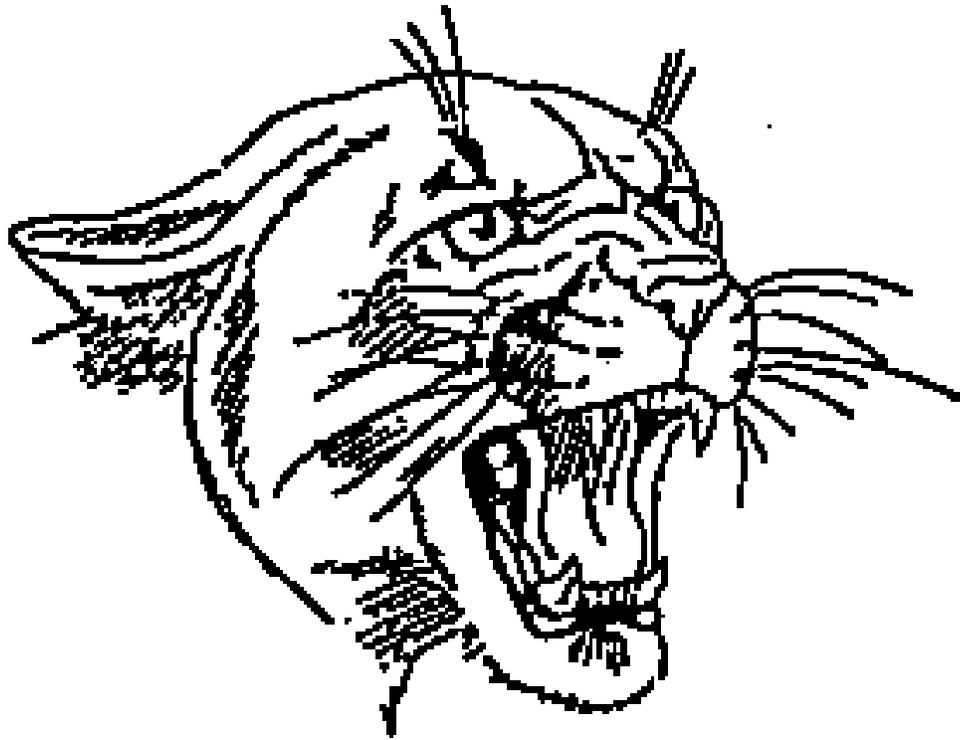


COVENANT CHRISTIAN



COUGARS

ATHLETIC HANDBOOK

2015-2016

WELCOME TO C.C.S. ATHLETICS

The coaches at Covenant Christian School desire for an athlete's scholastic/athletic career to be more than just fun and games. It is our ministry to guide athletes in understanding that God uses everything in our lives, including athletics, for His purpose. We want to "develop the spiritual part of the athlete so that the Holy Spirit is in control and is directing the mind and body" (1 Thess. 5:23). We are commanded "*in whatever we do, do our work excellently as unto the Lord not unto men*" (Colossians 3:23). The purpose of this handbook, then, is to provide guidelines for accomplishing this in athletics. Best wishes for an athletic career centered in Jesus Christ!



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I. Philosophy of Athletics

Isaiah 55:8-9 reminds us that “our ways are not God’s ways.” We are commanded to be different from the world; therefore, we must enter in to the athletic arena with the mind of Christ. Jesus Christ is to be the center of our attention. We are to maintain a focus on Christ and strive to have His attitudes, actions, and mental set during practices and competitions (Phil. 2:5, Romans 8:29).

Since we are to do everything unto the Lord, not unto men, we believe our success is based on the relationship our athletes have with Christ, not the number of wins or championships. As a school, we desire for our athletes to be committed to excellence and to give God total control and access to their lives, both on and off the athletic field.

As a discipleship school, our goal is to walk alongside our athletes and help them grow spiritually, apply Biblical truths, and be Christ-like while participating in the CCS sports program.

II. "Cougar" Character Qualities

The strength of the athletic program lies in the ability to develop character traits that honor God and give a witness to those who watch. CCS will strive to enforce the following:



1. **Dependability** - be at all practices and contests unless excused by the coach. Do what is expected in all situations.
2. **Punctuality** - be on time, never late!
3. **Love** - be self-sacrificing and show genuine concern for team members, coaches and opponents. Remember, Christ centered His love upon others, not Himself.
4. **Enthusiasm** - take an interest in every part of the sport and be glad to quickly carry out every part of the job. This includes being a good cheerleader when not playing (1 Thess. 5:16).
5. **Faith** - show a knowledge that the Lord is in control of all circumstances, and He is carrying out His will (Hebrews 11:1).
6. **Humility** - show forth the attitude that God is the One who has gifted people with abilities, talents, and successes.
7. **Endurance** - endure the stress, hard work and problems that all Christian athletes experience; do your best at all times in the classroom and on the athletic field.
8. **Boldness** - be ready to boldly express what Jesus Christ has done for us. The Christian athlete cannot be one who is timid or gives up. (Acts 4:29)
9. **Diligence** - use all of your strength and ability to complete each part of the task, whether in practice, in a game or anywhere else. (Col. 3:23)

