up under pain of unjust suffering because he is conscious of God." We must be willing to accept injustice, which is common to all men, in a way that will further the cause of Christ. Our coaches will teach our teams NOT to blame referees or complain about field conditions, etc. (Philippians 2:14). We cannot change the conditions, so we need to live "above" them and let people see a difference (Romans 5:8).
- 3.4. **Coaches are mentors and role models therefore should receive our utmost respect and honor as well.** You exemplify your respect for your coaches by how you address them. All coaches are to be addressed Mr or Mrs or Miss or Ms. You may also call your coach "Coach" if given permission to.
- 3.5. **The pressure of competition is not an excuse for poor behavior.** Unfortunately, many believe that there is a legitimate difference between morality in sports and in everyday life. This is not taught by our Lord Jesus Christ. When the fruits of the Spirit are discussed in Galatians 5:22-23, nothing indicates that these traits are part-time. We should accept actions on the field as an indication of the true person, rather than excuse players' actions, "because they were under stress." For instance, language on the field or court should be the same as that used in the presence of the Lord.
- 3.6. **Accept victory or defeat with grace and humility.** The Bible has numerous accounts of God's people suffering, dying, losing, enduring hardship and persecution. We must not equate victory in battle as proof of God's blessing or approval. We must be willing to endure any situation we find ourselves in and accept it as part of His omnipotence and plan. God is more concerned with the process of attaining success than the success itself. This, however, does not mean we do not have any responsibility. Using this philosophy as a cop-out, lack of effort, or "losing for the sake of Christ" does not bring glory to God. Our emphasis in this area is two-fold: prepare to win and give 100%, then allow God to teach us something through victory or defeat.

PHILOSOPHY OF PLAYING TIME AND THE ROLE OF COMPETITION

The overall objective of SCS Athletics is to bring glory to God, as is stated and explained above. Therefore, our ultimate goal is not winning, as is the case in many schools, but rather striving for excellence to bring honor to God's name, as our mission statement suggests. However, striving for excellence in athletics includes attention to the objective aim of each contest, which is to win the contest. Although we never wish to sacrifice our moral integrity to achieve victory, victory is still a measuring stick of the excellence for which we strive. In light of this fact, SCS athletics will strive to be more competitive at each higher level of athletic participation. In other words, as students get older, SCS coaches will place a greater emphasis on athletic ability with regard to the playing time of the athletes. Because of increased competition for playing time and emphasis on team excellence, as students get older, athletes have a greater responsibility to develop their skills outside of practice, utilizing the SCS weight room, coming to school early to practice skills in the gym, rather than relying on coaches for individual development during practice. Below are our general guidelines for playing time:

1. **Middle Years Competitive**

Students must try out for teams and are not guaranteed a spot on the team simply because they try out for the team. Those cut from the playing squad may be offered some position with the team (such as a manager, trainer, videographer, or statistician) and will be considered part of the team if they choose to accept that role. Every effort will be made to get each team member playing time in each game, though playing time amounts will not be equal but rather gained according to ability. At the Elementary Level, there is a higher emphasis on all players' development in practice and some emphasis on game development with a "lower" emphasis on team competitiveness.

2. **Senior and Junior High School Teams**

Students must try out for teams and are not guaranteed a spot on the team simply because they try out for the team. Those cut from the playing squad may be offered some position with the team (such as a manager, trainer, videographer, or statistician) and will be considered part of the team if they choose to accept that role. Students at this level are responsible for most of their individual development, and a higher emphasis placed on team excellence and competitiveness. Just as people in life have different roles and abilities, players will also have differing roles based on ability at the Senior/Junior Level. Players may receive little playing time during the season, but are considered just as valuable as any other member of the team. This may be due to a lower level of skill, lack of experience, or lack of commitment to the team. (See Conduct of SCS Athlete) All players are to view this as time to grow and develop their skills while contributing to the development of the team as a whole. As coaches pick their team, they will be very clear with the player on what role he/she sees the player fitting into during the season. However, as players begin to improve and compete in practices coaches may change roles of the player on his/her team. If the player is unable to accept the role the coach has set for him/her with a positive attitude, it will be a difficult season for the coach, team members, parents, and the individual player.

CONDUCT OF AN SCS ATHLETE

The conduct of a Christian athlete is closely observed in many areas of life. It is important that his/her behavior be Christ-like in all areas, especially the following:

1. **On The Field or Court**

In the area of athletic competition a Christian athlete never uses profanity or illegal tactics. A Christian 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 defeat or victory. This will mean there will be no fits of temper, taunting, clowning, ridicule, or complaining in any form or manner. A Christian athlete's goal is to have complete self-control at all times.

