

Credo Christian High School  
Athletics Program Handbook



## Table of Contents

1. Our Athletic Philosophy
2. Player Expectations
  - Academics
  - Attendance
  - Commitment
  - Behaviour
  - Health
  - Volunteering
  - Social Media
3. Team Selection and Game Day Expectations
  - Sign-ups
  - Tryouts
  - Uniforms
  - Warm-up Jerseys
  - Playing Time
  - Red Shirt Players
  - Calling Up Juniors
4. Parent Expectations
  - Parent Approval
  - Communication
5. Fees
6. Transportation
7. Structure of School Sport
  - Leagues and Zones
  - Seasons of Play
8. Concussions
9. Resources for Parents

## OUR ATHLETIC PHILOSOPHY

The purpose of our Christian school is to assist parents to educate their children to develop their talents and potential to acquire the knowledge, skills and attitudes for a life of responsible stewardship in God's kingdom. – Credo Christian High School Mission Statement

## REFLECTING OUR MISSION STATEMENT IN ATHLETICS

**Praise God** – We acknowledge God as the creator and giver of all talents and abilities. We seek to bring him glory in everything we do. Our school athletics is often the face of the school in our local community and we seek to be ambassadors for Christ as we engage in these activities.

“Let everything that has breath praise the Lord” Psalm 150:6

**Pursue Excellence** – In thankfulness to God who gives us athletic talents, we strive to always do our best. We attempt to provide opportunities for the development of physical fitness, athletic skill and knowledge to put forth our best efforts in competition.

“Whatever you do, work at it with all your heart, as working for the Lord, not for men” Col 3:23

**Build character** – In a spirit of teamwork, athletes will learn character development, leadership skills, humility, service, courage, responsibility and cooperation. Coaches, athletes and parents will model Christ's love and purpose in their words and actions.

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control” Galatians 5:22,23a

**Have fun** – We will pursue an environment in athletics that will inspire and challenge athletes to develop their God-given talents in a joyful manner. We want athletes to love and embrace their participation in sports activities to the extent that they desire to remain active even after graduation from Credo.

“Be happy, young man (woman), while you are young, and let your heart give you joy in the days of your youth” Ecclesiastes 11:9

## PLAYER EXPECTATIONS

The school's extracurricular program is an important part of the cultural fabric of the school, as well as a focal point for the school community at large. Thus it is important that we outline clear expectations for all participants.

### Academics

The academic side of schooling remains a priority and therefore academic achievement takes precedence over extra-curricular involvement. This means that students are expected to:

- Complete all homework assignments
- Approach subject teachers in **advance** of an absence to determine what material may be missed

Incomplete assignments, failed tests or major assignments, or lack of responsibility in connecting with teachers regarding missed classes may, at the discretion of the administration, become grounds for removing a student temporarily from his or her participation in the activity.

Periodically, a review of athletes' academics will be done by the member of the administration team who oversees athletics. Students who are failing two or more courses (cumulative) will be removed from the extra-curricular activity for the remainder of the respective sporting season.

Moreover, students with one failure and one or more marks that put them at risk of failing (in the 50s) will likely be placed on an academic contract. A contract is a set of conditions that the student needs to agree to complete in order to maintain their place in the activity. Failure to meet the terms will result in removal from the activity for the remainder of the respective sporting season.

Students may be permitted to try out for an activity if they fall in the categories mentioned above but will not be permitted to participate in practices or events until a subsequent academic review has demonstrated a return to satisfactory academic standing.

Note: (Administration may be more 'flexible' in the early part of the fall sporting season due to the volatility of marks early on in the year.)

### **Attendance**

Any absence from regular classes on "event day" for reasons other than a medical appointment, funeral, or administration approved event will disqualify the student from participating in the event that day (even if the parent has authorized the missed attendance from school). Attendance records will be reviewed and students with recurring attendance issues place their participation in jeopardy.

Participating students are expected to manage their time well and respect the need to attend school diligently. They need to show leadership in this respect, also encouraging their fellow participants to have positive records of attendance and punctuality.

