



Activities Handbook

Centralia Christian School offers an excellent program for athletics and activities. We are very proud of our student participants, coaches and advisors, and appreciate the positive contribution they make to our school.

In keeping with the Centralia Christian School philosophy, we encourage students, regardless of their skill level, to participate in a wide variety of activities. Athletics offer an opportunity to grow physically, mentally, emotionally and spiritually. Our school athletics/activities foster a spirit of cooperation and teamwork. They provide an opportunity for students to work with a caring Christian adult, build a sense of self-esteem, and learn Christian sportsmanship.

It is hoped that this handbook will serve as a guide to those who are involved in our athletic/activities programs.

The effective date for the rules included in this handbook is the first day of the activity (turnouts, practices, meetings, etc.) through the last day of the activity. It will be in force twenty-four hours a day, seven days a week.

Centralia Christian School is a member of and complies with the eligibility rules of the Washington Interscholastic Activities Association (WIAA.)

South Sound League Participating Schools:

Miller MS (Aberdeen)	Bush MS (Tumwater)	Centralia
Centralia Christian	Chehalis	Elma
Hoquiam	Montesano	Tumwater MS

Interscholastic Sports/Activities offered by Centralia Christian School:

Fall	Winter	Spring
Boys' & Girls' Cross Country	Boys' & Girls' Basketball	Girls' Volleyball
	Knowledge Bowl	

No Cut Policy

In keeping with a middle school philosophy, interscholastic sports are considered an opportunity for young athletes to explore, learn new skills, and grow. Also, early adolescents mature at vastly different rates; therefore, today's physically small athlete might be a reservoir of untapped talent. With these thoughts in mind, every effort will be made to accommodate all 7th and 8th graders who turn out for the sports program, regardless of skill level. During competition, all members of the team are given a chance to participate. The Tri-County League supports this philosophy.

NOTE: Because of the very limited number of students in the C.C.S. 7th and 8th grades (under 50), 6th grade students are allowed to participate in practices and competitive events. However, 7th and 8th grade students will be given priority on team rosters. 6th grade students are allowed to participate on an "as needed" basis. Although every effort will be made to accommodate 6th grade students, they WILL NOT automatically be guaranteed a place on the team roster. Final decisions in this matter will be left to the athletic director.

Practices

Unless otherwise stated, students need to have a minimum of 8 practices before they may participate in the season's first contest. Knowledge Bowl is exempt from this policy.

Student Requirements for Interscholastic Sports/Activities

All students who turn out for and compete in interscholastic sports must complete the following:

Physical Examination

- Students must have passed a physical examination prior to practice and competition in athletics.
- One physical will allow a student to compete in as many sports as he/she desires within a 24-month period.

Insurance

- It is required that all students who turn out for athletics be covered by medical insurance which meets the requirements of the Washington Interscholastic Activities Association. See the *Parent-Student Activity Participation Statement* for more information.

All necessary forms

- Prior to turning out for athletics, the student and his/her parent must complete and sign all necessary forms and return them to the school office. A checklist is attached at the end of this handbook to assist parents and students through this process
- Copies of the forms will be made available to each coach by the office and will be taken to away events.

Fees

- Students who participate in interscholastic sports must pay an athletic fee of \$70.00 per sport. This may be paid all at once, or in two payments: \$35.00 when signing up, with the remaining \$35.00 due at the end of the first week of practice.

Academic Standards

The opportunity to participate in athletics is a privilege granted to all Centralia Christian School students in grades 6 - 8. Participants are expected to conform to specific academic and behavioral standards established by the school. All students who attend Centralia Christian and are eligible to participate in CCS athletics (including Knowledge Bowl) will be held to the school's academic standards. This also includes CCS students who participate in athletics at another school.

