

Gilbert Christian Schools



Athletic Handbook

2017-2018

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.” 1 Corinthians 9:24

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Gilbert Christian Schools Athletic Handbook

Philosophy of GCS Athletic Program

As a Christian school, we have the unique opportunity to promote Christ in everything we say and do. Relying on His grace and believing in His gospel, we strive to uphold the highest standards in our athletic program. We acknowledge that student athletes, coaches, parents, fans, and administration all have important roles to play to ensure that we please God and represent Him well to a fallen world that needs to hear the Good News about Jesus Christ.

Student athletes at our school, whether or not they personally profess Christ as Lord, are expected to be good examples to others. Discipline, dedication, courage, teamwork, and humble service towards others are to be the character qualities of all our coaches and players. The apostle Paul wrote to his son in the faith, Timothy, these words, "Do not let anyone look down on you because you are young, but set for the believers an example in speech, conduct, love, faith, and purity" 1 Timothy 4:12.

To this end, each person in the program serves others for the greater good. The Athletic Director oversees the spiritual climate of the athletic program, develops coaches, and communicates the vision and goals of the program. Each and every coach in our program maintains a strong Christian testimony while training individual athletes and the team as a whole to compete with excellence in their sport. Coaches balance truth and grace (John 1:17) in the way they engage students. Remembering that students need both challenge and encouragement, coaches connect with student athletes in a way that engages the heart and mind of students in order to bring out their best. Student athletes always give their best effort (1 Corinthians 9:24), show respect to their coaches and fellow players, and follow the code of conduct. Parents take responsibility for the behavior of their children (Ephesians 6:1-4), support school policies, and volunteer in the athletic program as they are able. GCS fans use godly speech and behavior when cheering our teams along in their athletic contests (Ephesians 4:29). Administration develops policies and procedures that are in line with Scripture, support the mission of the school, and seek the good of every student athlete.

Our athletic program is integral to the educational goals of GCS. Student athletes are given the opportunity to grow in confidence, skills, and Christ-like character through our teams. Sports bring excitement and school spirit to our community. We thank God in advance for all He will do in our athletic department this year.

GCS Sports Calendar

GCS participates in at least four different leagues and abides by the rules set down by those organizations. Gilbert Christian High School participates in sports as a member of the Arizona Interscholastic Association (AIA). Middle School student athletes participate in the Valley Christian Schools League (VCSL). Middle School Football is with the Great Hearts Middle School League which is made up of area charter and Christian Schools. Elementary School sports are played through an independent league of Christian schools.

	<i>Fall Sports</i>	<i>Winter Sports</i>	<i>Spring Sports</i>
High School (AIA)	Boys - Football, Cross Country, Swim Girls - Volleyball, Cross Country, Swim, Cheer	Boys - Basketball, Soccer Girls - Basketball, Soccer, Cheer	Boys - Baseball, Golf, Tennis, Track, Volleyball Girls - Golf, Softball, Tennis, Track
Middle School (VCSL, Great Hearts)	6-8 Boys - Football, Soccer (coed) 6-8 Girls - Volleyball, Soccer (coed) 7/8 Girls - Cheer	6-8 Boys - Baseball, Cross Country 6-8 Girls - Softball, Cross Country	7/8 Boys - Basketball 6-8 Girls - Basketball 7/8 Girls - Cheer
Elementary (Independent League)	4-6 Boys - Soccer (coed) 4-6 Girls - Soccer (coed) 5/6 Girls - Volleyball, Cheer	5/6 Boys - Basketball 5/6 Girls - Cheer	5/6 Girls - Basketball (with MS)

Registration for Sports

All athletes are required to register before the first day of practice during the season of sport. All forms for registration can be found at www.registermyathlete.com. All required documents can be e-signed and/or uploaded to the website. Registration fees must be paid online before students will be added to the roster. Upon successful online registration, athletes will bring a printed certificate of completion from www.registermyathlete.com to the coach in order to be eligible to practice.

NOTE: Registration is a process that takes time. Every athlete must have a yearly sports physical. Incoming freshmen and transfer students in high school have extra requirements that are explained at www.registermyathlete.com. Please do not wait until the last minute to register.

Fall Sports	Winter Sports	Spring Sports
Registration Due	Registration Due	Registration Due
July 24, 2017	October 23, 2017	January 29, 2018

Sport	Fee
Football	\$150
All other sports	\$75
Family Annual Sports Fee Maximum	\$300

Incoming Freshmen, High School Transfer Students, and First Time High School Athletes

The Arizona Interscholastic Association requires all incoming freshmen and first time high school athletes to complete the Brainbook concussion course online. You can complete this course for free at <https://aiaacademy.org/>. This is a requirement before you practice. The Brainbook course only needs to be completed once. If you are a transfer student and completed it at your former high school, upload your certificate of completion to www.registermyathlete.com and you will meet this requirement.

