

ANGLETON CHRISTIAN SCHOOL



WARRIOR ATHLETIC HANDBOOK 2022-2023

“Competing for Christ without Compromise”

TABLE OF CONTENTS

1. <i>Mission</i>	2
2. <i>Core Values</i>	2
3. <i>Sports Offered</i>	2
4. <i>Expectations of Athletic Staff</i>	3
5. <i>Freedom to Participate</i>	3
6. <i>Eligibility</i>	3-4
7. <i>Athlete Requirements</i>	4
8. <i>Enrollment Process</i>	4-5
9. <i>Participation Fees</i>	5
10. <i>Varsity and Junior Varsity Selection</i>	5
11. <i>Uniforms</i>	5
12. <i>Scheduling</i>	6
13. <i>Transportation</i>	6
14. <i>Playing Time Distribution</i>	6
15. <i>Lettering Policy</i>	6-7
16. <i>Strength and Conditioning</i>	7
17. <i>Discipline Management Plan</i>	7-8
18. <i>Quitting a Sport</i>	8
19. <i>Parent Expectations</i>	9
20. <i>Conflict Resolution</i>	9
21. <i>Prohibited Activities</i>	10
<i>10 ways parents can help their kids perform the best</i>	11

WARRIOR ATHLETICS

MISSION

To collectively discipline and physically train students, and minister to coaches and others by acknowledging God’s glory while competing for Christ. Angleton Christian School believes that many valuable lessons and principles learned in the classroom, at home and at church can be implemented in a competitive athletics program. Athletics provide an opportunity to exercise the body and mind and to develop and use God-given talents in daily commitment to excellence. We believe that Christians are expected to give their best effort in everything they do and we are committed to providing an environment that allows athletes to excel both as individuals and as members of a team. We are continuing to “train up a child” in our athletic program.

“Whatever you do, work at it with all your heart, as working for the Lord, not for man.”

Colossians 3:23

CORE VALUES

FAITH—COMMITMENT—UNITY—DISCIPLINE—SELFLESSNESS—INTEGRITY—COURAGE

I have fought the good fight, I have finished the race, I have kept the faith. 2 Tim. 4:7

SPORTS OFFERED

FALL	WINTER	SPRING
JH Volleyball (girls only)	JH Girls Basketball	JH Track and Field**
HS Volleyball (girls only)	JH Boys Basketball	HS Track and Field**
JH Cross Country	HS Girls Basketball	JH Girls Softball*
HS Cross Country	HS Boys Basketball	JH Boys Baseball*
Flag Football*		
Year-round Cheerleading		

*Some sports may not be offered due to lack of demand or scheduling

**All athletes will be encouraged to participate in track and field as part of our athletic training program.

Athletes may compete in two fall sports and two spring sports as long as the second sport is cross country(fall) or track(spring).

EXPECTATIONS OF ATHLETIC STAFF

At ACS, athletic staff and volunteers have a responsibility to model Christ-like behaviors and attitudes for our student athletes both on and off the field of competition. They play a crucial role in the development of each student athlete's character and attitude. Coaches must be knowledgeable in the sports they teach, dedicated in their preparation, and able to motivate student athletes to always do their best. They should set an excellent example for our athletes through their behavior, church involvement, and personal and social media interactions. ACS athletic programs are an extension of ACS and should continue educating our students with a biblical worldview. Coaches will not discuss decisions made during a game until a 24 hour period has passed after the game has concluded. They will not discuss playing time with parents.

FREEDOM TO PARTICIPATE

Please do not withhold your child from practice or competition for grades if he/she is eligible by school standards. If there are disciplinary issues that you are dealing with at home, please talk to us about them instead of pulling your child off the team for any duration of time. We can come alongside you and assist in discipline. It has been found that involving the coach with disciplinary issues you are struggling with can be much more effective than removing your child from the guidance and instruction provided by coaches and sports.

ELIGIBILITY

Eligibility is an important factor in the athletic program of Angleton Christian School. It is our desire that students do well in their studies, and therefore, when grades seriously drop, the ineligibility system serves as a reminder to students to keep a healthy balance between school and other activities. Eligibility is based on attendance, conduct, and grades. Requirements for attendance and conduct can be found in the ACS Parent/Student Handbook.

