

GILBERT CHRISTIAN SCHOOLS



GILBERT CHRISTIAN HIGH SCHOOL 2019-2020 STUDENT-ATHLETE HANDBOOK

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STUDENT-ATHLETE HANDBOOK





Letter from the Athletics Director

Dear Gilbert Christian Student-Athletes and Parents,

Welcome to the 2019-2020 school year! I wanted to take a moment to introduce myself as the new district athletic director at GCS. Over the past 13 years, I have worked in four different high schools from Georgia to Arizona. For most of my career, I served as a math teacher and basketball coach with other responsibilities including department head, golf coach, fastpitch softball coach, and summer school teacher. Most recently, I have served GCS as the high school vice principal. I will continue to serve in that role this year while working as the district athletics director. Athletics has always been near and dear to my heart, which is why I am excited to serve in this new position.

I am looking forward to another exciting year in athletics full of milestones and accomplishments. My goal is to provide student-athletes an opportunity to grow both in their skills of the sport and their walk with the Lord. I believe that we have hired an amazing group of coaches who are all like-minded in this approach. In a similar fashion, we have sought out coaches who do not see coaching as merely a job, but as a true calling for their life.

I have compiled this handbook to provide an expression of the athletics department's commitment to work with families to provide the best possible opportunity for student-athletes. Inside, you will find registration information, sports offered, a calendar of sports information, and eligibility information. Although this handbook was prepared with careful and thoughtful planning, there is no doubt there will be additional issues and unforeseen concerns as we walk through this school year together. When this happens, the athletics department will do its best to communicate with you as clearly and promptly as possible. The spirit of this handbook is to allow GCS to conduct itself in such a way as to give glory and honor to God. It is my hope and prayer that this coming year will be a rewarding one for each and every student-athlete and family.

United in Him,

Matt Johnson
District Athletics Director



Gilbert Christian Schools Athletics Program

Mission Statement

“To develop athletes both spiritually and physically to use their gifts and talents in the area of athletics to bring glory and honor to God.”

Five Areas of Focus

1. Communication

As an athletics department, we will strive to communicate effectively both in person and through the TeamSnap application (more information to follow). Communications regarding registration will come via email initially, while communications regarding practices and games will come through TeamSnap.

2. Spiritual Growth

As an athletics department, we will strive to provide opportunities for student-athletes to grow in their faith through the avenue of athletics. Each individual has various God-given gifts, and athletics provide a platform for their expression.

3. Practice and Game Management

As an athletics department, we will strive to grow each student-athlete in knowledge and skills about the sport. Our coaches will provide each student-athlete the opportunity to earn playing time during practices. During games, our coaches will be thorough in their preparation and execution to put each team in a position to be successful.

4. Professionalism

As an athletics department, we will hold ourselves to the highest standard. Our attire and conversation will present the beliefs and values in which Gilbert Christian Schools is founded. Student-athletes and families are expected to honor these beliefs and values as well.

5. Professional Development

As an athletics department, we have adopted a growth culture. This means that each of us is intentional about learning each and every day with additional times throughout the year dedicated to camps and clinics.



Athletics Department Staff

Name	Position	Email	Phone Number
Matt Johnson	District Athletics Director	matt.johnson@gcsaz.org	Cell: 602-303-5075 Office: 480-699-1215
Chris Gargan	Assistant Athletics Director	chris.gargan@gcsaz.org	Cell: 480-606-8130 Office: 480-699-1215
Mark Lovelady	High School Principal	mark.lovelady@gcsaz.org	Office: 480-699-1215
Michele Cunningham	Agritopia Principal	michele.cunningham@gcsaz.org	Office: 480-279-1366
Marie Wilson	Greenfield Principal	marie.wilson@gcsaz.org	Office: 480-638-8000
Jolina Shue	Agritopia Vice Principal	jolina.shue@gcsaz.org	Office: 480-279-1366
Amy Majeski	Greenfield Vice Principal	amy.majeski@gcsaz.org	Office: 480-638-8000



Gilbert Christian Schools Sports

Calendar

Gilbert Christian Schools participates in several leagues and abides by the rules set in those organizations. Gilbert Christian High School participates in the Arizona Interscholastic Association (AIA). Gilbert Christian Middle Schools participate in the Cactus Christian Schools League (CCSL) and the Great Hearts Middle School League (GHMSL). Gilbert Christian Elementary Schools participate in **TBD**.