- 1.1. Any behavior contrary to this is a direct reflection on the team, coaches, school, and Christ, and will not be tolerated. Violations of a minor nature will be handled at the discretion of the coach. Those of a more serious nature may result in suspension or possible expulsion from the team, and will be handled by the coach and administration together.
- 1.2. Athletes are to reflect a servant attitude as Christ did washing the apostles' feet. Athletes are responsible for set up and take down of sports equipment before and after practices, games and tournaments. Coaches should not have to remind athletes to lend a hand, rather the athletes should be looking for opportunities to exercise their servant attitude with action.
- 1.3. Music is an integral part of SCS athletic practices, games and tournaments and should reflect the philosophy of SCS athletics which is to honour God in all that we do. Individual teams can put together a music playlist but it must be approved by the coaches and athletic director. No other music is to be played other than approved playlists.
- 1.4. SCS athletes are role models and this is reflected in their respect of the gym and weight room. Student athletes should not be reminded to wear appropriate gym shoes during breaks and lunch time and they should cheerfully initiate clean up and putting equipment away when the bell goes. This is servant leadership in action.

2. **In the School and Classroom**

A Christian athlete should always try to be a model student, to show positive leadership, respect for their teachers and fellow students and to succeed academically. The athlete needs to plan his/her time carefully to provide sufficient energy for his/her studies to ensure acceptable grades. At SCS, an athlete must maintain eligibility standards in both scholarship and citizenship. Failure to comply with these standards may result in suspension or expulsion from the team.

- 2.1. Students must attend at least a morning or afternoon to participate in practices or games. Any student that skips a class without permission will have disciplinary measures

taken, which may include up to a game suspension. Students who attend classes must also attend practices unless receiving verbal permission from their coach.

- 2.2. Students will be required to have all assignments completed on time. In the event that a student-athlete is unable to complete an assignment by a due date, it is his/her responsibility to ask for an extension at least one day prior to the due date. Extensions are not to be used as a “norm”, but under special circumstances. As every teacher will have his/her own policy on late assignments and extensions, students are to assume that extensions will not be granted, and late assignments will not be taken for marks.
- 2.3. Student athletes are to be caught up on most recent assignments before game time.
- 2.4. In addition to maintaining due diligence, an athlete should give respectful attention to classroom activities and show respect to all students and faculty members at all times. If an athlete cannot meet this higher standard of behavior in the classroom, disciplinary measures will be taken by his/her coach and/or SCS Athletics Administration. Minor infractions may result in extra conditioning exercises during practice. Major infractions could result in suspension from the team.
- 2.5. Other students are watching you carefully as a role model and ambassador of the school. With this in mind, student athletes are to honor the SCS dress code at all times and attend Chapel services every week. Not adhering to these rules can lead to game suspensions.

3. **On Trips**

Athletic trips provide the most obvious opportunity to represent our Lord and school well. Therefore, exemplary behavior is especially important away from home. Athletes must return with the team, unless written permission is given by the parent. Athletes are required to wear seat belts. All vehicles will have the same number of seat belts as passengers. We will strive to leave every school, locker room, park, van, car, and restaurant cleaner than we find them. Drivers of the vehicles that we ride in, and any other adults we encounter on the trip, will be shown respect and will be obeyed.

4. **Treatment of School Equipment**

Students should treat all equipment with great care, helping the school with the stewardship of its resources. A good rule of thumb is treat it as if it was yours and not the school’s property.

ATHLETIC DISCIPLINE PROCEDURE

All students must have a signed permission slip, medical release/emergency procedure form, and acknowledgement of rules before they will be allowed to participate in a sport.

If a student-athlete decides to discontinue participation in that sport during the first week of practice, he/she will not be considered as quitting. If an athlete quits or is expelled from a team, he/she will not be eligible for any awards (e.g., letter). He/she will also not be allowed to return to that team or to any other team until they have completed the Royals Reinstatement Program. The purpose of the Royals Reinstatement Program is to encourage commitment and to have the athlete earn back the privilege to represent SCS. This entails a monthly probation, where the athlete must attend every practice without exception. They will not be able to participate in any game but must warm-up and be in attendance. After the month probation, the athlete is once again able to participate in games as decided by the coach.

When a student-athlete is medically excused from school, he/she will also be excused from practice or a game. The athlete should call his/her coach as soon as possible to notify them that they will not be at a game, so that the coach may adjust the line-up.

If a student misses school for illness he/she cannot attend practice. If a student attends school, he/she should also attend practice, even if he/she does not suit up. If a student goes home sick during the school day, he/she must notify the coach.