- 1.) Students are allowed to participate in competitions or contests only if the student is in good standing which includes enrollment in at least four accredited academic courses and passing all classes during the grading period. An athlete must maintain an average of 70 or above in each class to remain eligible for competition in an extracurricular activity. In determining whether or not the student is passing, his or her grades from the beginning of the semester to seven days before the contest must be considered. Eligibility will be assessed upon distribution of progress reports and again when report cards are issued.
- 2.) Athletes failing any classes will be ineligible to participate in games until the grades are in passing status. During periods of ineligibility, athletes are expected to be working with the teacher in the classroom of the subject(s) that needs attention. The athlete must attend tutorials and participate in the remainder of practice after tutorials are over if time allows. When the athlete is passing all classes, he/she is once again eligible for full practice and competition. Terms of eligibility will be determined at the end of every third week. **The length of time for ineligibility after a grading period shall be at least one week.** When the teacher notifies the athletic director that the athlete is passing, then the athlete may begin competing beginning with the following Friday.
- 3.) An athlete deemed academically ineligible may not ride with his/her team to or from the sport which he/she is involved in. This includes any and all riding arrangements. If a team is carpooling, the ineligible athlete may not ride in a car with any other athletes going to the game. An ineligible athlete may not leave school
- 4.) Students are expected to attend class regularly and maintain their eligibility. Students must attend at least half of the school day in order to participate in an athletic event that day. Students are also expected to attend school for the full day following an athletic event. When athletic practices are held before the school

day begins, athletes are expected to attend class for the full day. Coaches will take appropriate disciplinary action for issues involving attendance.

Under **NO CIRCUMSTANCES** will an ineligible athlete be allowed to participate for the duration of his/her ineligibility.

ATHLETE REQUIREMENTS

AS A MINIMUM STANDARD, ALL ATHLETES MUST FOLLOW ALL ACS STUDENT HANDBOOK GUIDELINES IN ADDITION TO THE ATHLETIC HANDBOOK. AT THEIR DISCRETION, COACHES MAY ADD ADDITIONAL REQUIREMENTS WITH THE APPROVAL OF THE ATHLETIC DIRECTOR.

Participation in athletics develops the student mentally, physically, socially, and spiritually. The activities of the athletic department are a part of Angleton Christian School's total educational program of affirming and challenging a student's potential. All participants are expected to strive for Christ-like character just as they should during the school day. The standards of conduct apply to practice sessions, home and away games, and any other time the student is representing the school. All students represent ACS at sporting events, whether on the field or in the stands, therefore their conduct needs to reflect Christian sportsmanship toward the opposing team(s) and toward the officials.

Participation at ACS in team athletics is a privilege and not a right. Team athletics is offered for both boys and girls at different class levels depending upon the athletic event. There may be some individual sports options (ex: tennis) for both boys and girls as well. It is the goal of the athletic program to promote fitness, teamwork, and sportsmanship while reinforcing the Christian principles that are central to ACS. Angleton Christian School high school sports (9-12th grades) are governed by the rules of Texas Christian Athletic League (TCAL). All Angleton Christian School junior high sports (6-8th grades) will operate very close to the TCAL guidelines to allow student athletes to gain knowledge of the requirements at upper level sports.

ENROLLMENT PROCESS

All participants must ensure that all required athletic forms are on file in the secondary office. All forms can be found by going to [Rank One Parent Portal](https://www.rankone.com/content/Parent/Parent) (<https://www.rankone.com/content/Parent/Parent>)

- 1.) Physical copies that are needed include:
 - a. Obtain a bi-annual Pre-participation Physical Evaluation Physical Exam
(This should be performed by the student's personal physician.)
 - b. Signed Pre-participation Physical Evaluation Medical History
- 2.) The following are digital documents that can be submitted through Rank One:
 - a. Signed Steroid Use Agreement Form
 - b. Signed COVID waiver
 - c. Signed ATHLETIC LIABILITY RELEASE AND MEDICAL CONSENT FORM
 - d. Signed Transportation Waiver
 - e. Signed Concussion Acknowledgement Form
 - f. Signed Warrior Covenant Page
- 3.) Maintain Academic eligibility as outlined in the ACS Parent/Student Handbook
- 4.) Payment of participation fees / uniform deposit(home school only)