1. A student receiving two or more Ds or one or more Fs will initially be placed on probation for one week until the next grade check. *A student on probation can practice with the team but may not compete with the team or wear a uniform at home games or attend away games.*
2. If a student's grades fall below the minimum requirement for a second week, *he/she will be excluded from all participation, including practices and competition until grades are brought up to the minimum by the next grade check.* Students are encouraged to meet with their teachers to discuss ways to bring up their grades.
3. Grade checks will be done on Mondays. Probation or exclusion will be in effect from Tuesday through the following Monday. Students can earn back the right to participate when they raise their grades to the minimum academic standard (no Fs and no more than one D) before the next Monday grade check.
4. All appeals must be presented to the Athletic Director in written form. The exclusion from competition, practices, etc. will be enforced during the appeal procedure.

General Rules

Absence from Practice: An athlete or activity participant is expected to be in attendance at all team practices or rehearsals unless excused for illness or by prior approval. Penalty may be exclusion from the next contest.

Absenteeism and Truancy: Students who are absent from school three or more periods of any day are not allowed to participate in any extracurricular activity or practice that day. Exceptions to this policy may be granted by prior authorization from the Athletic Director or Administrator. (For example, appointments with medical specialists.)

Injuries: As stated on page 2 (Student Requirements for Interscholastic Sports/Activities), all students **MUST** be covered by medical insurance in order to participate in the CCS sports program. Every injury must be reported to the coach immediately.

Suspensions: Students who have been suspended from school are not eligible to participate in either practice or contests, nor may they travel with the team, or attend any school sponsored activities for the duration of the suspension.

Unsportsmanlike Conduct: An athlete shall exhibit appropriate conduct in practices and/or contests. The coach may choose to administer additional consequences.

Additional Rules

End of Practice/Contest: After practices or contests, students must be picked up within fifteen minutes of the conclusion of the activity.

Physical Appearance: An athlete shall maintain the dress and grooming standards of the team. First offense: verbal warning. Repeated offenses: removal from the activity for five (5) school days.

Behavior / attitude: All students afforded the opportunity to play for Centralia Christian School must conduct themselves according to the Christian standards required at the school. The objective is to display Godly character as a testimony to our own students and students of the opposing school.

Team Rules: Students will observe any additional rules required by the coach/advisor, so long as those rules do not interfere with or reduce any provision of this code.

Centralia Christian School Mission Statement

The mission of Centralia Christian School is to promote a Christ-centered, Biblically directed educational environment that instills in each student excellence in education, moral character, and service to others.

Athletic Department Mission Statement

At Centralia Christian School, we as Staff, Parents, Athletes and Fans seek to compete with a level of character, intensity, enthusiasm, integrity and sportsmanship that is consistent with our Christian faith and honoring to our Heavenly Father.

Vision Statement

At Centralia Christian School, we value excellence both in academics and athletics. Our Athletic Department provides our students with the opportunity to develop their Christian Character outside the classroom. Athletics is an important part of the Centralia Christian School experience, and benefits the entire school.

W.I.A.A.

Centralia Christian School is a member of the Washington Interscholastic Athletic Association (W.I.A.A.) and participates in inter-school athletics as a member of the South Sound League. All policies for participation will be in full compliance with W.I.A.A. standards.

NOTE: According to WIAA policy, students may NOT participate in a sport or activity at another school if that activity is provided at the school in which they are currently enrolled. For example, if CCS offers girls' volleyball, then CCS students may not participate in volleyball at a nearby public school.

Philosophy/Standards

1. All extracurricular activities sponsored by our school are offered as opportunities for young people to enrich their lives. Of equal importance is the fact that all we do should be a testimony to the love of Jesus Christ. Our actions as coaches and players should reflect a strong Christian commitment and character.
2. Extracurricular activities are in addition to the spiritual and academic achievements, and are reflective of the standard required by Centralia Christian School.
3. Our athletic program consists of school administration, coaches, athletes and parents. It is very important that all people in the program are kept in direct communication with all related events, schedules and procedures.
4. We want to provide quality programs that encourage participation by a large population of our student body, and at the same time be able to emphasize the importance of self-discipline, commitment, competition, and athletic excellence.
5. Opportunities often exist for involvement and development in a sport beyond the confines of the sport season. These opportunities may be in the community or here at Centralia Christian School. Information will be shared in the weekly letter to families, as opportunities exist.
6. We will do our best to provide maximum participation opportunities within all the school athletic programs. Due to limited facility space, coaching staff and transportation, there are limits to the number of students allowed on each team. **Trying out for or making a team does not necessarily guarantee equal playing time for all participants.**
7. All people involved in our extracurricular activities should look at these programs as a privilege, thereby doing their best to appreciate the opportunity to further minister to our community by their actions as members of Centralia Christian School teams.

