



# COUGARS

**ATHLETIC HANDBOOK**

**2011-2012**

## WELCOME TO C.C.S. ATHLETICS:

The coaches here at Covenant Christian School want your scholastic/ athletic career to be more than just fun and games. This is our ministry; 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"

(I Thessalonians 5:23). We are commanded "*in whatever we do, do our work excellently as unto the Lord not unto men*" (Colossians 3:23). Our reason for this handbook, then, is to give you some guidelines on how to accomplish this in your athletic endeavors. Best wishes for an athletic career centered in Jesus Christ!

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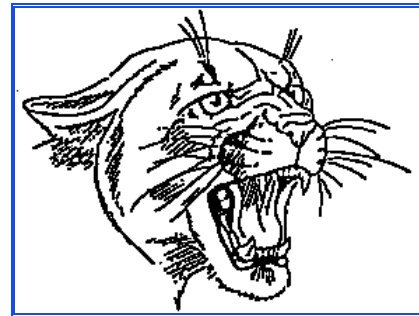
## I. Philosophy of Athletics

Isaiah 55: 8,9 reminds us that *"our ways are not God's ways"*, this includes athletics. We are commanded to be different from the normal world; we must enter into the athletic arena with the mind of Christ. Jesus Christ is to be the center of all our attention, both on and off the athletic field. We are to have His attitudes, actions and mental set (Phil. 2:5, Romans 8:29). We are to do everything we do as unto the Lord, not unto men.

The believer's success is not based on wins or championships, but on the relationship he has with Christ. Our goal is to be as much like Christ as we can with the Holy Spirit's help, and we are to perform as if Jesus were the only one watching. Jesus loved us so much He was willing to give up His life for us (Phil. 2:8). It is only natural then that we should be committed to excellence for Him in return. We want our athletes to develop an athletic mindset that focuses exclusively on Jesus Christ. Our actions, attitudes and abilities will be directed toward Him when we give him **"Total Release"** of ourselves. When we release everything to God, we are giving Him total control and access to our lives and its circumstances.

## II. "Cougar" Character Qualities

The strength of our athletics program lies in the ability to develop character traits that honor God and give a witness to those who watch us. We want to strive to enforce these areas in our lives.



**Dependability** - be at all practices and contests unless excused by your coach. Do what is expected of you in all situations.

**Punctuality** - be on time, never late!

**Love** - be self-sacrificing and show a real concern for team members, coaches and opponents. Remember, Christ centered His love upon others, not Himself.

**Enthusiasm** - take an interest in every part of your sport and be glad to quickly carry out every part of the job. This includes being a good cheerleader when you are not playing (1 Thess. 5:16).

**Faith** - show that you know the Lord is in control of all circumstances and He is carrying out His will in your life. (Hebrews 11:1)

**Humility** - show forth the attitude that God is the one responsible for your abilities, talents and success.

**Endurance** - you must be able to withstand the stress, hard work and the problems that all Christian athletes experience. We want you to do your best at all times, in the classroom and on the athletic field.

**Boldness** - Be ready to boldly express what Jesus Christ has done for you. The Christian athlete cannot be one who is timid or gives up. (Acts 4:29)

**Diligence** - use all your strength and ability to complete each part of your task whether in practice, in a game or anywhere else. (Col. 3:23)

**Responsibility** - athletes need to do everything that is expected of them. Coaches need to know that athletes are capable of doing things without direct supervision. Take the initiative to work and make intelligent decisions.

**Determination** - make up your mind you will accomplish God's goals in His time, regardless of the opposition. (II Timothy 4:7)

**Joyfulness** - show that your relationship with Christ means something wonderful to you.

**Confidence** - athletes should know that they can be winners in God's sight as they totally give all they have to Jesus.

**Intensity** - We want our athletes to display "TOTAL RELEASE", give everything you have at all times, focusing your total attention upon the job at hand and putting forth your every effort to complete it perfectly. You are playing for Jesus Christ and for Him only!

### III. Guidelines and Rules

The following rules are in effect for all sports:

1. No use of drugs, alcohol or tobacco at any time. (I Thess. 5:15, Prov. 15:1)
2. Attendance at all games and practices is mandatory. YOU ARE RESPONSIBLE FOR TELLING YOUR COACH IF YOU ARE GOING TO BE ABSENT.
2. Any improper or **questionable** language will not be permitted. Improper language includes: **swearing, boasting, trash talk** and **disrespect** to officials, players and coaches. Lead a Spirit controlled life and God's Spirit will control your tongue.