Make sure you understand the rules regarding:

Student Eligibility (Athletic Handbook)

Student Physicals (Athletic Handbook)

Concussions http://www.nfhs.org/media/1018446/suggested_guidelines_management_concussion_april_2017.pdf

Steroid use https://www.nfhs.org/media/869188/steroids_parent_brochure.pdf

Player Conduct (Warrior Covenant)

NOTE: Students will not be allowed to participate in PRACTICES or GAMES until they have completed the enrollment process with the Admissions Office and all of the above-mentioned paperwork is on file in the Athletic Office.

PARTICIPATION FEES

To help keep costs down, we will need parents to volunteer to help with taking admission fees at the door and helping with the concession stand at home games.

Junior High level athletics:

\$150 for each sport for students currently enrolled in ACS.

\$200 for each sport for non-ACS students currently enrolled in an accredited homeschool program. *In addition, a \$50 refundable cash uniform deposit is also required.*

High School level athletics:

\$200 for the first sport and \$150 for each additional sport for students currently enrolled in ACS.

\$250 for the first sport for non-ACS students currently enrolled in an accredited homeschool program. *In addition, a \$50 refundable cash uniform deposit is also required.* Additional sports are \$200 per sport.

For students enrolled at ACS, there is a family maximum fee cap of \$800. Once a family has reached the maximum, no further payments are required.

For Cheerleading, the fees will be determined by the cheer coach.

All fees must be paid before the first game of the season for each sport the athlete is participating. Athletes will not be allowed to play until payment is received.

*Participation fees do not include any meals, lodging, or other travel expenses for sporting events, including playoffs and All-Star events.

VARSITY/JUNIOR VARSITY SELECTION (High School Only)

If there are enough athletes in a sport to field a junior varsity and varsity squad, selection for the varsity team will be competitive. Tryouts will be judged by the skill level of players involved. Character will be taken into account as well, but will not be the sole indicator. Once that is established, the skill level of athletes determines their playing time and positions. The coaches must have freedom to determine skill level and character in each athlete.

UNIFORMS

Athletes will be issued team uniforms prior to the start of the first game. These uniforms are the property of Angleton Christian School and will be collected at the end of the respective athletic season. Once the sport season ends, ***all uniforms must be turned in to the coach or Athletic Director no later than one week from the last game.*** When athletes accept uniforms, they are agreeing to take care of it and return it in a condition that it can be used again for the next season. If the uniform is deemed unacceptable for future use, the athlete will be charged the replacement cost of the uniform. The Athletic Director/coach will determine the status and condition of every uniform prior to it being issued and again once it is returned. No player will be allowed to alter or put any marks or names of any kind on ACS uniforms. If a player desires to wear undergarments such as undershirts or compression tights, they must match the team uniform. All accessories must also follow the guidelines which differ depending on particular sports. Coaches will inform players of the accessories allowed at the start of each sport season. All accessories required for particular sports, other than the school issued uniform, will be provided by the athlete (ex: knee pads, shin guards, socks, shoes, etc.).

SCHEDULING

All games and meets are scheduled by the coaches and/or athletic director. Game dates and times are established based on availability of facilities. Because changes do happen throughout the season, coaches will be making adjustments to the schedules as needed. Please check the ACS event calendar and look for communication from the coach about changes.