If you are a transfer student from another high school and played a sport last year, you will be ineligible for the first 50% of the regular season competitions of that sport this year. Parents, please complete the 520 transfer form online: <https://admin.aiaonline.org/public-forms/student-transfer>.

Behavioral Eligibility

An athlete may be placed on Athletic Behavioral Probation at any time when the athlete's behavior is inconsistent with the conduct described in the **Athletic Code of Conduct**. The probationary period is implemented when the athlete's attitude and behavior in the school, on the playing arena, or in the community are contradictory to the purpose of the GCS athletic program goals and the goals of the school. The coach, Athletic Director, and the athlete's parents will meet with the athlete to discuss the pertinent information.

Attendance and Athletic Competitions

Student athletes absent from school the entire day of an event may not participate in a scheduled evening event unless there is a pre-approved excuse by the Athletic Director. Student athletes with a partial absence the day of an event must either present a note from a parent or doctor stating the medical reason for the absence or receive an approved excuse by the Athletic Director.

Attendance on Friday will not have a bearing on Saturday contests. Athletes arriving or leaving without proper permission will not be allowed to participate in that evening's contest. Athletes who miss school for any reason must make up the required work.

Quitting

Quitting is contrary to GCS philosophy. An athlete who requests to quit a team must **personally** inform both the coach and the Athletic Director. Once a uniform is issued or the team has participated in a regularly scheduled contest, any athlete who chooses to quit forfeits his/her privilege to participate in the first five weeks of their next sport season of choice. All coaches are expected to enforce these guidelines. Any exceptions must be based on the most extraordinary of circumstances, be requested in writing to the Athletic Director, and are subject to approval of both the Athletic Director and Principal.

Injury

A student athlete can only receive a team award after successful completion of a sport season. An exception to the rule would be an injury, which does not allow an athlete to participate in contests for the remainder of the regular season and/or post season.

Uniforms

Once a season ends, each athlete must turn in all uniforms/equipment within the coaches' mandated timeline. No athlete will be allowed to participate in another sport until all uniforms/equipment are cleared by the Athletic Director. After the deadline for uniform/equipment return has passed, the student can be subject to detention and/or fees for the cost of replacement.

GCS Insurance Policy

GCS carries a catastrophic accident policy as defined in the Arizona Interscholastic Association (AIA) Bylaws Article 9.2.2, to insure students against injuries sustained while engaged in school sponsored interscholastic activities during the season of sport or activity. The AIA Executive Board shall determine the insurance carrier for said coverage.

Athletic Attire

Student athletes are to remain in school uniform while on campus. Students changing for practice or games must wear appropriate attire and report to the designated area for after school athletic activities.

Practice Shirts

T-Shirts of appropriate length are acceptable. No tube tops, spaghetti straps, or visible midriffs are allowed.

Practice Shorts

Fingertip-length shorts are acceptable. Spandex and bike shorts are only allowed when approved by administration as part of the uniform. Spandex may be worn during volleyball practice time; however, prior to entering or when leaving the gymnasium fingertip-length shorts must be placed over the spandex.

Game Day Travel Attire

Athletes traveling to away games may wear warm-ups or the team-approved dress code. When time permits, teams should dress in their athletic uniform at GCS, prior to leaving for an away event.

Athletic Uniforms

All athletic uniforms are issued by the Athletic Director and coach. Athletes are expected to clean and maintain their uniform during the course of the season. Athletes who lose or damage their uniform will be expected to purchase a replacement uniform. Athletes will turn in their uniforms and school equipment at the designated time and place. Late return charges and/or detention may be assessed to athletes who are late.

School-issued athletic uniforms are to be worn only while participating with school teams during scheduled contests. School-issued athletic uniforms are not to be worn throughout the regular school day unless approval is given by the Athletic Director. Required school uniforms must be worn during the school day unless prior approval is given by the Athletic Director.

Team Statement Shirts

Teams may design one statement shirt per season for their sport. The shirt design must be approved by the Athletic Director. Parents, other students, and fans may purchase team statement shirts at the designated cost. Additional shirts (such as league champions, tournament champions, etc.) must be approved by the Athletic Director. Student athletes will be allowed to wear team statement shirts on Fridays on all GCS campuses.

Athletic Facilities and Equipment Usage

No student is permitted to use an athletic facility or equipment at any time without authorized supervision of an adult or staff member. All facilities, including locker and shower rooms, must be left neat and in order. Valuables are not to be left unsecured and should be locked up for protection. GCS is not responsible for lost or stolen items.