Parents should try to avoid scheduling family vacations during sporting activities where possible and try to avoid vacations during “critical” portions of the year. When a student-athlete accompanies his/her parents on a preplanned family vacation, this will be accepted as an excused absence from practice or games. The intent of this rule is to encourage commitment to the team but also to support family activities. When the athlete returns, he/she is not guaranteed his/her previous position (e.g., on the starting line up).

Student-athletes should make an effort to schedule non-emergency medical or dental appointments so as not to conflict with practices or games. If an appointment or other activity is scheduled which conflicts with a practice or game, the coach must be notified by the student prior to the conflict. If this is not done, the miss will be considered unexcused. Any absence that is not reported prior or as soon as possible will be unexcused.

If a student-athlete is suspended from school, his/her absences will be considered unexcused and further consequences may be given by the coach. It is the expectation of all our coaches that all the members of a team participate in every practice, where not excused as stated previously. Failure to do so may result in but is not limited to a player losing his/her starting position, a drop in playing time or even the loss of playing in a whole game. This may mean that a player with conflicting commitments may lose playing time. The rationale for this policy is to: enable our volunteer coaches to put forth the best possible athletic product in competitive city leagues; in fairness to the other players on the team who may have had to make tough decisions to commit to the team; for practical reasons of conditioning and team plays.

Exceptions to this rule will be considered under extreme circumstances. A coach may establish additional requirements for his/her team.

1. **Restrictions for Ineligibility**

Students ruled ineligible because of grades or behavior are restricted by the following policies: If a student is ineligible, he/she must still attend all practices and games with the team, unless this requires him/her to miss any classes. He/she is expected to dress according to the coach's specifications and take a service role such as keeping statistics. If a student displays chronic ineligibility or needs extraordinary assistance in his/her problem subjects, he/she may be allowed to miss practices or games at the agreement of the coach and teacher in order to get extra help. However, this procedure will only be used under special circumstances, since the student will once again be required to attend all practices and games once his/her eligibility is regained. It is better if the student is able to regain his/her eligibility while maintaining the same schedule that an eligible player would have to maintain.

CONDUCT & RESPONSIBILITIES OF AN SCS PARENT/GUARDIAN/FAN

Understanding that teacher-coaches and volunteer-coaches put in countless hours into the lives of your children we require that the parent/guardian:

- Coordinate transportation of student athletes as not to be late!
- If parents/guardians are unable to drop off or pick up their child from the playing venue, they must make other arrangements or a last resort contact the coach.
- To never criticize a coach behind his/her back. See "Conflicts or Disputes".

1. **Conflicts or Disputes**

1.1. Realizing that conflict or disputes are inevitable in athletics:

- 1.1.1. If a parent/guardian/fan has a concern or "issue" with a coach, it is the parent/guardian/or fan's responsibility to phone the SCS office and make an appointment to meet with all parties involved.

2. **"Next Day Rule"**

- 2.1. The appointment must be made the next day after the incident. Never is a parent/guardian to approach a coach right after a competition.
- 2.2. The "Next Day Rule" is designed to allow all parties to evaluate the situation or event and to approach the meeting in a Christ-like manner.

3. **Behavior At Competitions**

- 3.1. As our students are required to act in a manner pleasing to God while representing SCS, parents/guardians/fans are also responsible to display this same behavior. In the case that a parent/guardian/fan chooses to act in an inappropriate manner, the parent will be contacted for a meeting with SCS Athletics Administration.



ACKNOWLEDGEMENT OF RULES

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Student's name _____ Date of birth _____

Parental Release

I hereby give my consent for the above student to compete in SCS athletics and travel with the coach and/or other representative of the school on any and all team trips.

It is understood that even though protective equipment is worn by the athlete whenever needed, the possibility of an accident still remains. SCS does not assume any responsibility in case an accident occurs.

I have reviewed the Athletic Handbook and understand the rules and guidelines. I will support these rules and guidelines in spirit, attitude and action. My son/daughter will abide by all of the SCS Athletic rules and guidelines in word, action and deed.

The undersigned agrees to be responsible for the care and safe return of all athletic equipment issued by the school to the above named student. I agree to replace any item that is damaged or lost while in possession of below named student.

If, in the judgment of any representative of the school, the above student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, trainer, nurse, hospital, or school representative and release them from any claim by any person whomsoever on account of such care and treatment of said student.

Signature of above student (Date)

Signature of parent or guardian (Date)

Address _____

City/Province/Postal Code _____

Home telephone (____) _____

Work telephone (____) _____

Parent Email: _____

*Sign and return paper of digital copy to Mr. Simes before the first game/competition of the season
simest@saskatoonchristianschool.ca