All athletes are required to attend all athletic practices for the duration of each sport they sign up for. Practice times are established based on availability of facilities and the coaches' schedules. High School and Junior High practices may begin before the school year starts. Practices will end at selected times due to location and availability of facilities. Due to the nature of Angleton Christian School facilities, practice locations and times may vary. Athletes are expected to attend all practices, provided their condition/injury allows. In the event of inclement weather, coaches will attempt to notify parents early of changes/cancellations. **Permission to miss practice must be given by the Head Coach before the practice begins.**

TRANSPORTATION

Whether attending ACS sporting events at home or on the road, athletes are expected to remain with their teams and coaches at all times. Once the event is over, the coach may choose to allow an athlete to travel back home with that athlete's parents. **No athlete will be allowed to travel with another family or person outside of their immediate family. Parents must sign out with the coach before taking their athletes home.**

Transportation for all student athletes will be provided to all off-site games and practices, if the event is held away from the school grounds. We believe that a team should look and act as one unit and travel together to prepare mentally as a unit for the competition. School and/or church vans will be used to transport the athletes to and from practices and/or games. In some instances, parents or coaches may need to use personal vehicles to transport some athletes. All students are expected to conduct themselves in a manner that honors God, whether they are riding in vans or personal vehicles. While traveling to and from games, athletes will be required to wear ACS approved clothing (game uniform, ACS t-shirt, or ACS warm-ups). ***Athletes not wearing approved clothing will not be allowed to travel to the contest.***

PLAYING TIME DISTRIBUTION AND POSITION

Junior High Level: This level of sports is competitive, yet still developmental as well. Playing time is still not guaranteed to each athlete, however, coaches will attempt to give all athletes an opportunity to play and improve throughout the season.

High School Level: This level of sports is competitive by nature. Therefore, playing time is not guaranteed to athletes on the upper level teams. Coaches must have freedom to distribute playing time in such a way that creates the best opportunity for **team** success.

Coaches have freedom to place athletes in positions/events that he/she feels best for the **team**. Athletes are expected to play the role assigned to them.

Injuries: Injuries may preclude an athlete from playing particular roles or competing in particular events. If an athlete has an injury that keeps them from performing their assigned role and tasks, a parent note will be accepted for the first 3 days. After 3 days, a doctor's note will be required as severe injuries must be dealt with medically to ensure the health of our athletes.

LETTERING POLICY

The opportunity of obtaining Athletic Letters may occur once an ACS-enrolled athlete is on the varsity squad, in the 11th grade, and meets the following requirements:

Volleyball/basketball/soccer/softball/baseball – Participates in at least 50% of games (not matches) played by the **varsity** team or in the opinion of the head coach to have made a major contribution to the team (the latter is subject to approval by the Athletic Director). Athletes must attend at least 90% of in-season practices/workouts. Players may not be ineligible for more than 3 weeks of the varsity season.

Cross Country/track – Participates in at least 50% of all **varsity** level runs and qualifies to participate in upper level events. Athletes must attend at least 90% of practices/workouts. Players may not be ineligible for more than 3 weeks of the season.

Cheer - Participates in at least 50% of events held by the varsity team or in the opinion of the head coach to have made a major contribution to the team (the latter is subject to approval by the Athletic Director). Athletes must attend at least 90% of in-season practices/workouts. Players may not be ineligible for more than 3 weeks of the varsity season. If a demerit system is established by the Head Coach, and the athlete is on probation and cannot participate due to that issue, the athlete will not be eligible for lettering.

Special Provisions:

A student may only be eligible for ONE letter jacket for their entire high school tenure at ACS.

A senior participant who is on the varsity squad and has not met the participation percentage requirements, but has met all practice and eligibility requirements during his/her senior varsity season, may be awarded a letter jacket **at the discretion of the Athletic Director**.

Any athlete that did not meet the participation requirements due to injury or illness that would have otherwise lettered may be awarded a letter jacket **at the discretion of the Athletic Director**.

Anyone who does not meet the participation or practice requirements because of conflicts while participating in multiple ACS sponsored extra-curricular activities may receive a letter jacket **at the discretion of the Athletic Director**.

Definition of Participation – Receiving playing time in a varsity level competition. Suiing up and being on the sideline is not defined as participating. Playing time on the JV level is not considered varsity participation.

***Final say in regard to all lettering will be left up to the discretion of the Athletic Director.

STRENGTH AND CONDITIONING

All High School and Junior High athletes will be strongly encouraged to participate in multiple sports, especially track and field. This will help to strengthen and condition all athletes so that they are better prepared to compete in their main sport. Junior High athletes will workout before school and during 1st period PE. High School athletes will workout during 7th period and after school.