Weight Room Policy

When using the weight room, student athletes must have adult supervision. It is strongly suggested that the student athlete work with their head coach in devising a weight training program. Users of the weight room must put all used equipment back and generally keep the weight room neat and orderly. Sanitization of the equipment may be required by the athlete after use.

Academic Eligibility

Our desire is for all student athletes at GCS to do their best and reach their potential. Academic eligibility is a standard put in place by the leadership of the school to help students keep focus on their grades and academic performance. A student is eligible to participate in athletics when he or she has met four academic requirements: course load, GPA, academic progress, and semester grades. Ineligibility requires a student to be withheld from all practices and games until eligibility is restored.

Course Load Requirement

In order to compete on a GCS athletic team, a student must be enrolled in a minimum of two classes during the season of sport. Any special provisions for an athlete to participate must be approved by administration.

GPA Requirement

A minimum current year and cumulative GPA of 2.0 must be maintained to keep academic eligibility.

Academic Progress Requirement

During the semester, grade checks begin at 4 ½ weeks of each semester and continue weekly throughout the remainder of the semester to determine eligibility. MS students must not be behind lessons and must have all grades at C- or above to remain eligible. HS students with one F or more than one grade under C- will be considered ineligible until they bring their grades up. HS students will be required to attend Z-hour until they become eligible again.

Semester Grades Requirement

At the end of a semester, students who fail a course or have more than one class under C- on their semester report card will be able to practice but will be academically ineligible for contests the first three weeks of the next semester.

Special Accommodation

Administration may allow a student to participate in athletics if it is determined that a departure from the above policy is in the best interest of the student's academic progress. In that situation, the student at minimum will be required to attend Z-hour daily, along with any other measures deemed necessary by administration.

Concussions

If a high school student athlete is suspected of having a concussion, he/she is immediately removed from the game or practice for the remainder of that day. During this time the Athletic Trainer uses a SCAT3 to further evaluate the athlete. This consists of a symptom checklist, memory questions, balance examination, etc. The Athletic Trainer also checks the ways the eyes track and react to light. If the athlete does have a concussion, the coach is notified in person or by phone, and the athlete's parents are notified in person or by phone and are told about the red flag symptoms to look out for overnight. The Athletic Director receives an incident report the following day explaining the situation. Once an athlete is symptom-free, he/she will go through a return-to-play protocol under the direct supervision of the Athletic Trainer. The first step after becoming asymptomatic is light aerobic activity followed the next day by moderate aerobic activity (running, resistance training, etc.). The third step is participating in a non-contact practice. The athlete will then retake his/her ImPACT concussion test and must achieve scores at or above the baseline test before completing the fourth step, which is full-contact practice. After all of these steps are completed, the athlete can return to game play. If at any time during this process the student is struggling with schoolwork, he/she has the right to request academic accommodations to give him/her extended time to do assignments and/or the ability to retake or make up exams.

Concussions are addressed in the "Extended Absences/Health/Injury" section of the GCS Student Handbook. If a student is going to miss class due to a concussion, the parents must contact the administration and Student Support Services to discuss all of the possible implications of the student's attendance and academic progress. The school may require a medical diagnosis in order to develop a Temporary AAP to help the student transition during his/her doctor-prescribed recovery.

Transportation

Transportation to and from games and practices will be on GCS activity buses or school-provided transportation. Seatbelts are to be fastened on all passengers in all vehicles and the windows are to be up on the buses. Only Christian music will be played in vehicles transporting GCS student athletes to and from athletic practices, games, and events. Personal cell phone use is permitted at the discretion of the coach/driver, but sharing of media (i.e. music, pictures, videos) is not allowed. Student athletes are not permitted to drive their own cars to games or practices when there are GCS activity buses available unless approved by the Athletic Director or other administration.

Student athletes are not permitted ride home with other students from an off-campus practice or game. Permission may be granted by the head coach of the sport for student athletes to travel home with their own parents directly from an off-campus practice or game. A student athlete may ride home from an off-campus practice or game with the parent of a teammate or another adult 21 years old or older only if a "Driving Parental Consent Form" is completed by a parent of the student athlete and submitted to the Athletic Director at least 24 hours prior to the event.

When picking up their child directly from the location of a practice or a game, whether on-campus or off-campus, parents should arrive at the pickup location prior to the end of the practice or game. When picking up their child from a GCS campus after an off-campus practice or game, parents should arrive at the campus prior to the estimated return time of the team vehicle. All coaches have been instructed to remain on campus until all of their athletes are gone or to leave their athletes properly supervised by an adult employee on duty.