3. Maintain school dress code at all times. Teams are allowed to travel in a team issued uniform. Coaches may require a game day dress code.
4. All athletes must adhere to financial obligations required for each particular activity.
6. Each coach will outline per 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 an away game.
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 ½ 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 that an athlete participates in. A fee of **\$100.00** will be charged for individual sports, and a fee of **\$150.00** will be charged for team sports. If an athlete decides to quit the sport, a refund will not be issued.

**The fee must be paid before they can practice in that that sport!!!**

#### **IV. Facilities**

1. The Lord has blessed our school with access to a variety of athletic facilities. You must be a good steward of what we have and use the facilities wisely. Always leave the area cleaner than you found it. Do not tolerate destructiveness or misuse of anyone's property.
2. All articles left on the floor in the locker room after practice or a game will be collected. You may buy back any article you may have lost for a small fee.
3. When traveling with the school, in school transportation or in a parents vehicle, school rules apply regardless of what a parent might say.
4. Please respect the facilities when you travel to another school. Derogatory comments, vandalism and complaining will not be tolerated.

## V. Uniforms and Equipment

1. **Practice Uniforms:** Your coach will require you to wear a specific practice uniform. Some practice uniforms will be issued from the school. If no uniformed is issued, you are responsible for purchasing the proper practice uniform.
2. **Game Uniforms:** Your coach will issue you a game uniform. You are responsible for the care and upkeep of your uniform, if there is a problem with your uniform, report the problem to your coach immediately.
3. **Lost or damaged uniforms must be paid for in full.**
3. Treat school equipment with care. If your coach gives you responsibility for team equipment, see that your job is carried out completely. Any loss or damage of school equipment due to neglect or carelessness by the student will be repaid by the student, in full.

## VI. Injuries

1. All injuries must be reported to your coach so that proper aid and documentation can be completed.
2. We will treat minor injuries at the school, major injuries will be referred to a family doctor, report any treatment to your coach.

## VII. Physical Exams

1. **EVERY athlete and cheerleader must have a physical exam form on file in the athletic office before they can practice. Each athlete will be required to take an annual physical.**

## VIII. Eligibility

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

- a. **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.
- b. **Attendance Criteria** - You may not exceed 10 absences in grades 7-8, and 5 absences in grades 9-12 (excused or unexcused) per semester. A student who exceeds the allowance for absences shall be ineligible until the absence is "made up".
- c. **Conduct Criteria** - 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).

## IX. Grading

1. Grading will be based on a point system for your nine-week and semester grade. You will receive 100 points per week. Your grade for the week will be the total number of points you have for each week.
2. Points will be subtracted when you do not follow the guidelines established in this handbook, or team rules establish by your coach. The Covenant coaching staff has the authority to establish rules and regulations on a per team bases. That means one team may have a different set of rules that another. You must follow the rules set by your coach.

## X. Transportation

### To Contests:

You will ride in vehicles specified by your coach. You are to ride in the same vehicle for the duration of the trip. If you ride home with your parents, please let your coach know before you leave. If you ride home with someone else's parents, **you must**

**have written permission from your parents.** Vehicles are to remain clean! You take the responsibility of cleaning up after an event.

*NOTE:* if a game (home or away) is in the Conroe area, you will be allowed to drive to the game on your own.

## **XI. Awards**

The following is a list of individual and team awards you can achieve throughout the season, the criteria for obtaining each award is listed under the award. If there is not a listing of an award for your sport, it means TAPPS does not recognize that particular award for that sport.

1. **Varsity Letter** - Athletes will receive a Letter patch for their first varsity letter. They will receive sport emblems for each sport that they letter in. Athletes will also receive a bar to indicate the number of years he/she has lettered in a particular sport. Letter awards are for varsity sports only.

- a) All Sports

- 1) Minimum grade of 80% in athletics.
- 2) No unexcused absences from practices or games.
- 3) Be a member of the team for the entire season, and complete the season.
- 4) Remain eligible for the entire season.
- 5) Maximum of 10 demerits during the season.

