

*Or do you not know
that your body is the temple of the Holy Spirit
who is in you,
whom you have from God,
and you are not your own?
For you were bought at a price;
therefore glorify God in your body
and in your spirit,
which are God's.
1 Corinthians 6:19-20*

Colonial Christian School

A Ministry of
South Dade Baptist Church

William Long
Senior Pastor, S.D.B.C.

Terri Morrissey
Administrator, C.C.S.

Athletic Manual



Training Students for Life

“And Jesus grew in wisdom and stature,
and in favor with God and man...”
Luke 2:52

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Colonial Christian School desires to honor God each time that our students take the field or court. The purpose of our athletic program is to enhance the overall school experience and give students opportunities to develop additional skills beyond the traditional academic ones. They are encouraged to maintain a strong level of physical fitness in an effort to care for their physical temple. They have the opportunity to build perseverance, leadership skills, courage, humility, patience, self-control, teamwork, and many other worthy qualities. When coached in our Christian environment, students have the opportunity to make application of Bible lessons and chapels in other settings, *training them for life*.

Athletic Director

- The athletic director works jointly with the administrator to determine the vision for the athletic program.
- The athletic director develops a vision for the program among parents, students, coaches, athletes, alumni, and the community.
- The athletic director brings the names of potential coaches to the administrator for approval.
- The athletic director has the responsibility of training and supervising the coaches, determining student eligibility, scheduling games, making transportation arrangements, determining equipment needs, requesting needed funds for gym rentals and official fees, and maintaining our compliance with FHSAA.
- The athletic director works jointly with the administrator to determine the budget for the athletic program.
- The athletic director develops community and alumni support and contributions for the athletic program.

Policies for the Athletic Director

- The athletic director should be mindful of the overall school calendar when developing a game schedule.
- The athletic director may schedule games on Mondays, Tuesdays, Thursdays, and Fridays. Saturdays should be reserved for games that are played early in the day, and whenever possible, at home, to allow for appropriate preparations for Sunday worship.
- The athletic director should bring the name of any potential

coach or sponsor to the administrator prior to speaking to that person. Upon approval, the athletic director can then determine the interest level of the candidate.

- The athletic director should attend as many games as feasible in every sport.
- The athletic director should train coaches in understanding their responsibilities and observe their compliance with all rules and regulations of both CCS and the FHSAA.
- The athletic director should ensure that appropriate travel arrangements with adult supervision are made for every game.

Qualifications for Coaches/Sponsors

- Coaches must be born-again believers, with a strong knowledge of their sport and interest and ability to develop students, both in their sport, and in their walk with Christ.
- Coaches must exhibit the fruit of the Spirit before, during, and after games.
- Coaches must pass an online test for the FHSAA rules that govern their sport.
- In the event that a sport has a non-faculty member as their coach, a faculty sponsor will be assigned.

Policies for the Coaches

- Coaches should schedule practices with a desire to see the student develop successfully in every aspect of life: spiritually, academically, physically, and socially. The priority of spiritual and academic commitments should be emphasized. Practice times should be reasonable and allow students sufficient time to shower, eat dinner, enjoy family time, and study.
- The recommended practice schedule is 3:30-5:30pm on Mondays, Tuesdays, Thursdays, and Fridays. Practice windows may not exceed 2.5 hours on school days, and 3 continuous hours on the courts/fields on Fridays or Saturdays. Saturday practices should be voluntary.
- Team meetings may be scheduled for Wednesdays. Make-up practices due to inclement weather (that occurred since the previous Wednesday) may be held on the following Wednesday. This does not excuse a coach from a required faculty meeting. Wednesday activities must be dismissed by

5pm.

