



Central Christian School

Parent Handbook for Athletics

Rev. 8/22/16

CENTRAL CHRISTIAN SCHOOL

3613 Hwy 34 East ▪ Sharpsburg, Georgia 30277

770-252-1234 ▪ Fax: 770-304-9576

www.cccrusaders.com

Dear Parent,

I know you join me in looking forward to an exciting season of competition. Our student athletes have worked hard in the classroom and on the field. On behalf of the faculty and staff of Central Christian School please accept our sincere thanks for your support of Central Christian athletics, and for the honor of working with your child.

It is our goal to develop athletic skill and character in a Godly environment in practice and on game day. We appreciate the many hours of your own time and the financial investment involved in athletics. We appreciate both and believe the positive benefits to your child will be well worth the time and cost.

Please join me in cheering and encouraging our students all year long. Let us also show appreciation for the officials and our opponents at every opportunity. We want our visitors to know that C.C.S. fans take their sports seriously, but take sportsmanship even more seriously.

This Parent Pack of information will help us begin the season with good communication between you and the coaching staff. If at any time you have questions about the team please do not hesitate to contact the coach. If you need further assistance, please contact Justin Stephens, Athletic Director. We want to make sure we maintain on-going communication between home and school to make this the best season your son/daughter has ever had.

Thank you again for entrusting us with your most valued possession. Let's work together to represent God's goodness at each event.

Sincerely,

Bill Parsons, Ed.S.
Head of School

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Dear Student Athletes and Parents,

I personally want to welcome you to a great new season of athletic competition at Central Christian School! I believe that God has put all the pieces in place for success; our players, parents, coaches, and all the support staff are exactly who God has led here to our programs.

It is our goal to teach by word and example the highest Godly standards of excellence and effort on and off the floor or field. Scripture commands us to give our very best to any endeavor, and athletics is an exceptional vehicle for practicing this valuable life principle.

We very much appreciate the opportunity to work with all the families in our program this year, and we thank you for entrusting your children to us. May God bless you and our entire CCS family as we enter into this upcoming season.

Any athletic endeavor can be expensive in many ways. The cost of uniforms, officials and equipment can be staggering. For that reason there will be athletic fees to help cover part of the cost. Those will be explained by the coach.

Please feel to contact me if I can be of help at any time. My email address is jstephens@cccrusaders.com.

CENTRAL HOORAH!

Sincerely,

Justin Stephens
Athletic Director

ATHLETIC MISSION STATEMENT

The mission of the Central Christian School athletic program is to build Godly character, confidence, and athletic skill.

ATHLETIC DEPARTMENT GOALS

- Provide a Christian environment at practice and game-time for athletes, coaches, and fans.
- To present a positive image of Central Christian School to fans, coaches, visitors, and referees.
- Demonstrate excellence by coaches and players in preparation, practice, and performance.
- Improve the athletic ability and conditioning of all athletes.
- Demonstrate good sportsmanship on behalf of athletes, coaches, and fans.
- Increase the interest in all athletic programs to promote a feeling of pride and unity throughout the C.C.S. community.
- Help student athletes set and achieve personal and team goals.
- Provide opportunities for athletes to seek athletic participation at the intercollegiate level.
- Develop within every player a feeling of importance to the team and trust in one another.
- Respect the dignity and faith of each person in the athletic program.
- Develop leadership skills and the commitment to team unity.
- Provide a safe, fun, and family atmosphere at each event.
- Maintain a clear focus on academic achievement.
- Promote all teams and events within the school and community.
- Provide clear expectations for each team for parents and athletes.
- Provide thorough communication among coaches, parents, athletes, and administrators.
- Provide an overall athletic program that makes students want to participate as a student athlete.
- Encourage students to participate in many extra-curricular opportunities.

EXPECTATIONS OF ALL ATHLETES

Excellence in:

Preparation – Preparation begins in the off-season and continues until game time. Be mentally, physically, and spiritually prepared to compete like the champion you are.

Practice – No one outworks a C.C.S. Crusader. Giving 110% improves yourself and motivates your teammates to accomplish more than they thought possible.

Performance – Perform with the skill of a warrior and the character of a champion.

EXPECTATIONS OF THE SCHOOL

The school will provide the following for your son's/daughter's team:

Supervision – Student athletes are supervised before, during and after athletic events. We do ask that parents are prompt in picking-up students after practice and events. If you plan on your child riding home with you after an event please make sure to notify the head coach in writing and remind the coach after the event.