Code of Conduct for Spectators

Respect should be shown to the opposing players, coaches, spectators, and support groups. No derogatory signs, banners, or cheers should be directed toward officials, players, coaches, cheerleaders, or the opponents' fans. Those not complying with this request will be approached by the Athletic Director, the administrators, the coaching staff, or any GCS personnel, and they will be asked to cooperate. Those declining will be asked to leave the premises. It is possible to be suspended from attending future events. Please help make our athletic program enjoyable for everyone.

Communication Procedures

The GCS Athletic Department is committed to communicating the goals and objectives of the athletic program, eligibility rules, and expectations of our athletes. If more information is required or should a concern arise during an athletic season, the procedures listed below should be followed:

1. The student athlete should first speak directly with his/her coach.
2. If the student athlete is not satisfied and further clarification is required, a parent should then contact the coach. (It is advised that no contact between parent and coach be made until at least the day after the incident/event in question – the so-called “24 hour rule.”)
3. If the issue remains unresolved, the parent should then communicate his/her concerns to the Athletic Director.
4. If there is no resolution to the matter after the Athletic Director has been brought in, the matter will then be brought to the Superintendent.

Appropriate concerns for parents to discuss with coaches include, but are not limited to, the following:

- The treatment of your child mentally and physically
- Ways to help improve your child's performance
- Concerns about your child's behavior
- College options and recruiting

Issues NOT appropriate for parents to discuss with coaches include, but are not limited to, the following:

- Playing time
- Team strategy
- Play calling (offense or defense)
- Other student athletes



ATHLETIC CODE OF CONDUCT

2017 – 2018 SCHOOL YEAR

1. I will promote the proclamation of the Gospel of the Lord Jesus Christ.

- Gilbert Christian Schools proclaims the Lordship of Jesus Christ in all things. The Gospel is the saving message to all people that God offers forgiveness of sins and eternal life to everyone who turns to Christ in repentance and faith. This is the greatest news of all and the purpose of our school. Many student athletes at GCS personally believe in the Gospel. Those who do not yet believe in the Lord are respectful of the message of the Gospel and those who proclaim it at our school. *1 Corinthians 15:3-4 For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, that he was buried, that he was raised on the third day in accordance with the Scriptures.*

2. I will use godly speech.

- Written and spoken language must encourage others and honor God. As a faith-based school we will refrain from insulting others, using profanity, and blaspheming God's name and the name of His Son, Jesus Christ. We must turn away from boasting, slander, gossip, lying, belittling, and other forms of impure speech. *Ephesians 4:29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.*

3. I will be held accountable for my behaviors and attitude.

- God, parents, administration, coaches and others in authority have the right to lovingly correct and train students in righteousness. Believers need to humbly pursue sexual purity and lawful-abiding behavior. *Luke 17:3 Pay attention to yourselves! If your brother sins, rebuke him, and if he repents, forgive him.*

4. I will forgive as I have been forgiven.

- All of us are sinners in need of forgiveness. Those who believe in Jesus Christ experience incredible freedom because God has forgiven their sins. God has given Christians grace to forgive others as He has forgiven us. Those who do not yet know Christ are called to repent, experience the love of God in Christ, and share that love with others. *Colossians 3:13 As the Lord has forgiven you, so you also must forgive.*

5. I will serve others above myself.

- Athletics affords us precious opportunities to use our gifts and talents for the building up of others. A team is only as strong as the service its members give to one another. *Galatians 5:13 Through love serve one another.*

6. I will give my best in academics and athletics.

- Student athletes at Gilbert Christian Schools strive to reach their potential in the classroom, practice, and competition. Half-effort and a bad attitude are cheap replacements for true greatness. *Colossians 3:23 Whatever you do, work heartily, as for the Lord and not for men.*

Athletic Handbook Agreement

ALL athletes must sign and return this form
to the Athletic Director before participating in any GCS athletics.

*****SEE NOTE AT BOTTOM OF FORM REGARDING E-SIGNATURE*****

I have read the Athletic Handbook and understand the responsibilities outlined in it for members of athletic teams representing Gilbert Christian Schools. I agree to follow these conditions and realize that participation on a GCS athletic team is a privilege that I must continually earn. I accept the challenge to help make myself, my team, and my school a place where God is the focus, and I will play for His honor.

Athlete's name: _____

Athlete's signature: _____

We have also read this handbook with our son/daughter and understand the responsibilities and commitment they will have to make to be a part of an athletic team at Gilbert Christian Schools. We are also making the commitment to support our son/daughter and the Knights athletic program in any way that we can.

Mother's signature: _____

Father's signature: _____

(Only one signature is required)

Date: _____

E-SIGNATURE on www.registermyathlete.com constitutes agreement with this handbook.