

Middletown Christian Schools

ATHLETIC HANDBOOK

for

HIGH SCHOOL

Home of the Eagles

AUGUST 2008 - JUNE 2009

PHILOSOPHY

Scripture clearly illustrates that human beings have 5 distinct areas of their person. These are spiritual, physical, social, mental, and emotional. It is the objective of Middletown Christian's athletic department to provide the opportunity for each student who participates in athletics to grow and mature in these 5 areas. However, in order for this objective to be achieved, a high level of self-discipline will need to be developed by our student-athletes. This involves adherence to and respect for the rules and regulations of the athletic department and its coaches.

The rules of the athletic department are in place to promote safety, order, and assist the student-athlete in reaching their maximum potential. Students need to remember that participation in athletics should not be viewed as a right, but should be looked at as a privilege that needs to be regulated for the success of the program first, the team, and then the individual.

It is also realized that student-athletes at Middletown Christian are role models, and that they are influential in the student body as well as in the community. Their conduct, while representing a team, is seen as a direct reflection upon Middletown Christian Schools.

The policies of the athletic department are set as a minimum standard for the athletic department of Middletown Christian Schools and the school board. They are also in accordance with the rules and regulations of the Ohio High School Athletic Association, and the Metro-Buckeye Conference. Coaches may set higher standards for their team beyond those set as a whole for the athletic department.

This Athletic Handbook sets policies that apply to all student athletes in grades 9-12. Student-athletes need to be aware that violations may carry consequences that extend beyond the school year and into the following school year.

CHAIN OF COMMAND

1st Contact:	TEAM'S HEAD COACH
2nd Contact:	SPORT DIRECTOR (VARSITY HEAD COACH)
3rd Contact:	ATHLETIC DIRECTOR
Request by A.D. and parent:	PRINCIPAL
Request by Principal and parent:	SCHOOL BOARD

Following this chain of command is the most efficient way of resolving questions or problems. This handbook and the coach's policies will be used as guidelines for resolving problems.

AFFILIATIONS

Middletown Christian School is a member and participant in the Metro-Buckeye Conference, and the Ohio High School Athletic Association.

We offer (based on interest) the following sports on the high school level: Baseball, Basketball, Cross-country, Soccer, Softball, Track, Volleyball, Golf, Wrestling, Cheerleading, and Football.

Cheerleading, Football, and Wrestling teams do not compete for a league championships currently.

SPORTS SEASON

Once a student has participated in a practice, scrimmage or contest a student is considered an athlete of Middletown Christian Schools. This designation shall continue until the season's last game.. As such, students - who are athletes - are governed by the policies of the athletic handbook as well as by the school's handbook.

ACADEMIC ELIGIBILITY

The Ohio High School Athletic Association sets minimum academic standards for athletes of all member schools. However, these standards are set realizing that schools will also create further academic standards to meet the goals and mission of their school. The academic standards at Middletown Christian School are as follows:

Initial Eligibility

Students must be enrolled in school at the beginning of the sports season. During the preceding grading period incoming freshman (for 1st quarter) must have passed **75%** of courses taken the previous quarter. Freshman, Sophomores, Juniors, and Seniors must have passed the equivalent of 5 credit hours the previous quarter. **(Summer school courses can not be counted towards eligibility)**

On Going Eligibility

Students must maintain a 1.7 GPA or higher in all classes to maintain eligibility. Additionally, no more than one "F" may be on a students grade card to maintain eligibility. Grades will be checked at the end of each quarter. Students who become ineligible will have to sit out from game competition a mandatory two weeks. At the completion of the two weeks his/her grades will be checked again. If **ALL** grades are above 65% the student will be declared eligible. Otherwise the next check will be at progress reports. If the student is not eligible during the progress report check - the student is declared ineligible for the remainder of the season, or until the end of the grading period (whichever comes first).

NOTE: A minimum of 5 grades must be taken in a course by progress reports for a student to be declared ineligible. If 5 grades have not been taken a student will not be considered ineligible in that class regardless of the grade.

NON INTERSCHOLASTIC PARTICIPATION:

A student that is an athlete on a team or sport of M.C.S. shall not participate in that same sport during the same season. A student's obligation shall be to the school team while "in season." Participation on a non-interscholastic team during the same season is a violation of O.H.S.A.A. regulations.

STATE INELIGIBILITY

All students must meet initial eligibility requirements before being permitted to participate in athletics. If a student has not met the initial eligibility requirements they must do so before being declared eligible. This would mean that a student who did not meet initial eligibility requirements would need to finish the 1st quarter, and meet the initial eligibility requirements before being declared eligible for athletic participation **during the second quarter.**

OTHER ELIGIBILITY REQUIREMENTS

SCHOOL ATTENDANCE

Students must be present in school by **8:30 a.m.** in order to attend or participate in any after school activity. If a student arrives after **8:30 a.m.** the student must present a valid, signed excuse from a parent or doctor to be eligible for participation that day. Students who leave school early because of illness cannot participate in any after school activity that day.