Instruction – Proper instruction related to the sport will be provided. We encourage the participation of parents in this process by reinforcing the skills and form taught by coaches.

Proper Equipment – Some athletic equipment will be provided. Some equipment will need to be provided by the parent. Your child's head coach will share that information.

EXPECTATIONS OF ATHLETES

Rules of behavior, dress and appearance

Athletic events involving Central Christian School teams are often the tip of the iceberg that the public sees. Many times spectators draw conclusions about the school from the images the coaches, athletes and students portray at athletic events. For that reason, it is of utmost importance that the athlete, coach and parents present themselves in a Godly manner during events on and off of the campus.

The Head of School reserves the right to dismiss on the first offense any athlete who does not act in an appropriate manner and is in the best interest of the team and Central Christian School.

Sportsmanship

All C.C.S. players, coaches, and fans are expected to act in a sportsmanlike manner to opposing fans, opposing coaches and officials at all times. When in the heat of the battle against the opposition, our players, fans, and coaches are expected to act in an appropriate manner. Inappropriate language, gestures, and/or attitudes towards the opposing team, visitors, or officials will not be tolerated. Our goal is to make Central Christian School the friendliest place to visit for competition, and to develop a reputation that C.C.S. athletes and fans show the best sportsmanship in the State.

Central Christian School expects athletes and participants in other extra-curricular activities to be present for the entire school day in order to participate in practices, rehearsals, or games. As a minimum requirement, a student must be present for at least four academic classes during the school day in order to participate in extracurricular activities after school.

ATHLETIC ELIGIBILITY

CCS is a member of the GICAA. (Georgia Independent Christian Athletic Association). Each student has to meet school requirements and those of GICAA in order to participate in any extracurricular activities and to maintain eligibility. Students receiving two "F's," in any subject on any semester report card will not be eligible to participate in any athletic activities for the following semester. Students who are ineligible at the end of second semester may attend summer school to become eligible for fall sports. Students who are academically ineligible will not be allowed to dress out with the team, travel with the team, or practice with the team.

New first-year high school students (entering 9th grade) are eligible academically. In addition to the previously mentioned requirements, new second semester first-year students must have passed courses carrying at least 2.5 Carnegie Units the previous semester in order to participate. New second-year students must have accumulated four (5) total Carnegie units in the first year, and passed courses carrying at least 2.5 Carnegie Units in the previous semester. New third-year students must have accumulated ten (10) Carnegie units in the first and second years, and passed courses carrying at least 2.5 Carnegie Units in the previous semester. New fourth-year students must have accumulated sixteen (16) Carnegie units in the first three years, and passed courses carrying at least 2.5 Carnegie Units in the previous semester. Students may accumulate the required Carnegie units for participation during the school year and eligibility will be reinstated at the beginning of the next semester.

YOUTH/MIDDLE SCHOOL/JV ATHLETICS

These programs are vitally important to the success of our athletic program. They concentrate on developing skills, sportsmanship, participation, and experience. The Youth programs prepare athletes for the varsity level. All athletes are expected to follow the same rules and policies as the varsity athletes. If an athlete plays on our school team and a recreational team/travel team/club team, the school team must take priority. Sixth through eighth grade students may try out for all junior high teams. Ninth and twelfth graders may play on the JV or Varsity teams (eighth graders may play up on the JV).

VARSITY ATHLETICS

The varsity teams have the commitment of winning and putting the best team on the field/court. Varsity players are the most visible and need to show positive leadership in all activities on and off campus. Coaches will make every effort to allow each athlete the opportunity of competing at the varsity level, but a specified amount of playing time is never guaranteed. All of our athletes are expected to participate in summer workouts. We will never have the desired athletic program if we do not work out in the off-season. All athletes are expected to go with their team to camp during the summer. These camp dates will be announced well in advance so families can plan around them.