	Fall Sports	Winter Sports	Spring Sports
High School (AIA)	Boys Cross Country Football Swim	Boys Basketball Soccer	Boys Baseball Golf Tennis Track Volleyball
	Girls Cross Country Spiritline Swim Volleyball	Girls Basketball Soccer Spiritline	Girls Beach Volleyball Golf Softball Tennis Track
Middle School (CCSL & GHMSL)	6th – 8th Boys Football 7th – 8th Boys Soccer (coed)	7th – 8th Boys Baseball Cross Country	7th – 8th Boys Basketball Golf
	6th – 8th Girls Spiritline 7th – 8th Girls Soccer (coed) Volleyball	7th – 8th Girls Cross Country Softball	6th – 8th Girls Spiritline 7th – 8th Girls Basketball Golf
Elementary (TBD)	5th – 6th Boys Soccer (coed)	5th – 6th Boys Baseball Cross Country	5th – 6th Boys Basketball Golf
	5th – 6th Girls Soccer (coed) Volleyball	5th – 6th Girls Cross Country Softball	5th – 6th Girls Basketball Golf



Registration

All athletes are required to register **prior to participating in** the season of sport. All forms for registration can be found at www.teamsnap.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.

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

Deadlines for Registration

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Registration due July 26, 2019	Registration due October 28, 2019	Registration due February 3, 2019

Sports Fees

Sport	Fee
Football	\$150
All Other Sports	\$75
Family Annual Sports Fee Maximum	\$375
Homeschool Athletes	Double Fees

Freshmen

The AIA requires all incoming freshmen student-athletes to complete the Brainbook Concussion Course online. You can complete this course for free at www.aiaacademy.org. This is a requirement before you can practice. The Brainbook Concussion Course only needs to be completed one time during high school.

High School Transfer Students

The AIA requires all students transferring from another high school who played a sport last year to complete the 550 Transfer Form online at <https://admin.aiaonline.org/public-forms/student-transfer>.

First-Time High School Athletes

The AIA requires all first-time high school student-athletes to complete the Brainbook Concussion Course online. You can complete this course for free at www.aiaacademy.org. This is a requirement before you can practice. The Brainbook Concussion Course only needs to be completed one time during high school.



Homeschool Students

Homeschool students can only participate on teams at the high school level. Homeschool students may only be added to teams that do not have a full junior varsity roster.

Below is the process for a homeschool student to complete prior to registering for a sport.

1. Complete an application at <https://gilbertchristianschools.org/future-students/>. A completed application includes transcripts and references for both the parents and students.
2. Interview with the High School Principal or the Athletics Director.
3. Complete athletics registration at www.teamsnap.com which includes a double sports fee.

Eligibility

Academic Eligibility

GCS athletes are students first. Eligibility is a standard set in place by building administrators and the athletics department.

Ineligibility requires a student be withheld from all games until grades warrant eligibility. Students may participate in practices provided they have attended tutoring with the teacher(s) of the class(es) with low grade(s).

Course Load Requirement

In order to compete on a Gilbert Christian Schools athletic team, a student must be enrolled in a minimum of two classes.

GPA Requirement

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

High School Eligibility

Grade checks begin on the Wednesday of the first week of practice for all sports with the exception of football. Grade checks will be repeated every two weeks on Mondays throughout the rest of the season as well as the Monday after a quarter or semester ends.

Below you will find the scheduled dates of grade checks for each season.



