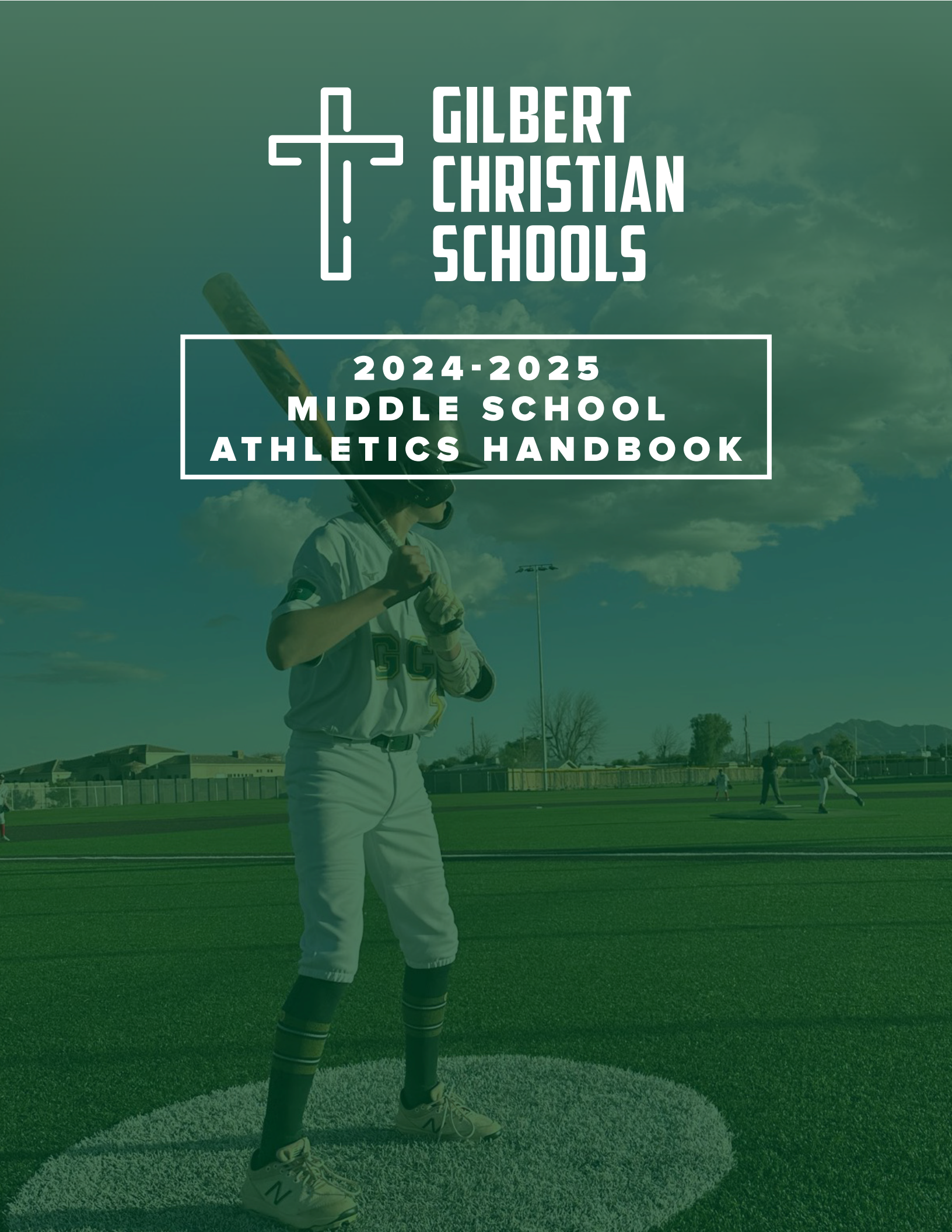




# GILBERT CHRISTIAN SCHOOLS

**2024-2025  
MIDDLE SCHOOL  
ATHLETICS HANDBOOK**



# Letter from the Athletic Director

Knights,

Welcome to the 2024-2025 school year! My name is Arin Mearig and I am immensely thankful to be serving as the Gilbert Christian Middle School Athletic Director. It is both an honor and privilege to serve in this capacity and to be entrusted with the responsibility of nurturing the athletic talents and spiritual growth of our students. I look forward to this opportunity and to the future of GCS Athletics!

At Gilbert Christian, we are committed to offering a well-rounded education that integrates faith, academics, and athletics. Our sports programs are established with the intent to not only develop physical skills and teamwork but also to instill Christian values such as integrity, perseverance, sportsmanship, and excellence. Through participation in athletics, our students have the opportunity to grow in character and deepen their relationship with Christ. Our highly qualified coaches are prepared to support and encourage each student-athlete to achieve their full potential, both on and off the field, for the glory of God and a lasting Kingdom impact.

This handbook provides valuable information for the year ahead, including details about eligibility, registration, programs offered, and commitment expectations of GCS student-athletes.

Thank you for taking the time to review this material and please reach out with questions or feedback. While this handbook is thorough, there are sure to be additional issues and unforeseen concerns as we journey through this upcoming year together. When this occurs, the athletic department will communicate with you as clearly and promptly as possible.

On behalf of everyone involved with GCS Athletics, thank you for your partnership and support throughout the year ahead. We recognize that athletics is a gift from God and can serve as a means to honor God by using talents and abilities to their fullest potential, reflecting His glory in all aspects of life, including athletic endeavors. It is an exciting time to be a Knight and I look forward to a rewarding and successful year ahead!