PARTICIPATION POLICY

CCS takes seriously the commitments of our student athletes. We believe honoring commitments is essential throughout life, in marriage, family, church, career, and other areas. We believe athletics helps foster a spirit of genuine commitment. Quitting a team for reasons other than medical or family matters contradicts all we teach about what a Christian Athlete should be. A student should never quit a sport in the middle of the season regardless of how justified she/he may feel their reasons to be. We encourage all students and parents to "stick it out". It is our desire to work with parents in teaching student's perseverance, commitment, loyalty and fortitude. You never know what God has in store for your family. Any student who quits a sport after the try-out period (5 days) will still be billed the athletic fee, be ineligible to begin the next sport, join another in-season team, or participate in off-season training with another sport until the season of the sport she/he quit is over.

ACADEMIC WORK

Athletes are responsible for all of their academic work. Athletic teams will sometimes have to leave school early. It is the athlete's responsibility to turn in any academic work and get assignments for that day before departing the school for a game. Athletic events can never be used as an excuse for unfinished academic work.

ABSENCES AND EXTRA-CURRICULAR ACTIVITIES

No student will be allowed to participate in any after-school, extracurricular activity on a day that she/he has been absent from school. Students must be present a half-day, 3 ½ hours, or four class periods in order to participate in a game that day.

PHYSICAL EXAMINATIONS & CONSENT FORMS

A physical examination is required by the CCS. The physical examination, consent, and concussion awareness forms must be on file before a student participates in any tryouts, practices, or athletic contest. All forms are to be filed with the athletic trainer. These forms may be downloaded from our website at www.cccrusaders.com

TRAVEL

All athletes are required to ride the bus to away games. Any exception must be authorized by the athletic director. The athlete must have the permission of the head coach to ride home with his/her parents or another parent after the away games. (A note from the parents will be required.) No athletes will be able to ride home with other students or non-adults. We are very thankful for the vehicles that God has provided for us, and we must do our best to take care of them.

For directions to games, go to www.cccrusaders.com and click on Athletic Calendar under Athletics on our school website, click on the red bus icon beside the event and then click on the location.

DRESS

Our athletes must wear their school uniform or their game uniform to all away games. (Example: the football

team may wear their jerseys). This will be determined by the head coach. For all practices, at least 7 inch inseam shorts are to be worn.

PROFANITY

Profanity will not be tolerated in any form by our athletes. There is no excuse. If an athlete uses profanity, the athlete will face disciplinary action from the school.

UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct by our athletes will not be tolerated. Discipline for unsportsmanlike conduct violations (such as unsportsmanlike penalties, technical fouls, etc.) will be instituted at the discretion of the head coach. If an athlete is ejected from a game the GICAA rules and regulations will apply.

The GICAA, CCS, and member schools have made a commitment to promote good sportsmanship by student-athletes, coaches, and spectators at all GICAA sanctioned or CCS events. Profanity, degrading remarks, and intimidating actions directed at officials or competitors will not be tolerated, and are grounds for removal from the event site. Spectators are not allowed to enter the competition area during warm-ups or while the contest is being conducted. We strongly encourage our fans to cheer for our teams. If a fan is ejected, the ejected person will be suspended from at least one game. The ejected person must not be seen or heard during the period of suspension.

Codes of Conduct are expectations by the school that parents and students to conduct themselves in a manner that is reflective of the overall philosophy and mission of CCS.

CCSPARENT CODE OF CONDUCT

Our Speech:

1. Questionable language or "slang" words will not be tolerated. Anything that can be misconstrued as negative or insulting must be avoided.
2. Be positive and encouraging. Uplift your student and others. Let them know the importance and accomplishment of being a part of the team. Let them know they are important.
3. Never criticize the officials or coaches. These people represent the authority figure, the "boss", the parent, the teacher and the "Law". If you are "bad mouthing" your children's coaches or officials you cannot expect him or her to play for or respect these people. Obedience to authority is not optional and is not predicated on whether or not you agree with it. All authority is God-given and disobedience to authority is disobedience to God.
4. Insist that your students address the coach and the officials with respect. They should call their coaches Coach or Mr., Miss, or Mrs. They should address the officials with "Yes, Sir" or "Yes, Ma'am". You should use these titles as well in the presence of your students or when referring to the coach or officials.
5. Never be involved in negative cheering. Booing the officials or opponents or getting into negative chants against the opposing crowd sets a bad example for your children and is counter to everything we say we believe.
6. Never speak negatively around the students or other parents about:

- a. The school: A negative atmosphere can be contagious. Instead, create an atmosphere of gratitude.
 - b. Other students or parents: Speak to parents only about your and their students. Speak to other students only in an encouraging manner. The only time another student or parent's name should be mentioned is in a genuine complimentary fashion.
7. Never criticize your children's teammates. This does not teach your student team attitude and will allow them to make excuses for their own performance. Never offer excuses for your children if they are not playing. Encourage them to do their best and to keep striving for their worthwhile goals.
 8. Always confront your coaches out of sight and earshot of students and other parents. Speak with the coach privately. Call to set an appointment. Pray about what you will say and what is motivating your discussion.
 9. Smile, meet and greet. Often you may be the first impression someone has of CCS and of our Lord and Savior. Ask yourself this question "Is my speech setting up an opportunity to share Jesus Christ or a need to apologize?"