- b) Soccer - 50% of halves played.

- c) Volleyball - 50% of games played.

- e) Cross Country - **Attend 50% of meets**, including the state meet.

- f) Basketball - 50% of quarters played.

- g) Baseball and Softball - 50% of innings played.

- h) Track

1. Attend all meets; score 10 non-district points; score in district meet (track only)
2. Attend all meets that do not conflict with baseball, softball games, or other school functions, and must qualify for the regional meet. (BSB/SB)

**\*\*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
  - a) District coaches vote at the end of the season.
  
4. **All-State** - medal
  - a) Cross Country - Top ten at the state meet.
  - b) Team Sports - Voted on by coaches at the State Tournament.
  
5. **All-Tournament** – State Tournament
  
6. **District or State Champ** - medal

## **XII. COUGAR BANQUET AWARDS**

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

### **VARSITY RECOGNITION POINTS:**

<b>Varsity Recognition</b>	<b>points</b>
1) Senior or Junior	5
2) Varsity Letter	15
3) 1 <sup>st</sup> Team All-District	15
4) 2 <sup>nd</sup> Team All-District	10
5) HM Team All-District	5
6) All-State	20
7) 2 <sup>nd</sup> All-State	15
8) HM All-State	10
9) District Medal (1, 2, 3)	3, 2, 1
10) Regional Medal (1, 2, 3)	5, 4, 3
11) State Medal (1, 2, 3)	10, 8, 6
12) Team District Champ	5
13) Team State Champ	10
14) Team Specialty	5, 5, 3

- A) **Athlete of the year** - Plaque
- Christian Character
  - Overall Athletic Achievement
  - Male and Female
  - 80% avg. in all classes all year.
  - 90% avg. in Athletics
  - 2 Varsity Letters.
  - Less than 10 demerits per nine weeks.
  - No ineligible periods.
- B) **Committed to Excellence** - Plaque
- Christian Character
  - Male and Female
  - 80% avg. in all classes all year.
  - 90% avg. in Athletics.
  - 2 Varsity Letters.
  - Less than 10 demerits per nine weeks.
  - No ineligible periods.
- C) **Cougar Award** – Plaque
- Christian Character
  - School Spirit
  - Male and Female
  - 80% in all classes all year.
  - 1 Varsity Letter.
  - Less than 10 demerits per nine weeks.
  - No ineligible periods.

### JH RECOGNITION POINTS

<b>JH Recognition</b>	<b>points</b>
1) Sport participation	10
2) Class Ranking 1 <sup>st</sup> – 3 <sup>rd</sup>	5, 4, 3
3) Team MVP	5
4) Most Christ-like	5
5) Most Improved	3

- D) **JH Most Outstanding Player** – Plaque
- Christian Character
  - Male/ Female for grades 7<sup>th</sup> – 8<sup>th</sup>
  - 80% avg. in all classes all year.
  - 90% avg. in Athletics
  - Less than 10 demerits per nine weeks.
  - No ineligible periods.

### XIII. Parent Volunteers

Each sport will require many jobs that cannot be carried out by the coaches

alone. **We need the help of your parents!**

#### **XIV. Booster Club**

Parents - Please get involved in Booster Club. Our Athletic programs are enhanced by this club. We need your input regarding the "EXTRAS" for our athletes.

#### **XV. Schedules and Dates**

You should receive a season schedule from your coach at the beginning of your season. Schedules are subject to change during the season. Please check with your coach for changes.

#### **XVI. Athletic Forms**

A) Forms to complete to be eligible for Athletics

1. Physical Form [ ]
2. TAPPS Eligibility Form [ ]
3. Athletic Handbook Form [ ]
4. Liability Form [ ]

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

#### **XVII. Athletic Communication**

We want all of our parents and athletes to be overly informed about the athletic program here at Covenant Christian School. We will be using a variety of ways to communicate to you about dates, changes in the schedule, and special events regarding the athletic program. You will find information about Covenant athletics in the following:

1. **Newsletter** - Look for the athletic section to let you know what is coming up for the month.
2. **Athletic Calendar** - One will be posted and available in the office for your convenience.
2. **Information Board** - While you are in car pool, check the board for last minute changes etc.
4. **Web site: [www.covenantonline.com](http://www.covenantonline.com)**