Student Standards for Interscholastic Eligibility shall meet and maintain both Centralia Christian School standards and W.I.A.A. eligibility requirements.

Physical Examination

Prior to the first practice for participation in interscholastic athletics in a middle school, a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical examination. The Athletic Director or coach must have a copy of this physical examination on file prior to any participation.

The physical examination must include, but is not necessarily limited to:

- A. Documentation of a detailed review of the student's medical history with special attention to presence or absence of cardiovascular/pulmonary risks and/or previous significant injury and rehabilitation.
- B. Documentation of satisfactory examination of the cardiopulmonary system
- C. Documentation of satisfactory sport-specific orthopedic screening examination.
- D. A written statement by the examiner as to the fitness of the student to undertake the proposed athletic participation, with suggestions for activity modification if necessary.

Those licensed to perform physical examinations include Medical Doctor (M.D.), Doctor of Osteopathy (D.O.), Certified Registered Nurse (A.R.N.P.), Physician's Assistant (P.A.) and Naturopathic Physicians (N.P.)

The school in which this student is enrolled must have on file a statement or prepared form from a medical authority licensed to give a physical examination, certifying that the participant's physical condition is adequate for the activity or activities in which the student wishes to participate.

To resume participation following an illness and/or injury serious enough to require medical care, a participating student must present to the school officials one of the following:

- A Physician's written release
- Written release from the parent and a licensed medical person familiar with the student's condition.

The physical examination shall be valid for twenty-four (24) consecutive months, unless otherwise limited by local school district policy.

For each subsequent twenty-four month period, the student shall furnish a statement or physical examination form signed by a medical authority licensed to perform a physical examination that provides clearance for continued athletic participation.

Travel Procedures

Transportation for School Activities (refer to field trip requirements listed in the CCS Family Handbook)

- The school is responsible for students participating in all officially sponsored athletic events.
- In general, private vehicles will be used to provide transportation for officially sponsored school functions.
- **PLEASE NOTE:** An athlete may leave an athletic event *only* with their parent/guardian, and *only* after their parent/guardian signs the student release chart that is kept by the coach.

The Three Methods of Transportation (in order of preference)

1. Parent provided vehicle with the parent as driver.
2. Parent provided vehicle with coach as driver.
3. Student leaves from an athletic event with their parent/guardian (after signing a Travel Waiver form.)

If you must send an athlete with a non-staff member, that person must be authorized through Centralia Christian School. Again, please see the field trip requirements listed in the CCS Family Handbook. All these requirements must be met BEFORE any student athlete will be allowed to travel with a non-staff member.

General Travel Guidelines

- After loading the athletes in the vehicle, *MAKE SURE AT ALL TIMES THAT EVERYBODY HAS THEIR SEATBELT ON!!*
- *ALWAYS* drive within the speed limit.
- If possible, always try to park in a well-lit area at the competition site.
- Adhere to vehicle load rules.
- FOLLOW SCHOOL POLICIES AT ALL TIMES.
- Have Emergency Medical Forms with you at all times.
- Non-emergency stops are NOT allowed without prior permission from the coach or Athletic Director.

Activities Checklist

Below is a checklist intended to assist participants in CCS extracurricular activities. The following materials must be submitted to the school office **BEFORE** participation will be allowed:

- Participants and parents have read the Activities Handbook.
- Current sports physical. Physicals are valid for 24 months.
- Athletic Code of Conduct form.
- Parent-Student Activity Participation Statement form.
- Concussion Information form.
- Vehicle insurance form and background check (if parents plan to transport athletes).
- Athletic fee must be paid per sport.