Colossians 4:6 Let your speech always be gracious...

Our Relationships:

1. Develop relationships and a good rapport with your students and their teammates. God has placed you in this situation for a purpose. Use this opportunity to minister and be an encouragement to others. You never know who is hurting and needs your show of God's love in their life. If sports becomes all about you and your student, you need to not participate.
2. Develop relationships and a good rapport with other parents. You will need their prayers and support as much as they will need yours.
3. Develop relationships and a good rapport with parents from other schools. Never miss an opportunity to share Jesus Christ with others. Promote your school and your students. Needless to say, the relationship you develop is a reflection on our entire ministry.
4. Develop relationships with the coaches: Get to know the coaches. Pray for them. Communicate with them with an open heart and mind. Be open, honest with gentle words. Set appointments to meet with the coach rather than confront him/her before or after a game.

John 15:12 This is my commandment, that you love one another as I have loved you.

Our Unity:

1. Develop unity within our school family. God has called each one of us to this school. Each of us have different abilities and, therefore, different roles. Never be jealous or envious of someone else's role. Be busy fulfilling your role. Your example of being a unified school body is a valuable lesson for your students to learn.
2. Develop unity within the Christian Community. We must establish our philosophy with other schools in order for our ultimate purpose to be met...to further the Kingdom of God. It will take other Christian schools being successful. Pray for them as you pray for CCS.

I Corinthians 12:12 For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ.

Our Motives:

1. Be Motivated by the Love of God. Living for Him because He died for us.
2. Strive for victory as a tool to teach your students. Teach them that athletics is just a means to an end and not an end unto itself.
3. Teach your students to abide by the rules of the game in letter and in spirit. Tactics that promote unfair "gamesmanship" will not be tolerated.
4. Lead your students in athletics in light of your family mission, philosophy and goals. What you are teaching your student through athletics should match with what you are teaching them at home.
5. Use your child's experience as a chance to be involved in the life of your child. Your relationship with your child as an adult is a longer time of your life than when they are in your home. If you want a relationship with them as adults you need to begin building that relationship NOW. Athletics affords you that opportunity.

I Corinthians 10:31 ...do all to the Glory of God.

Our Behavior:

1. Maintain class and character. You are setting the example for your students. Realize that your every action reflects upon you, your family, CCS, GICAA and ultimately our Lord. People will remember your actions long after they have forgotten your words.
2. Always insist that your children follow instructions. Coaches must depend on a player's ability to follow orders immediately and without question. Questions should be raised at the appropriate time, such as at practice or after a game, when there is time for explanation. This builds respect for authority and a bond of trust between your children and their coaches.
3. Always dress appropriately. Modest attire that does not attract attention to you and away from your child should be worn. Even in warm weather events, a Christ-like appearance must be maintained.
4. Be an example and a guard. Set the standard high for behavior and appearance.
5. Working with the officials not "working the officials" is expected. Badgering an official to persuade a call our way comes with too high a price - our testimony and our ability to influence those others for Jesus Christ. There is never a time at any contest where a parent is afforded an opportunity to say anything to an official other than "Thank You". Without these men and women and their willingness to officiate, no one is playing ball.
6. Remain in the stands. Never attempt to approach the field, court, bench area, press box, score table or the officials before, during or after a ballgame. Socially visiting with the coach

briefly after a game is encouraged. Game officials are off-limits.