Arin Mearig  
Middle School Athletic Director

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Revised August 19, 2024

## Mission Statement

*The mission of Gilbert Christian Schools is to partner with parents to prepare the next generation to impact the world for Christ.*

Gilbert Christian Athletics carries out the mission of GCS through our core values of character, commitment, and community.

### Character

We are committed to nurturing Christian character through discipleship and mentorship. (Proverbs 22:6)

### Commitment

Remembering Christ's commitment to us, we strive for excellence in all that we do. (Colossians 3:23)

### Community

We seek to serve and celebrate others through a selfless mindset. (John 15:12)

## Athletics Department Staff

Name	Position	Email/Phone
Mark Duitsman	District & HS Athletic Director	<a href="mailto:mark.duitsman@gcsaz.org">mark.duitsman@gcsaz.org</a> 480-699-1215
Ashley Storey	HS Assistant Athletic Director	<a href="mailto:ashley.storey@gcsaz.org">ashley.storey@gcsaz.org</a> 480-699-1215
Andrew Rasmussen	HS Athletics Coordinator	<a href="mailto:andrew.rasmussen@gcsaz.org">andrew.rasmussen@gcsaz.org</a> 480-699-1215
Arin Mearig	MS District Athletic Director/ Val Vista Athletic Coordinator	<a href="mailto:arin.mearig@gcsaz.org">arin.mearig@gcsaz.org</a> 480-699-1215
Tamera Miller	Agritopia Athletic Coordinator	<a href="mailto:tamera.miller@gcsaz.org">tamera.miller@gcsaz.org</a> 480-699-1215
Tara McIntire	Greenfield Athletic Coordinator	<a href="mailto:tara.mcintire@gcsaz.org">tara.mcintire@gcsaz.org</a> 480-699-1215

## Calendar

Gilbert Christian Middle Schools participates in the Cactus Christian Schools League (CCSL) and abides by the rules set in that organizations.

	FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Middle School	<b>6<sup>th</sup> – 8<sup>th</sup> Boys</b> Tackle Football Soccer (coed) <b>6<sup>th</sup> ONLY</b> Flag Football (coed)	<b>6<sup>th</sup> – 8<sup>th</sup> Boys</b> Baseball Cross Country	<b>6<sup>th</sup> – 8<sup>th</sup> Boys</b> Basketball Golf
	<b>6<sup>th</sup> – 8<sup>th</sup> Girls</b> Spiritline Soccer (coed) Volleyball	<b>6<sup>th</sup> – 8<sup>th</sup> Girls</b> Cross Country Softball Spiritline	<b>6<sup>th</sup> – 8<sup>th</sup> Girls</b> Spiritline 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](http://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.** Please do not wait until the last minute to register.

## Sports Fees

High School Sports	Fee
HS Tackle Football	\$250
All Other HS Sports	\$150
Middle School Sports	Fee
MS Tackle Football	\$200
MS Spiritline	\$150
All Other MS Sports	\$100
GCS Family Annual Sports Fee Max	\$600

\*For programs where roster cuts must be made following tryouts, a full reimbursement of the participation fee will be offered to those who do not make a team. The fee can also be transferred to a registration later in the year. Reimbursements are not available



for rostered participants once tryouts are complete and teams have been set.

\*If your family has exceeded the GCS annual max of \$600, please contact [andrew.rasmussen@gcsaz.org](mailto:andrew.rasmussen@gcsaz.org) for reimbursement details following registration.

## Eligibility

### ***Academic Eligibility***

GCS athletes are students first. Eligibility is a standard set in place by GCS campus administrators and the athletic 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 Middle School athletic team, a student must be enrolled full time (7 classes).

### **Elementary and Middle School Academic Eligibility**

Grade checks will be held on Tuesdays throughout the season. Student-athletes carrying either 1 F or 2 D grades in any classes will be declared ineligible (see consequence schedule below). Student-athletes found ineligible will not participate in any games and they may not travel with the team until they regain academic eligibility. Student-athletes can become eligible by raising their grade(s) above the 1 F or 2 D threshold.

### Academic Eligibility Consequences

1 <sup>st</sup> Offense	Warning with Probation for the Entire Season
2 <sup>nd</sup> Offense	Sit Out 1 Game Minimum (Includes No Travel)
3 <sup>rd</sup> Offense	Further steps, including the possibility of being removed from the team, will be determined by the Principal and campus Athletic Director.

### ***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***

Students are expected to follow the Knights Honor code of conduct. Behaviors during the school day may carry a consequence from the school that will be honored by the athletic department and school administrator, and these may also carry a team-level consequence. 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. Participation fees are not refundable as a result of quitting.

## **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**

Shorts with a 5-inch minimum inseam are allowed. Spandex shorts are only allowed when approved by the athletic department as part of the uniform, and those must meet the 5-inch inseam minimum requirement as well.

### ***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 Athletic 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 at the high school 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 consultation 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***

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.

## **Fundraising**

Fundraisers, sponsorships, and donations must receive pre-approval from the GCS Development Director.



## Hazing

Gilbert Christian Schools prohibit bullying, hazing, intimidation or threats. Hazing includes, but is not limited to humiliation tactics, forced social isolation, verbal and emotional abuse, forced or excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. Hazing is not permitted in any kind of activity. It is everyone's responsibility to immediately report any acts of hazing that they become aware of to a coach or administrator at Gilbert Christian. Any hazing violation could result in school or team consequences that may include dismissal from the activity or further disciplinary consequences and/or referral to law enforcement.

## 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.

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 Handbook Agreement

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