Students who must leave school early or miss a day of school for a valid excuse may participate in after school activities that day. Valid excuses would include, but are not limited to: College visits, funerals, court hearings, doctor appointments, and emergencies.

PHYSICALS and RELEASE FORMS

Students-athletes must have a valid, signed OHSAA physical, and a parental permission form on copy in the athletic office for a student to be eligible to participate in interscholastic competitions.

QUITTING OR REMOVAL FROM TEAM

A student who either quits or is removed from a team is declared ineligible for any other team or sport the remainder of that season. Being cut from a team is not considered being removed from a team. In the event that an athlete needs to be removed from a team, the head coach shall call an informal meeting between the coach, athletic director, athlete, and a parent. The athlete will have the option to appeal a decision of removal to the principal. However, the athlete will remain ineligible during the time of appeal. *Being cut from a team is not considered being removed from a team.*

NOTE: Parents who feel that they can not abide by the school's eligibility process should not allow their student to begin participation in a sport, and then pull the student off a team if their (the parents) personal eligibility requirements are not met.

USE OF FACILITIES

No athlete should use the equipment or facilities of the gymnasium, team rooms, locker rooms, weightroom, or athletic fields outside of scheduled practice times without the approval of the Athletic Director, Head Coach, or Principal. Failure to comply may result in extra practice duties, drill, a detention or even an I.S.S.

PRACTICES

Athletes **will** attend all scheduled practices. If a practice must be missed then a written notice must be presented to the head coach a minimum of two days prior to the missed practice. (Otherwise, it may be considered unexcused.) **Absences from practice will be either excused or unexcused in accordance with athletic policy***. If an athlete has more than 1 unexcused absence from practice the athlete is subject to removal. *This policy includes being late to practices.*

Attendance at MCS sponsored events will be considered excused for the sake of post season awards, and therefore will not count against them in regards to lettering requirements or special award consideration. However, playing time may be reduced or non-existent until the head coach feels that the athlete is prepared for competition.

Scheduled practices shall conclude by 9:00 p.m. Monday through Saturday.

Wednesday practices **are permitted**, and considered mandatory. However, they shall conclude by **5:00 p.m.** *Coaches may deem a failure to attend Wednesday practices as unexcused.*

No Sunday practices are permitted.

GAMES

Athletes **will** attend all scheduled games. If a game is to be missed a written notice must be presented to the head coach a minimum of 2 weeks prior to the missed game. (Otherwise, it may be considered unexcused.) **Absences from games will be either excused or unexcused in accordance with athletic policy***. An athlete who has an unexcused absence from a game shall be subject to removal, or other disciplinary measures. Overnight stays or early dismissals may be necessary due to travel distance or game schedule. These games shall be approved by the Principal and Athletic Director.

Attendance at MCS sponsored events will be considered excused for the sake of post season awards, and therefore will not count against them in regards to lettering requirements or special award consideration. However, playing time may be reduced or non-existent until the head coach feels that the athlete is prepared for competition.

PLAYING TIME: There is NO Guarantee of playing time on the high school level

TRANSPORTATION

Athletes are expected to ride to and from all athletic events on school arranged transportation. Students who plan to ride home from an athletic event with a parent may do so with written notification from the parent. Notification must be given to the head coach at least one day in advance. (OAC 3301-83-19)

ATHLETIC ATTENDANCE POLICY

Absences that will not be considered excused during the season are: work, camp, vacations, college trips, relatives in town or leaving town, injury (unless doctor's orders prohibit attendance), other school's events, youth activities, and Wednesday afternoon activities. Others may apply. Please check with your head coach in advance to see if other absences will be excused or unexcused.

HAZING

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk or harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity or organization. Hazing includes but is not limited to:

Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of substances on the body, and participation in physically dangerous activities.

Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substances that subjects the student to physical harm.

Any activity involving actions of a sexual nature or simulation of actions of a sexual nature.

Any activity that subjects a student to an extreme and unreasonable level of embarrassment, shame, or humiliation or which creates a hostile, abusive, or intimidating environment.

Any activity involving any violation of federal, state, or local law, or any violation of school policies and regulations.

All forms of hazing are prohibited by athletic and school policy as well as local, state, and federal law. Students that participate in (or observe any form of hazing without reporting such incidents) shall be subject a denial of participation in athletics, out of school suspension, and even possible civil action pursuant to section 2307.44 of the Ohio Revised Code.