7. Be Modest in victory and gracious in defeat. Coaches, students, parents, and spectators will need to be strong in this area. Shake hands with our visitors before and after a game.
8. Recognize the success of your opponent. Compliment the good play of students from the other school. Congratulate their coaches on a well-coached game.
9. Teach your children that they have a special purpose from God. It is their responsibility to accept God's purpose for them. Do not compare or contrast them to others. This limits their ability to fulfill their own unique potential and purpose.
10. Have fun, touch lives and be yourself. You have the opportunity to be a positive influence, like no one else may be able to, in the lives your children and their peers. Enjoy this time in their lives and help them to enjoy it as well. Games, plays and officials will be forgotten, but your behavior and attitude will stay with your child forever.

I John 2:6 Whoever says he abides in Him ought to walk in the same way in which He walked.

CCS ATHLETE CODE OF CONDUCT

Our Speech:

1. Questionable language or "slang" words will not be tolerated. The athlete will never engage in any profanity or questionable slang.
2. The athlete will address the coach and the officials with respect. The athlete will address the coach as "Coach" or "Mr., Miss or Mrs." and will take concerns or complaints directly to the coach. Insubordination and divisive speech or behavior will not be tolerated. The athlete should address the officials with "Yes Sir" or "Yes Ma'am".
3. Never criticize the officials or coaches. These people represent the authority figure, the "boss", the parent, the teacher and the "Law". Obedience to authority is not optional and is not predicated on whether or not you agree with it. All authority is God-given and disobedience to authority is disobedience to God.

Our Relationships:

1. Develop relationships and a good rapport with teammates and coaches. God has placed you in this situation for a purpose. You have an opportunity to develop life-long friendships. If sports becomes all about you, you need to not participate.
2. Develop relationships and a good rapport with classmates. Do not attempt to set yourself upon a pedestal. Your classmates will not respect you or support you.
3. Develop relationships and a good rapport with students from other schools. Never miss an opportunity to share Jesus Christ with others.

Our Unity:

1. Develop unity within your team. "It is amazing what can be accomplished when no one cares who gets the credit." John Wooden
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2. Develop unity within our school family. God has called each one of us to this school. Each of us has different abilities and, therefore, different roles. Never be jealous or envious of someone else's role. Be busy fulfilling your role.
3. Develop unity within the Kingdom. We must establish our philosophy with other schools in order for our ultimate purpose to be met... to further the Kingdom of God. It will take other Christian schools being successful. Pray for them as you pray for CCS.

Our Motives:

1. Be Motivated by the Love of God. Living for Him because He died for us.
2. Strive for victory in order to Glorify God. Athletics is just a means to an end and not an end unto itself.
3. Demonstrating Christ by following the rules of the game in letter and in spirit. Tactics that promote unfair "gamesmanship" will not be tolerated.
4. Committed to excellence. In all areas including faith, practice, academics and game preparation.

PLAY AND ACT LIKE CHAMPIONS!

Our Behavior:

1. The athlete will maintain a good reputation. The athlete's character will be in good standing with the administration, faculty, staff and church.
2. The athlete will meet all eligibility requirements.
3. The athlete will know and understand all requirements. The athlete will know all of the expectations of their team and will follow them both in action and in spirit.
4. The athlete will show respect for all coaches, trainers and all staff personnel. This includes the game plans, methods and philosophies.
5. The athlete will show respect for their teammates. The athlete will respect the seriousness of their commitment by attending all practices, meetings and games as prescribed at the beginning of the season and by working together to accomplish a common goal. Help to hold your teammates accountable for their actions.
6. The athlete will maintain a high standard of appearance. Both in and out of the arena adhering to the strictest interpretations of the school dress code and the team dress and uniform code.
7. The athlete will demonstrate Christ-like character. Both in and out of the arena showing respect in speech and actions for game officials, opponents and all those associated with our opponents.
8. The athlete will never engage in fighting. The athlete will maintain self-control at all times. Un-sportsmanship like conduct penalties will not be tolerated and will be penalized. Penalties include, but are not limited to, suspensions or dismissal from the team.

9. The athlete will know and understand our philosophy. The athlete will respect the seriousness of the eternal effects of their responsibilities as they represent themselves, their families, their school, their church and ultimately their Lord and Savior, Jesus Christ.

PARENT/COACH COMMUNICATION

Parenting and coaching are both difficult vocations. Understanding each other's role will enable parents and coaches to work together to provide a meaningful experience for the student-athlete at CCS.

Communication that parents can expect from a coach:

1. Locations and times of practice and games.
2. Expectations the coach has of the players and the team.
3. Team requirements.
4. Team rules and disciplinary actions for violations of team rules.
5. Various ways parents may help the team.