### **Commitment**

A high level of commitment is required from those who participate in extracurricular events. Participation at all practices and events is very important. Students must understand that continued absence may jeopardize a position for that extracurricular activity.

### **Behaviour**

All students participating in extracurricular activities must set and maintain a high standard of behaviour. Students are ambassadors of Credo Christian High School and therefore the expectations **go beyond mere compliance** with the regulations in the student agenda. Students must demonstrate the use of suitable language, appropriate dress and conduct. Matters of self-control and respect for other participants, and actions consistent with developing a healthy Christian lifestyle, are needed both on **and off campus**.

Any student, while serving a school suspension, will not be permitted to participate or attend any extracurricular events. Permission to continue as a participant after a school suspension may be granted after a written request from the student has been reviewed by the administration.

### **Health**

Students representing CCHS are expected to maintain a high standard of health. Smoking, vaping, consumption of alcohol, or participation in anything connected to drugs, are activities which violate the

Christian principle of bringing honour to God with our bodies, and obviously do not promote performance. Thus, for such activities there is zero tolerance.

### **Volunteering**

The athletics program relies heavily on volunteers. All junior and senior volleyball and basketball athletes are expected to help scorekeep once per season at a home game. Training will be provided. Many student-athletes accumulate many volunteer hours in excess of this requirement. Their dedication to helping out allows this program to operate and is greatly appreciated.

### **Social Media**

Social media is a public domain that may be used to enhance opportunities in life and sport. Content on social media should portray a positive image of the participant, team, association and school. Social media or networking forums should not be used to criticize or threaten other student-athletes, coaches, officials, school teams, or spectators.

## **TEAM SELECTION AND GAME DAY EXPECTATIONS**

### **Sign-ups**

Sign ups will take place at school during lunch hour. Dates for signing up will be published on the in-school announcements.

### **Tryouts**

Teams will have a minimum of two tryouts. Selection is based on attitude, coachability, skill level and grade level. Team lists will not be posted at school, but rather will be emailed to the attending students by the coach.

### **Uniforms**

If you are participating in a sport requiring a school uniform, it will be provided to you free of charge. Please care for these items diligently (hanging them to dry if possible rather than using the dryer). If uniforms are returned damaged at the end of the season you will be charged for the cost of purchasing replacement items.

### **Warm-up Jerseys**

All athletes must also purchase a Credo warm-up shirt (cost = \$30). Please include this amount with your sports fees. Player names will be printed on the jerseys. This shirt is not sport-specific and can be worn for multiple sports. Athletes are to wear these jerseys during game warm-up.

### **Playing time**

**Junior** – This level is a development year, but playing time is not required to be equal. Some players excel in certain positions and depending on the make-up of your team, some positions may be granted more playing time than others. However, it is still very important for every player to contribute to the team with regards to playing time in a game setting. Playing time variance at the coach's discretion may be used in a playoff or championship game setting.

**Senior** – Senior is the highest level of competition that Credo competes in. Playing at the senior level represents years of hard work and practice for the athletes. They have grown and advanced through the development levels and this is the time to showcase what Credo athletes can do. For most of the students this

is the highest level of play they will ever participate in. Therefore, those who have developed the most will see the most playing time and be given the opportunity to excel. Specific positions will be played by the athletes that have been trained for the skill set needed. At the same time, we value each member of the team and expect that they will be provided with opportunities to contribute in a meaningful way to the team. Effort will be made by coaches to include all players whenever possible. Coach discretion may be used in a playoff or championship game setting.

### **Red Shirt Players**

On very rare occasions, a coach may offer a player, who was not selected for the team, to be involved as a red shirt. A red shirt player is someone who attends practices, does not receive a uniform, does not pay sports fees and does not officially accompany the team to games. If the situation arises during the season, that the red shirt becomes a player, these parameters would change.

### **Calling Up Juniors**

Our preference at CCHS is for players to play at their own grade level. Only in exceptional circumstances should students be allowed to play up (playing at a level above their age group). The intent is to value all levels of play and to give as many players the opportunity to participate. Situations that warrant juniors being called up are if there are not sufficient players to field a team at the senior level or if a certain skill set is missing and needs to be filled. When considering moving up a player, the player should be able to make a major contribution to the higher team; and should have sufficient playing time on that team to benefit his or her development as a player. A decision will be made based on discussions between the coach, player, parents and athletic director.