Fall	Winter	Spring
8/14/2019	11/6/2019	2/12/2020
8/26/2019	11/18/2019	2/24/2020
9/9/2019	12/2/2019	3/23/2020
9/23/2019	12/16/2019	4/6/2020
10/21/2019	1/6/2020	4/20/2020
11/4/2019	1/20/2020	5/4/2020
	2/3/2020	
	2/17/2020	

Student-athletes found ineligible will not participate in any games, and they may not travel with the team. Student-athletes can become eligible by raising their grade(s) above 70%. Ineligible student-athletes are required to attend z hour in order to practice with the team.

Elementary and Middle School Eligibility

Grade checks begin on the Wednesday of the first week of practice for all sports with the exception of football. Grade checks will be repeated every two weeks on Mondays throughout the rest of the season as well as the Monday after a quarter or semester ends.

Consequences

- 1st Offense Warning with Probation for the Entire Season
- 2nd Offense Sit Out 1 Game Minimum (Includes No Travel)
- 3rd Offense Removed from Team

Below you will find the scheduled dates of grade checks for each season.

Fall	Winter	Spring
8/14/2019	11/13/2019	2/19/2020
8/26/2019	11/25/2019	3/2/2020
9/9/2019	12/9/2019	3/23/2020
9/23/2019	1/6/2020	4/6/2020
10/21/2019	1/20/2020	4/20/2020
11/4/2019	2/3/2020	5/4/2020
	2/17/2020	

Attendance Eligibility

Student-athletes absent from school for more than half the day (4 periods) may not participate in a scheduled evening practice or game without a doctor's note or approval by a campus administrator or the Athletics Director.



Behavioral Eligibility

Behaviors during the school day will carry a consequence from the school that will be honored by the athletics department, and these may also carry a team-level consequence determined by the head coach. Behaviors on any playing surface (practice or game) will carry a team-level consequence imposed in conjunction with the athletics department.

Quitting

Quitting a GCS sports team will result in a student-athlete being ineligible to join any other sports team until the first team is completely done with the current season including post-season play.

Attire

Student-athletes are to remain in school uniforms while on campus. Students changing for practices or games must wear appropriate attire and report to designated areas for athletic activities.

Practice Attire

Shirts

T-shirts of appropriate length are acceptable. No tube tops, spaghetti straps, or visible midriffs are allowed. Shirts must be worn at all times.

Shorts

Fingertip-length shorts are acceptable. Spandex shorts are only allowed when approved by the athletics department as part of the uniform. Spandex may be worn during volleyball practice time for high school student-athletes, but prior to entering or leaving the gymnasium, fingertip-length shorts must be worn over the spandex.

Game Day Attire

Teams may choose to wear travel suits or dress-up one day per week. This is a full team decision, and all team members must be dressed similarly.

Team Theme Shirts

Teams may design one team theme shirt that includes school branded wording and logos. The Athletics Director must approve artwork prior to purchase of these shirts.

Uniforms

Uniforms will be provided by the coach to each student-athlete. Student-athletes will check-out these uniforms at the start of the season, and they will check them in at the end of the season. Failure to return uniforms in a timely manner will result in a charge added to the tuition statement, as well as a forfeiture of end of season awards including letters and pins.



Uniforms are only to be worn during scheduled contests. Uniforms are not to be worn during the school day unless prior approval is given by the Athletics Director.

Facility Use

School sponsored events will always begin at the end of the school day during the week with the exception of tournaments, and at the coach's discretion, practices can be scheduled for Saturdays.

Facilities/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

Student-athletes desiring to use the weight room must be accompanied by a GCS coach or other staff member for the entire duration of the time in the weight room. The weight room is designed to improve student-athletes' strength and conditioning. It is recommended that student-athletes speak to their head coach about a workout plan.

Injuries

Injuries are a part of any and all sports teams. At GCS, our coaches are the first line of defense against injuries. GCS employs an Athletics Trainer who is available for consult and referrals to local physicians.

Athletic Trainer

The GCS Athletics Trainer has an office at the high school. The Athletics Trainer will be at the majority of practices and home events for high school athletics. The Athletics Trainer is available for consultation for middle school injuries. For more information contact the athletics department.