10. **Responsibility** – meet all expectations; give the coach confidence that his/her athletes are capable of completing the task without direct supervision; take the initiative to work and make intelligent decisions.
11. **Determination** – strive to accomplish God's goals in His time, regardless of the opposition. (II Timothy 4:7)
12. **Joyfulness** – display the joy that a relationship with Christ brings.
13. **Confidence** – know that the Christian athlete is a winner in God's sight when control is handed over to Jesus.
14. **Intensity** – display "**TOTAL RELEASE**" – *giving everything at all times* – focusing total attention upon the job at hand and putting forth every effort to complete it perfectly. The Christian athlete is playing for Jesus Christ and for Him alone!

III. Guidelines and Rules

The following rules are in effect for all sports:

1. The use of drugs, alcohol or tobacco products is not permitted at any time. (1 Thess. 5:15, Proverbs 15:1)
2. Attendance at all games and practices is mandatory. The athlete is responsible for notifying the coach if there will be an absence.
3. Improper and **questionable** language will not be permitted. Improper language includes **swearing, boasting, trash-talk** and **disrespect** to officials, players and coaches. Athletes should live a Spirit-controlled life.
4. School dress code should be followed unless coaches require a game day dress code. Teams are allowed to travel in a team-issued uniform.
5. All athletes must adhere to the financial obligations required for each particular activity.
6. Each coach will outline sport rules and guidelines.
7. You must be **off campus** twenty minutes after practice is finished, and twenty minutes upon arrival back to school from away games.
8. You must be present in school on the day of a game in order to participate during the game. Being present means that you are in attendance for half of the regular school day. Exceptions would include a school-sponsored activity that keeps you out of class for the day.
9. An athletic fee will be charged for each sport in which an athlete participates.
 - **\$125.00** will be charged for cross country and track
 - **\$175.00** for volleyball, soccer, basketball, baseball and softball
 - **\$375.00** for football
 - If an athlete decides to quit a sport mid-season, a refund will **not** be issued for that sport.

10. Quitting Policy:

A student who quits a sport may not go to another sport or a sports off season program until that sport is over. If a student quits two sports during a school year that student may not play another sport that year.

IV. Off Season Programs

Covenant has a well-rounded athletic program and in order for all sports to continue to be successful at Covenant, we need as many students as possible to have the opportunity to play a sport. Therefore, students will not be expected to participate in offseason programs while simultaneously playing or practicing for another in-season sport. Students will not be asked to choose between participating in a sport and an off season program. However, students are welcome to play a sport and participate in off season workouts as long as the off season workouts fall during the TAPPS allowed times of 7:00 am-8:00 am for high school students and 3:30 pm-4:30 pm for junior high students.

V. Facilities

1. The Lord has blessed our students with access to a variety of athletic facilities. Athletes must be good stewards and use the facilities wisely; athletes must not tolerate destruction or misuse.
2. All articles left on the floor in the locker room after practice or games will be collected. To retrieve the articles, athletes must check with their coaches.
3. When traveling with the school - in school transportation or in a parent's vehicle - school rules apply regardless of what a parent might say.
4. The facilities of other schools must also be respected. Derogatory comments, vandalism, and complaining will not be tolerated.

VI. Uniforms and Equipment

1. **Practice Uniforms:** Coaches will require athletes to wear a specific practice uniform. Some practice uniforms will be issued by the school. If no uniformed is issued, the athlete is responsible for purchasing the proper practice uniform.
2. **Game Uniforms:** Coaches will issue a game uniform to each athlete. Athletes are responsible for the proper care and upkeep of the uniform. If there is a problem with a uniform, report the problem to the coach immediately. Lost or damaged uniforms must be paid for in full.
3. Lost or damaged uniforms must be paid for in full.
4. Treat school equipment with care. Any loss or damage of school equipment due to neglect or carelessness by the athlete will be repaid by the athlete in full.

VII. Injuries

1. All injuries must be reported to a coach so that proper aid can be administered and proper documentation can be completed.
2. Minor injuries will be treated at the school. Major injuries will be referred to a family doctor.
3. Athletes who have been referred to a family doctor must have a doctor's release upon returning to any athletic activities.
4. Athletes who receive a concussion cannot return to practice or a game until released by a doctor.

