



# **CALVARY** ATHLETICS

## **2016/17 Player Handbook**

5<sup>th</sup> - 8<sup>th</sup> grade students

::Athletic Director::

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## OVERVIEW OF CALVARY ATHLETICS

Sports provide many opportunities for students' physical and mental development from a unique Christian perspective. The teachers and coaches work together to teach students the priorities of school-related requirements regarding their participation.

We believe in:

- Pursuing and achieving excellence through commitment, hard work, character and sportsmanship
- Winning and setting our players up for success. We do not, however, believe in winning at all cost. Our coaches and players are encouraged and held to a high standard of excellence.
- God's call to us to give all that we have for His glory. We encourage our coaches and players to give their best as pleasing to the Lord.

Calvary offers after school sports for 5<sup>th</sup> through 8<sup>th</sup> grade students. Tryouts will be held for each sport. Each team will carry twelve players. Sixth grade students will be able to try out for the elementary team and the middle school team. If the student makes both teams, s/he will have until the first game to decide which team they will choose to play on. Once the first game of competition has been played, no changes can be made.

### *FALL*

Girls – Volleyball | Boys – Flag Football

### *WINTER*

Girls – Basketball | Boys – Basketball

## SPRING

### Girls – Flag Football | Co-Ed – Golf

Once a team has been selected, teachers are given a team roster and, along with the coaches, will help monitor their student athletes. Any negative trends in academics, citizenship, attitude, or attendance will be reported to the Athletic Director. **If at any time the Athletic Director is notified regarding academics or behavioral issues, suspension from games and/or practices could result.**

Uniforms will be provided by CCS and distributed prior to the first game. Athletes are required to supply their own cleats, shorts and additional personal gear as needed. Team uniforms will be collected at the end of the season.

Individual and team photos will be offered mid-season. A variety of options for purchase will be made available.

Parental help is essential in maintaining a successful sports program. Parents can assist with snacks, driving and keeping score. Our desire and expectation is that parents, coaches and athletes demonstrate Christ-like behavior towards coaches, referees, opposing schools, and all those involved in the games. As part of the hiring process, our coaches complete an application and background check. In addition, they sign a Statement of Faith and a Coach's Agreement. Coaches are expected to coach from a biblical perspective.

#### PLAYER ELIGIBILITY

#### ***Academics***

Participation on an after school team at Calvary is a privilege. Therefore, the student must maintain the right to play. **Grades, citizenship, attitude, and attendance must be maintained in**

**order to remain eligible to play on a team.** Student athletes at CCS must meet eligibility requirements in order to participate in practices and games. A student must maintain a minimum cumulative “C+” (2.5) GPA in ALL subjects and have no unsatisfactory marks in citizenship on a weekly basis in order to remain eligible. The student’s cumulative GPA from the prior quarter will be taken into account to determine eligibility for fall sports. If a student has less than a 2.5 GPA in one quarter and a new quarter has started, the Athletic Director(s) and teacher(s) have the discretion as to when the player is eligible to return based on his/her improvement in academics and behavior.

### ***Citizenship and Behavior***

Players are only allowed to miss three entire practices throughout the season. Players who miss practice the day before a game will not start the following game.

Students may be excluded from a game at the discretion of the Administrative Team, teacher, Athletic Director(s) and/or coach for academic or disciplinary problems. A student may be suspended and/or dismissed from a team for excessive detentions and/or other behavioral issues. Students suspended from school will not be allowed to play at the next scheduled game.

### ***Attendance***

Students who have frequently been absent from school or have missed four (4) core class periods within a day, will not be permitted to participate or be a spectator in sports that day. (Any exception must be pre-approved by Head of School.)

## **COMMUNICATION / TRANSPORTATION**

Calvary Athletics utilizes TeamSnap, an online system for managing team logistics such as team schedules and team communication. Parents of student athletes will need to sign up for an account with TeamSnap at [www.teamsnap.com](http://www.teamsnap.com). Any

notifications of changes to practice and game schedules will be made through TeamSnap. In addition, parent drivers and snack sign-ups will be managed through TeamSnap. Please note, for all away games we need the help of parent volunteers to drive players to the games. In the event we do use a bus, we must have parent permission or your child will not travel with the team.

In addition, team schedules and league rules will be posted on the Calvary Athletics webpage.

## CONCUSSION INFORMATION

*The following information on concussions is adapted from the CDC's Heads Up Program. More information can be found at [www.cdc.gov/concussion](http://www.cdc.gov/concussion).*

### **WHAT IS A CONCUSSION?**

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

### **WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?**

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

### **SYMPTOMS REPORTED BYATHLETE:**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness

- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

### SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

### *CONCUSSION DANGER SIGNS*

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated

- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

### *WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?*

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

### *WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?*

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

**ATHLETIC CLEARANCE**

Prior to participation in Calvary Athletics, including tryouts, the following forms must be signed and submitted to the Athletic Director by 5p the day before tryouts:

- Player Handbook Acknowledgement
- Student Athlete Medical Release

These forms can be found on the Calvary Athletics webpage at [www.ccschool.org/athletics](http://www.ccschool.org/athletics). Once a team roster has been posted, copies of these documents will be provided to the coach as authorization of the student's participation. Student athletes will not be permitted to participate until these forms are complete.

## FEES

Athletes are assessed a participation fee for each sport. The fee for elementary teams is \$125 and the fee for middle school teams is \$150. This fee covers the cost of coaches, insurance, league fees, tournaments, equipment, uniforms and trophies. The fee will be billed through Smart Tuition once the team roster has been posted. Should an athlete be cut from a sport, a refund will be issued upon request. However, no refunds will be issued after competition has started.

Students may purchase a Sports Bundle for an additional \$50. The Sports Bundle includes a Calvary Athletics polo shirt which can be worn to school on game day, a Calvary Athletics sweatshirt, and a Calvary Athletics drawstring bag. Orders will be placed through the Calvary Athletics webpage and payments will be made online through your Smart Tuition account.