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 test to further evaluate the athlete. This consists of a symptom checklist, memory questions, balance examination, etc. The Athletics 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. During the conversation with parents, the Athletics Trainer will inform the parents about the red flag symptoms to look out for overnight. The Athletics 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 Athletics 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 Athletics 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 Athletics 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.



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 Athletics 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. The general mantra is:

“Let the players play. Let the coaches coach. Let the officials officiate.”

Communication

The GCS Athletics Department is committed to communicating the goals and objectives of the athletics program, eligibility rules, and expectations of our athletes. If more information is required or should a concern arise during an athletic season, the Matthew 18 process should be followed. Below are the steps to that process:

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 to set up a meeting that includes the student-athlete, parent(s), and 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 24-Hour Rule.
3. If the issue remains unresolved, the parent should then request a meeting with the Athletics Director, coach, student-athlete, and parent(s).
4. If there is no resolution to the matter after the Athletics Director has been brought in, the parents should request a meeting with the Superintendent, Athletics Director, coach, student-athlete, and parent(s).



Athletics Code of Conduct

I. **Seek Him**

As a Gilbert Christian Schools student-athlete, I understand that I am flawed, and it is only by His divine grace that I can be the person that He has called me to be. Through seeking Him daily, each person is revealing a desire to grow. In athletics, growth is an absolute necessity for the benefit of both the individual and team.

But seek first the kingdom of God and His righteousness, and all these things shall be added to you. – Matthew 6:33

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. – James 1:5

II. **Trust the Process**

Athletics provide a unique opportunity to overcome new challenges at each practice and game. As a Gilbert Christian Schools student-athlete, I understand that a sport season is a marathon and not a sprint. Each day, I must choose to get better as I face new and exciting challenges.

My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing. – James 1:2-4

... we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. – Romans 5:3-4

III. **Embrace the Opportunities**

Sports provide a unique opportunity to use the gifts God has given us in a competitive environment. The athletic courts and fields also give us an opportunity to be a witness to those around us. As a Gilbert Christian Schools student-athlete, I will represent a follower of Christ no matter where I am.

He who is faithful in what is least is faithful also in much... – Luke 16:10

IV. **Be Humble**

There is a fine line between confidence and arrogance. As a Gilbert Christian Schools student-athlete, I will be humble in victory and defeat to my opponent, officials, and fans.

When pride comes, then comes shame; But with the humble is wisdom. – Proverbs 11:2

A man's pride will bring him low, But the humble in spirit will retain honor.

– Proverbs 23:23

V. **Ripple Effect**

Even the smallest stone thrown into a lake produces ripples that will eventually hit the shore. Our actions have consequences both on the playing surface and off. As a Gilbert Christian Schools student-athlete, I will work to sow seeds that reveal good fruit within me while promoting the growth of good fruit in others.

...for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. – Galatians 6:7-8

He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. – 2 Corinthians 9:6



Athletics Handbook Agreement

All student-athletes and parents must agree to this form. It is included in the TeamSnap (www.teamsnap.com) registration documents.

I have read the Student-Athlete Handbook and understand the responsibilities and expectations for my attitude, actions, and behaviors. I understand that I represent myself, my family, Gilbert Christian Schools, and God while I am a part of Gilbert Christian Schools Athletics. I agree to follow the guidelines of this handbook to ensure that I maintain the privilege of participating in athletics at Gilbert Christian Schools. I accept the challenges that I will face in practices and games, and I will see these challenges as opportunities to grow. I will use the gifts that God has given me to bring glory and honor to Him.

Student-Athlete's Name: _____

Student-Athlete's Signature: _____

As parents and/or guardians, we have read the Student-Athlete Handbook, and we agree to support our student-athlete during the season of sport. We understand and embrace the opportunity to support student-athletes, teams, and Gilbert Christian Schools.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

*** All student-athletes and parents must agree to this form. It is included in the TeamSnap (www.teamsnap.com) registration documents.