Centralia Christian School Athletic Code of Conduct

What you can expect from the coaches:

1. Each player will be treated fairly. (In some situations, we must place the needs of the team before the needs of an individual player.) We will always use proper language when speaking to your child.
2. We will emphasize the importance of teaching your child Christ-like character over teaching them the skills of their specific sport.
3. We will never conduct discipline issues with your child in front of the team or talk about these issues with other players. We will always correct in an instructive way.
4. We will meet with parents regarding their concerns, but will always set up an appointment to do so (this could be over the telephone.) **We will NEVER meet with any parents directly after a game or practice unless an appointment has been set up for that time.**
5. We do not discuss strategies, playing time, or other players with parents. (The coach needs to be free to coach as God gives him/her wisdom.)

What we expect from the Parents of our student-athletes:

1. Let the officials do their job. Don't argue calls and please respect their decisions. Nobody is perfect and we all make mistakes.
2. Be your child's biggest fan!!! Take the pressure off. The goal is to improve your child's Christ-like character and athletic skills. Winning is nice, but secondary.
3. Do not talk negatively about other players' performances during a game.
4. Never put down the coaches or any players on the team in front of your child, another player or another player's parents.
5. Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or event.

By signing below, I affirm that I have read the Centralia Christian School Activities Handbook, and agree to abide by all the policies and statements listed therein. Failure abide by these policies may result in the loss of privilege to attend and participate in Centralia Christian School extracurricular events.

Student's Name

Parent Signature

Centralia Christian School

Parent-Student Activity Participation Statement

NOTIFICATION OF POTENTIAL FOR INJURY:

- **STUDENT**

I understand that there is a risk of injury in athletic participation. I understand that the dangers and risks of playing or practicing in sports include but are not limited to serious neck and/or spinal injuries which may result in brain damage, paraplegia, quadriplegia, serious injury to virtually all organs and/or bones, and in some cases death.

By my signature below, I am indicating that I have read the above paragraph and recognize the dangers of participating in athletics. I also recognize the importance of following the coach's instructions regarding playing techniques, training and other team rules, etc. and agree to obey such instructions.

- **PARENT**

I realize that athletic participation can involve many risks of injury including but not limited to those risks listed in the student section above.

By my signature below, I am indicating that I hereby grant permission for my child to participate in athletics. I also agree that Centralia Christian School and/or authorized employees of said school shall not be held liable for accidents or injuries received by my son/daughter while engaged in CCS sponsored athletics. I further agree that CCS, authorized employees or student organizations will not be responsible for payment of medical services resulting from such accidents or injuries.

NOTIFICATION FOR NEED OF ATHLETIC INSURANCE COVERAGE:

- I, the undersigned, understand that my student may not participate in interscholastic athletics unless he/she is covered by accident insurance. By my signature below I am indicating that I have accident insurance that will cover interscholastic athletics. I accept full responsibility for the cost of treatment for any injury my child may suffer while participating in an interscholastic athletic program. (SPECIAL NOTE: Many insurance plans **DO NOT** cover interscholastic athletics, so PLEASE check with your insurance agent). A second emergency medical form must also be completed and on file at the school office.

PHYSICAL EXAMINATION NOTIFICATION:

- As regulated by the WIAA, every student who participates in interscholastic athletics must pass a physical examination from a licensed medical physician prior to participation. Physicals are valid for a 24-month period. By signing below, I indicate that I understand that I am responsible for making sure that my child has a valid Sports Participation Health Record form (physical) on file with the Centralia Christian School.

I give permission for my child to participate in the following sport(s): _____

Parent Signature _____

Date _____

Student Signature _____

Date _____

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional 	<ul style="list-style-type: none"> • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comm
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Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent 	<ul style="list-style-type: none"> • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions 	<ul style="list-style-type: none"> • Moves clumsily or displays un-coordination • Answers questions slowly • Any change in typical behavior or personality • Loses consciousness
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What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years: “a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time” **and** “...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”. You should also inform your child’s coach if you think that your child may have a concussion. Remember, it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out. For current and up-to-date information on concussions you can go to www.cdc.gov/concussioninyouthsports.

Student-athlete Name Printed
Student-athlete Signature
Date

Parent or Legal Guardian Printed
Parent or Legal Guardian Signature
Date