DISCIPLINE MANAGEMENT PLAN

Discipline will be enforced in regard to conduct, responsibility, and other areas deemed necessary by the athlete's coach. Coaches must have freedom to discipline athletes in the same manner these athletes would be disciplined during the school day, or as the coach feels necessary.

The following discipline management plan will be enforced by the ACS athletic department. Each student will be disciplined in firm Christian love, according to his/her needs as determined by the current sport coach(s). All students are expected to follow all of the rules and guidelines set before them.

The disciplinary system noted below will be consistent throughout Warrior and Lady Warrior Athletics; however, the consequences are at the discretion of the coach currently in direct leadership over the athlete.

Levels of offense are determined by administrative action taken. The athletic disciplinary consequences will be directly tied to the administrative discipline program. (These consequences are listed in the Student/Parent Handbook).

Administrative action taken will vary depending on the offense. Below are the discipline outline and the levels of consequences that may occur:

- **Strike One**-This is a warning for General Misconduct, such as missed practices and disrespect.
 - **Consequences:**
 - 1 missed practice will result in player not starting the next game
 - 2 missed practices will result in a player not allowed to play in next game; however, the player is required to attend the game and support the team
 - Athlete/Athletic Administrator/Coach Conference (as soon as reasonably possible)
 - Physical discipline assigned by head coach
- **Strike Two**- This is an action taken for continued misconduct and/or additional actions, such as verbal or physical issues among players toward each other or toward coaches.
 - **Consequences:**
 - Phone conference with parents
 - Discipline assigned by head coach
- **Strike Three**- This is additional action taken for things such as players creating dissension among the team, fighting, cursing, and vulgar actions among players. Continuing any of the above will also result in this level of discipline.
 - **Consequences:**
 - Phone conference with parents
 - Discipline assigned by head coach
 - Suspension from next game
- **Additional Discipline Issues after Strike Three may result in the following:**
 - May not travel with any team to away games until the athlete reaches better standing.
 - Removal from the athletic department immediately until such a time that the athlete reaches an understanding of expectations and shows change to a better standing.

Disciplinary actions that the coach may use include but are not limited to the following....

- | | |
|-------------------------------|--|
| -Extra conditioning | -Game or event suspension |
| -Team apology | -Written and/or verbal apologies to individual student athlete |
| -Removal of starting position | |
| -Quarter or half suspension | |

QUITTING A SPORT

Once an athlete begins a sport, they are making a commitment to remain with that sport through the completion of its season. Beginning with the first practice, there is a two week trial period where the athlete may drop a sport without repercussions. If an athlete wants to quit after this trial period, he/she will not be allowed to join another sport or ACS-affiliated activity until the season of the sport they were in concludes.

PARENT EXPECTATIONS

Please allow coaches the freedom to teach athletes as they deem necessary for the betterment of the team without negating the things they are teaching. ***Please do not coach your child from the sidelines or bleachers.*** This creates a terrible dilemma for athletes, as they do not know who to listen to. Furthermore, it is very distracting not only for the player, but for the coaches and opponents alike.

Parents may contact coaches after the 24 hour period to schedule a conference to discuss their athlete's performance and what improvement is needed.

CONFLICT RESOLUTION

Parenting, teaching, and coaching are valuable vocations, and sometimes those situations encounter difficult situations. By keeping the lines of communication open between student athletes, parents, teachers, and coaches, many problems can be avoided.

"If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. But if they will not listen, take one or two others along, so that every matter may be established by the testimony of two or three witnesses." ***Matthew 18:15-16***

An important goal in athletics is to instill in our student athletes a sense of ownership and responsibility for their actions. Therefore, it is important that student athletes learn necessary communication skills and learn how to resolve conflicts in a God honoring manner. A constant effort should be made by student athletes and coaches to address each other in a respectful manner. Please review the order of conflict resolution conferences in athletics:

Step One- Player and Coach

Step Two- Parent , Player, and Coach

Step Three- Parent, Player, Coach, and Athletic Director

Final Step- Parent, Player, Coach, Athletic Director, and Administrator

PROHIBITED ACTIVITIES

Live animal mascots, cannons, firearms, fireworks, etc. are prohibited at athletic contests.