- Coaches must back up from the required dismissal time and stop practice with sufficient time for equipment clean up, teaching, time, and reminders.
- Coaches should create a consistent practice schedule and communicate that schedule to parents.
- Team meetings should be planned for and should not be called on a same day basis, as this creates major inconveniences for our parents and office staff.
- In the event of an *emergency* need to meet with our athletes, the administrator should be sought to request a lunchtime meeting.
- Days off from school should be considered necessary times of rest for parents, students, and teachers, and an important opportunity for families to spend time together. Practices on such days (including Saturday, planning days, and vacation days) should occur judiciously, for example, just prior to district finals, etc.
- Coaches must be mindful of student supervision before, during, and after practices and games. A coach or sponsor may not leave from a practice or game until every player is picked up. If coaches discipline themselves to work within a specific practice schedule, issues with late parents will be minimized, as they will be able to plan more effectively for pick up. If a student is continually picked up late, the coach should work with the athletic director and administrator to resolve the issue directly with the parent.

General Eligibility

Participating in athletics is a privilege that must be earned by meeting all eligibility requirements. This will ensure that our extracurricular activities are supportive of our academic policies and do not distract from school success.

A student must maintain a 2.0 grade point average in order to participate in any of the extracurricular activities at CCS. A student's eligibility will be determined at the progress report and report card of each quarter. Upon receiving an "F" in any core academic subject, a student will be automatically ineligible to participate until the next progress report or report card. The period of eligibility will begin on the first day of the quarter or Monday after the progress report.

Students may also become ineligible because of unsatisfactory conduct in school or during meetings, practices, competitions, and/or games (whether on or off campus), or for failure to comply with the CCS attendance policies. If a student is scheduled to serve a detention, they are ineligible to participate in athletic games or practices until the detention is served. If a student is serving an indoor or outdoor suspension, they are ineligible to participate in athletics from the time that it is issued and for the remainder of the school day on which it is served.

FHSAA Eligibility

CCS is assigned to a district for all varsity sports by the FHSAA (Florida High School Athletic Association). A student must maintain a 2.0 grade point average, as required by FHSAA standards, and meet all other FHSAA requirements in order to participate in any athletic activities at CCS. The above General Eligibility requirements apply to all athletic teams.

Student Athletes/Attendance

Student athletes may not arrive later than the end of 1st period, and may not be dismissed early on game days. An athlete may arrive with a doctor's note prior to 12pm and seek administrative approval to play. Failure to be in school will equal failure to play.

Homeschoolers

CCS allows homeschoolers who meet the FHSAA guidelines to play for us. They and their parents must schedule an interview with the administrator to discuss our expectation for our student-athletes.

Rules for Student Athletes

- Students should be fully committed to their school, coach, and teammates if they join a team.
- Students must attend practices and make every effort to schedule after school commitments around practices and games.
- Students should bring all of their personal items to the field or with them on the bus or van for games and practices. Students may not return to the building for their things, as

the cleaning crew is usually mopping when most of our practices dismiss.

- In an emergency that requires reentry to the building to use the phone, etc., students must remove their cleats before entering.
- Students must respect their coach's decisions at all times and recognize that there are many factors that go into each decision.
- Students must observe all CCS rules for conduct at athletic events and practices.
- Students should demonstrate the highest caliber of sportsmanship as they are wearing a uniform from a Christian school, and therefore, representing Christ Himself.

Procedures in Handling an Injury

- In the event of a serious injury, do not hesitate to call for medical assistance, as you deem necessary.
- Contact the athletic director, administrator or senior pastor if a student requires transport to a hospital. They will assist you in reaching the parents.
- Contact the administrator, even if a parent is at the game, in the case of any serious injury to make a verbal report after the game and dismissal of the students, and then complete an Action Report form the following day.

Sportsmanship

Our superior record in sportsmanship is the biggest "trophy" in our trophy case. It must be guarded at all times. Coaches should actively model and teach exemplary sportsmanship. Our students should see games as an opportunity to *be Christ* to our opponents in how we conduct ourselves. It is our expectation that God will honor and bless our athletic program if we surrender it to Him.