



## 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 7<sup>th</sup> and 8<sup>th</sup> 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. 7<sup>th</sup> and 8<sup>th</sup> grades (under 50), 6<sup>th</sup> grade students are allowed to participate in practices and competitive events. However, 7<sup>th</sup> and 8<sup>th</sup> grade students will be given priority on team rosters. 6<sup>th</sup> grade students are allowed to participate on an "as needed" basis. Although every effort will be made to accommodate 6<sup>th</sup> 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. Grade checks will occur once a week. A student receiving less than a 2.0 G.P.A. for the term will be placed on probation until the next grade check. The student, their coach, and their parents will be contacted to inform them of the probation. Regular practice will continue during probation, but no participation in competitions with other schools will be allowed. Athletes on probation may attend home athletic competitions, but may not wear the team uniform. They are not allowed to travel with the team while on probation. If a student raises their G.P.A. (equivalent to 2.0 or higher) by or before the next grade check, they will be restored to full competitive status after the grade check.
2. If a student does not improve their grades to the competitive minimums by the next grade check, they will be moved from probation to exclusion. During this time, the student will be excluded from all participation in school sports/activities (including practices) until they have raised their grades to the accepted standard.
3. 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 athletic 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).
- \$70 Athletic fee must be paid per sport.