Appropriate concerns for parents to discuss with the coach:

1. Ways to help your child improve.
2. Concerns about your child's behavior.
3. Academic support, college opportunities

Recognizing that coaches are the ones who work with the team on a daily basis in practice and in competition, it is important to understand that the coach will make decisions that he or she believes to be best for the team and for all athletes who are involved.

A parent should never confront a coach before or after a game or practice. These are emotional times for a parent and coach and are not wise times to make an attempt toward the resolution of a problem.

STUDENT/PARENT CONCUSSION AWARENESS

Dangers of concussions:

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor "ding" to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Player and parental education in this area is crucial. That is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GICAA athletics. One copy needs to be returned to the school, and one retained at home.

Common signs and symptoms of concussions:

- * Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- * Nausea or vomiting
- * Blurred vision, sensitivity to light and sounds
- * Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments
- * Unexplained changes in behavior and personality
- * Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

BY-LAW 2.68: GHSA CONCUSSION POLICY: In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include, licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.

- a) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out.
- b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.
- c) It is mandatory that every coach in each GICAA sport participate in a free, online course on concussion management prepared by the NFHS and available at www.nfhslearn.com at least every two years -beginning with the 2013-2014 school year.
- d) Each school will be responsible for monitoring the participation of its coaches in the concussion management course, and shall keep a record of those who participate.

BY-LAW 2.67 -"Practice Policy for Heat and Humidity"- Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

1. The scheduling of practices at various heat/humidity levels.
2. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels.
3. The heat/humidity level that will result in practice being terminated.

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading must be utilized at each practice to ensure that the written policy is being followed properly. The Wet-Bulb Globe Temperature utilizes the following formula: $.07 (\text{humidity}) + 0.2 (\text{radiant heat}) + 0.1 (\text{ambient air temp}) = \text{WBGT}$. We use the Mannix, Model: SAM 990DW Digital Sling Psychrometer/Thermohygrometer to determine the Heat Index. After reviewing information from the GICAA, NFSHSA, and the NATA, we have concluded

that the following guidelines regarding athletic participation in heat and humidity will be implemented.

Based on the Wet-Bulb Globe Temperature Risk Chart:

<u>WBGT Reading</u>	<u>Activity & Rest Break Guidelines</u>
under 82.0	Normal activities --Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
82.0-86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully; provide at least three separate rest breaks each hour of a minimum of four minutes duration each.
87.0-89.9	Maximum practice time is two hours. For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each.
90.0-92.0	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
Over 92	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

Guidelines for Hydration and Rest Breaks:

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.
2. For football, helmets should be removed during rest time.
3. The site of the rest time should be a "cooling zone" and not in direct sunlight.
4. When the WBGT reading is over 86:
 - a. ice towels and spray bottles filled with ice water should be available at the "cooling zone" to aid the cooling process.
 - b. Cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.

Definitions

1. Practice: the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave.

2. Walk Through: this period of time shall last no more than one hour, is not considered to be a part of the practice time regulation, and may not involve conditioning or weight-room activities. Players may not wear protective equipment.

GENERAL RULES

1. No fund-raising or team-purchasing may be done without approval from the AD.
2. There will be no team meetings, games, or practices on Sundays.
3. There will be no games, meets, or matches on Wednesdays.
4. All athletes are to take good care of the school's equipment.
5. Athletes should never be without a coach on or in any of the athletic facilities.
6. Athlete is required to turn in his/her uniform within two weeks of the last game.
7. Team awards are left to the discretion of the coach.
8. ALL LETTER JACKETS WILL BE ORDERED BY CCS.

ATHLETIC FEES

There will be athletic fees for all athletics (fees below). Individuals may be charged for a player pack (equipment, apparel, camps, etc.) for any item they keep. This will vary from team to team. Individuals will not be charged for items that are returned each year to the coach.

*Athletic Support Fee: \$195.00 per student each year

Intramural Sports:	\$60.00
J.V. Sports	\$200.00
Varsity Sports	\$300.00
Varsity Football	\$400.00

*An additional \$100 fee is assessed home-school students

Sports fees for the second or third sport:

Intramural Sports:	\$60.00
J.V. Sports	\$200.00
Varsity	\$400.00

*Athletics provide our school with the greatest opportunity to reflect the love and excellence
Christ showed us all with His life.*