VIII. Physical Exams

1. Every athlete, including cheerleaders, must have all required TAPPS and Covenant forms on file in the athletic office before they can participate. Each athlete will be required to take an annual physical. Physicals will be offered at Covenant Christian School, through Memorial Hermann, at a specified date in May. The cost is \$20, payable by the athlete.
2. Each athlete will be required to take the Impact and Concussion Baseline Test every other year. There is no additional cost for this.

IX. Eligibility

To be eligible to participate in athletics at Covenant Christian School, an athlete must maintain these **minimum** standards:

1. **Scholastic Criteria** - You must have a 70% average in **every** class following the close of the nine week grading period. Any grade below 70% will initiate a three week ineligible period for the athlete. On the last day of the ineligibility period, the athletes' grades will be rechecked. Any grade below 70% will initiate another three week ineligibility period. If a student has an incomplete on the report card, he shall be ineligible until a grade has been determined.
2. **Attendance Criteria** - You may not exceed 10 absences a year in grades 6-8, and 5 absences in grades 9-12 per semester. A student who exceeds the allowance for absences shall be ineligible until the absence is "made up".
3. **Conduct Criteria for 6th Grade Students** – Athletes must also maintain a certain standard of conduct to remain eligible for athletic contests. Athletes obtaining more than 10 tallies during a nine-week grading period will be ineligible. The ineligible period will be determined by the number of tallies over the number specified above (One Tally Over = one game suspension).
4. **Conduct Criteria for 7th-12th Grade Students** - Athletes must also maintain a certain standard of conduct to remain eligible for athletic contests. Athletes obtaining more than 10 demerits during a nine-week

grading period will be ineligible. The ineligible period will be determined by the level of infraction. (Level One Infraction = one game suspension).

X. Academic Grades

1. Grading will be based on a point system for the nine-week and semester grade. Athletes can potentially receive 100 points per week. The grade for the week will be the total number of points accrued.
2. Points will be subtracted when an athlete does not follow the guidelines established in this handbook or team rules established by the coach. The Covenant coaching staff has the authority to establish rules and regulations on a per team basis, meaning that one team may have a different set of rules than another. Athletes must follow the rules set by their coach.



XI. Transportation to Contests

1. Athletes will ride in vehicles specified by the coach. Athletes are to ride in the same vehicle for the duration of the trip. If an athlete rides home with a parent, the coach must be notified before departure. If an athlete rides home with someone else's parents, written permission from the athlete's parents must be given prior to departure.
2. Vehicles are to remain clean and unharmed. It is the responsibility of the athletes who traveled in the vehicle to clean the vehicle immediately after the event.
3. If a game (home or away) is in the Conroe area, athletes will be allowed to travel to the game on their own.



XII. Awards

The following is a list of individual and team awards an athlete can achieve throughout the season. The criteria for obtaining each award is listed under the award. If a particular award is not listed for a sport, it is not an award recognized by TAPPS.

1. Varsity Letter – **Letter Awards are for Varsity Sports only.** Athletes will receive a letter patch for their first varsity letter. Athletes will receive sport emblems for each sport in which they letter. Athletes will also receive a bar to indicate the number of years he/she has lettered in a particular sport.
 - a. Miscellaneous Requirements
 - i. Earn a minimum grade of 80% in athletics
 - ii. Have no unexcused absences from practices or games
 - iii. Be a member of the team for the entire season, and complete the season

- iv. Remain eligible for the entire season
- v. Receive no more than 10 demerits during the season
- b. Playtime Requirements
 - i. Volleyball – Participate in 50% of games
 - ii. Cross Country - Attend 50% of meets, including the state meet.
 - iii. Basketball – Participate in 50% of quarters
 - iv. Baseball and Softball – Participate in 50% of innings
 - v. Track
 - 1. Track Only Athletes: Attend all meets; score 10 non-district points; score in district meet
 - 2. Dual Sport Athletes: Attend all meets that do not conflict with baseball, softball games, or other school functions; must qualify for the regional meet

****Note:** Athletes will be able to letter in a combination of sports that go on at the same time, provided that they meet the requirements for each sport.

- 2. Team Specialty awards –plaque, certificate.
 - a. 3 specialty awards will be given out for each sport. (MVP, Christian Character, Most Improved)
 - b. Specialty awards are voted on by team members at the end of the season.
- 3. All-District – medal- District coaches vote at the end of the season.
- 4. All-State – medal
 - a. Cross Country - Top ten, determined by placement at the state meet.
 - b. Team Sports - Voted on by coaches at the All-State Meeting.
- 5. All-Tournament – medal
 - a. Team Sports
 - b. Selected from final four teams
- 6. District or State Champ – medal
- 7. Academic All-State - certificate

XIII. COUGAR BANQUET AWARDS

Banquet awards are given to the athlete who acquires recognition points throughout the year. After meeting the requirements of each award, the athlete who acquires the most recognition points will receive the award.