Students should strive to seek positive forms of team building. Team captains should especially strive to be a positive role model.

Students who have witnessed any hazing, or suspects hazing is occurring shall report without delay any such occurrences to the athletic department. This is the only time that the chain of command is not to be followed.

INCLEMENT WEATHER

Activities will not be conducted on days when school is not in session due to severe weather unless approved by the Athletic Director or Principal. O.H.S.A.A. tournament do not follow these guidelines. Thus all O.H.S.A.A. tournament games will be played as scheduled *unless otherwise notified*.

DEPARTMENT OF STUDENT-ATHLETES

All students shall subscribe to the behavior regulations as outlined in the M.C.S. handbooks. However, further expectations may be required by an individual coach of a sport. These expectations will be announced and a written copy given to each athlete at the beginning of the season, reasonable, and enforced by the coach.

SUSPENSION

An athlete who is suspended from school shall not participate in any athletic activity during the suspension at a minimum. Dismissal from the team is also a consideration depending upon the nature of the offense that caused the suspension.

DRESS AND UNIFORM POLICY

Game day dress shall be established by the head coach, but as a minimum must meet school dress code standards. However, due to travel conditions and other variables, ladies may be permitted to wear dress slacks. Team warmups may also be worn on the bus.

Uniforms shall be worn as designed. Coaches may allow students to wear their jersey to class on game days. However, students will be responsible for any damage done to the jersey while wearing it during the school day. No uniform may be worn during physical education class.

Uniforms may be laundered by the school. Athletes may either turn in their uniform at the end of a game to the coach, or they may turn them in to the athletic office first thing in the morning the next day. Uniforms that are taken home for washing become the responsibility of the parent. Any damage or discoloration will result in a fee being assessed for repair or replacement. Uniforms should be wash in cold water and either dried on low heat or by hanging.

SPECIAL SCHOOL SPONSORED EVENTS

Occasionally during the year, Middletown Christian sponsors special events. Currently these events include the Mission Trip, Senior Trip, Speech Meets, Junior-Senior Banquet, Homecoming and Graduation. To keep in conjunction with our school's philosophy and mission, these events will be considered excused absences that will not effect a students lettering eligibility. However, students who miss practices **or** games due to a school sponsored event are subject to lost playing time or extra duties or drills upon their return.

FORMS, DIRECTIONS, INFORMATION

All information pertaining to the athletic office can be found online at:

www.middletownchristian.com

Please visit this web-site to obtain physical forms, permission forms, directions, etc...

If you do not have internet access you may request 1 copy, per student, of each of the necessary forms.

OR

Information can be received on the automated voice mail system. You can reach this system by

- 1) Dialing 513-423-4542
- 2) Press 3
- 3) Press 1 for directions OR
- 4) Press 2 for schedule information

BOOSTER CLUB

The Athletic Booster Club meets on the second Thursday of each month.

Season passes may be purchased through the booster club. Currently season passes are good for all sports except football.

To aide our boosters each family will be expected to help work in the concession stand twice per season. One person from a family is equal to family representation. To aide in compliance with this stipulation a fee will be assessed to a families account if no help is received during the season.

This fee is void for all regular members of the booster club! A regular member is one who attends 75% of all meetings.

ADMISSION PRICES

The prices to all of our home games are set by the Metro-Buckeye Conference.

High School admission prices are:

	ADULTS	M.C.S. STUDENTS
1 High School Volleyball or Soccer game	\$5	\$2
2 High School Volleyball or Soccer games	\$6	\$3
High School Basketball	\$6	\$3
High School Football	\$6	\$3

High School baseball, softball, wrestling, cross-country, and golf are free of charge.

AWARD AND LETTERING POLICIES

The requirements to earn post season awards are set by both the athletic department and the head coach.

The athletic department gives out standard awards to all athletes who meet the minimum requirements for their season. The head coach may also give out special individual awards and sets the minimum requirements for those awards.

The athletic department award requirements are:

1. The athlete must be eligible the entire season
2. The athlete must not miss more than 1 "in-season" practice (special situations excepted)
3. The athlete must not miss a game (special situations excepted)
4. The athlete must return all athletic equipment issued to them by the athletic department or pay for its replacement
5. The athlete must be in attendance at the awards ceremony to receive an award unless a written notification with the reason for absence turned in one week in advance
6. The athlete must meet with all the requirements set forth by the head coach

ATHLETIC DEPARTMENT AWARDS

Certificate of Participation: Each year

Graduation Year Numerals: First High School Sport

RESERVES 6" letter and pin for the first year of participation on a reserve level team

VARSIITY

1st year: 8" letter and sport pin - if not received as a j.v. player

2nd year: Special foil certificate and service bar

3rd year: Medallion and service bar

4th year: Plaque and service bar