No dogs or other animals are allowed at contests.

Noisemakers are prohibited at events held in field houses/gyms.

In events held in field houses/gyms, megaphones may be used only by cheerleaders in uniform. Megaphones must not be used to strike walls, bleachers, or playing surfaces.

Bands, when permitted, shall play only during time-outs and intermissions. Individual instruments may not be used as noisemakers.

No sound systems, other than the one(s) provided by the host school, are allowed at secured sites or at neutral sites unless mutually agreed.

Body paint and like decoration shall not be permitted by players or spectators (Exception: Small marking as sold by cheer or other school organization on the cheek are permitted)

This rule applies to all games held at neutral sites. If a school is not going to permit this activity at their facility, the opponent should be notified in advance of the contest.

Streamers, confetti or other such materials are not allowed at neutral sites.

Air horns and bullhorns, handheld or otherwise, are not permitted at any contest.

The use of, or appearance of using, any controlled substance (alcohol, drugs, etc.) before, during or after games at contest sites is prohibited.

Except in their normal course of business, emergency vehicles shall not flash lights or sound sirens during the course of a game.

10 ways parents can help their kids perform the best

1. Verbally & Nonverbally communicate you believe in them. Great parents believe in their kids and communicate it regularly. You can TELL them and SHOW them that you believe they can do anything.
2. Verbally & Nonverbally communicate that you accept them, love them, & are proud of them NO MATTER WHAT. Let them know that their fun, happiness, and enjoyment are more important than winning and perfection. If you focus on their happiness and enjoyment, it might increase their success rate anyways because they are enjoying themselves.
3. Praise their performance, not their outcome. You want to compliment any skills they did particularly well or a new skill that they finally mastered. For instance, if your kid finally makes a serve over for the first time, but them and the team lose the game anyway. Don't even focus on the outcome of the game – instead compliment and praise their serve. You want them to remember the first time they made a serve over, not the first time they made the serve over but lost the game anyway. Plus, Complimenting them too much for winning teaches them that winning is all that matters, and by default losing disappoints you.
4. If you do want to give your kid some constructive criticism, ask them first. You can simply say, “Would you mind if I told you what I think?” This gives your kid a sense of power in the conversation and prepares them to hear some criticism.
5. Avoid always talking about “the game” at home. Instead, let your kid bring up the topic. That way, you know they want to and are open to talking about it. This will allow your home to be seen as a place of peace, positivity, and mental recovery, especially after a hard practice, match, or tournament.
6. Just be positive and supportive at all times. Most of the time that is what your kid wants and needs.
7. If you read news articles about other teams or see rankings of other teams, try to avoid talking about it with your kid. They don't need to know if the team that beat them at the tournament ended up winning the whole tournament. It's just not necessary and puts salt in the wound sometimes.
8. It's really important to know your role. The players play, the coaches coach, the refs ref – and as a parent, you should “parent.” Try to avoid overlapping these roles. Let each adult and kid involved play their role and it'll be more enjoyable for everyone involved.
9. Don't make a particular match or tournament “special” or hype it up too much. This adds extra pressure on the kid especially because they pick up this mentality from you. The goal is to treat all types of competitions the same, so that a “more important” game won't psyche out your player too much and they can stay focused.
10. Finally, when in doubt of what to do, just give your kid some space. This might be hard to do but most of the time it's the right thing to do. If your kid's team just lost an important game, give them some room to process it. But you can ask them, “Do you want to talk about it?” and if they do, then they will. But if they don't want to, don't push them to. Just tell them, “I know you're upset right now, but I just want you to know that it'll be ok.”

Note: These tips are important to remember because even athletes at the highest levels are aware of their parent's judgements and critiques because we all want to make our parents proud. But just know that your role in their sporting career is really important, most of the time you are their biggest fan but can also be their biggest critic. Just keep these tips in mind so that you can stay a fan instead of a critic.