1. Varsity Recognition:

Varsity Recognition	Place	Points
Junior or Senior		5
Varsity Letter		15
1st Team All-District		15
2nd Team All-District		10
Honorable Mention All-District		5
All-State		20
2nd Team All-State		15
Honorable Mention All-State		10
Academic All-State		5
District Medal	1 st , 2 nd , 3 rd	3, 2, 1
Regional Medal	1 st , 2 nd , 3 rd	5,4,3
State Medal	1 st , 2 nd , 3 rd	10, 8, 6
Team District Champion		5
Team State Champion		10
Team Specialty	(see specialty awards)	5, 5, 3

- a. Athlete of the year – plaque
 - i. 1 male award, 1 female award
 - ii. Christian character
 - iii. Overall athletic achievement
 - iv. 80% average in all classes all year
 - v. 90% average in athletics
 - vi. Two varsity letters
 - vii. No periods of ineligibility
 - viii. Less than 10 demerits per nine weeks
- b. Committed to Excellence – plaque
 - i. 1 male award, 1 female award
 - ii. Christian character
 - iii. 80% average in all classes all year
 - iv. 90% average in athletics
 - v. Two varsity letters
 - vi. No periods of ineligibility
 - vii. Less than 10 demerits per nine weeks
- c. Cougar Award – plaque
 - i. 1 male award, 1 female award

- ii. School spirit
- iii. 80% average in all classes all year
- iv. 90% average in athletics
- v. 1 varsity letter
- vi. No periods of ineligibility
- vii. Less than 10 demerits per nine weeks

2. Junior High Recognition

<i>Junior High Recognition</i>	<i>Place</i>	<i>Points</i>
Sport Participation		10
Class Ranking	1 st , 2 nd , 3 rd	5, 4, 3
Team MVP		5
Most Christ-like		5
Most Improved		3

- a. JH Most Outstanding Player – plaque
 - i. 1 male award, 1 female award for grades 6-8
 - ii. Christian character
 - iii. 80% average in all classes all year
 - iv. 90% average in athletics
 - v. No periods of ineligibility
 - vi. Less than 10 demerits per nine weeks

XIV. Booster Club & Parent Volunteers

Parents of athletes at Covenant are all members of the CCS Booster Club. As a result, parents are required to serve in the concession stand and/or at the ticket table during their child’s sport season. Parents may sign up for specific time slots at the beginning of the season or time slots will be assigned by Booster Club. If a parent cannot serve during the assigned time slot, it is **the parent’s responsibility** to find a replacement.

XV. Athletic Communication

Our goal is to be overly informative about the athletic program. A variety of avenues will be used to communicate dates, changes in the schedule, and special events regarding the athletic program.

1. **RenWeb** at www.renweb.com – use your parent login to check for last minute updates.
2. **School website** – see athletic calendar.
3. **Emails from coaches**

4. **Text Alerts** for last minute changes.
5. **Athletic Schedules** - available in the office for your convenience; please note that hard copies are subject to change.

XVI. Schedules and Dates

Schedules will be distributed at the beginning of each season. Schedules are subject to change throughout the season. Schedule changes will be posted on the RenWeb calendar. However, each coach will have the most accurate, updated information.

XVII. Athletic Forms

1. Forms to complete in order to be eligible for High School Athletics:
 - a. Athletic Fee Payment Form
 - b. TAPPS Medical History and Physical Examination Forms
 - c. TAPPS Sudden Cardiac Arrest Form
 - d. TAPPS Concussion and Traumatic Brain Injury Form
 - e. Athletic Liability Form
 - f. Athletics Handbook Acknowledgement Form
 - g. TAPPS Student Acknowledgement of Rules Form
2. Forms to complete in order to be eligible for Junior High Athletics:
 - a. Athletic Fee Payment Form
 - b. TAPPS Medical History and Physical Examination Forms
 - c. TAPPS Sudden Cardiac Arrest Form
 - d. TAPPS Concussion and Traumatic Brain Injury Form
 - e. Athletic Liability Form
 - f. Athletics Handbook Acknowledgement Form
 - g. Junior High Physical Education and Athletic Form

***Every athlete must have each form on file in the athletic office *before* they can practice.**

XVIII. Sport Camps

Sport specific camps are offered throughout the summer. Brochures with information, times, and cost can be picked up in the office, as they become available.