In some situations a coach may want to take juniors along to a tournament in case of injury to the regular players. In the event of a senior team qualifying for a provincial tournament, juniors may accompany the team to add depth to the bench.

### **Competitive Fairness**

Credo Christian High school is committed to competitive fairness and equity in athletics. The school has adopted a statement on human sexuality, and has procedures to guide its actions when matters of sexuality and gender threaten competitive fairness. These procedures will be discussed annually with athletes and coaches and are available upon request.

## **PARENT EXPECTATIONS**

### **Parent Approval**

Parents are to be aware of these policies and must consent to having their children participate by signing the Online Parent Consent Form. All Parent Consent Forms must be submitted prior to any participation.

Parents are expected to be supportive of the school's philosophy and practice in athletics. When attending athletics events, both home and away, parents are seen as ambassadors of CCHS. Conduct must reflect Christian standards!

### **Parent Expectations:**

**Preamble:** In support of Credo's vision for extra-curricular offerings, the Board has adopted a Code of Ethics for volunteers, coaches and players. To promote that same vision, the Board also expects parents to endorse and stimulate the same Christian values inherent in these ethics. Thus, what follows is the Board's Expectations of Parents.

It is expected that supporting parents endorse and promote extracurricular activities, as follows:

1. Recognize that extra-curricular activities are deemed to be a privilege, not a right. In addition, recognize that the selection of students to such events is often a complicated and challenging undertaking;
2. Support the coaches and sponsors, as well as the school's leadership in positive ways. Make a point of celebrating the value of sports, drama, fine arts, science and other various events which enrich the cultural fabric of a school community;
3. Display appreciation for the many volunteers who willingly give their time to make the extracurricular events happen;
4. When possible, offer assistance in logistical planning (ie. driving, feeding participants), or in fund-raising, or other similar valuable efforts;
5. Demonstrate Christian values in expressing concerns about the programs; avoid gossip, unfair criticism, slander, and other forms of unjustified negativity;
6. Demonstrate Christian values by expressing concerns directly to the coach/sponsor in a manner which promotes mutual respect and love; the goal would be to seek a mutual solution. Follow up could subsequently be directed to the Director of Athletics and then Administration if necessary;
7. Expect the coach/sponsor to be willing to accept compliments with humility, and concerns with grace and patience.

### **Communication**

Athletic involvement can be highly emotional and intense. Conflicts and issues may arise between the athletic directors, coaches, staff members, students and/or parents. This is often the result of a lack of communication between those involved. The guidelines for dealing with these situation and complaints is consistent with the teachings found in scripture (Matthew 18 and Ephesians 4)

- It is strongly suggested to allow for 24 hours to pass following an event before addressing a concern.
- All questions, problems or complaints should be discussed with the person directly. Resist the temptation to share the issue with others. Addressing something directly is hard to do and requires courage to face people with hard conversations. We encourage you to do the hard thing. Share truth with love.
- Never use social media to discuss conflict or emotionally charged issues. This is a recipe for disaster in relationships and in the community.
- If appropriate discussions do not lead to satisfactory resolution, it should then be brought to the Athletic Director.
- If the resolution cannot be achieved, it should be presented to the Administration
- Finally, when all of the above steps have been taken without resolution, the problem may be submitted to the School Board through written appeal. It will then be placed on the agenda of the School Board at its regularly scheduled meeting. Very rarely do athletic program issues become a school board agenda item.

It is suggested that athletes and/or parents avoid speaking with a coach about difficult issues at the following times:

- Either prior or immediately following an athletic competition During an active practice session
- During a time when students are present
- When there is not sufficient time to allow for a complete discussion

Confidentiality regarding these discussions is paramount of the integrity of our relationships. Be careful not to share things which were spoken in confidence.

### **FEES**

The following fee structure applies:

- All senior level volleyball and basketball - \$175

- All junior level volleyball and basketball - \$150
- Badminton - \$20
- Cross Country - \$20
- Senior Soccer - \$100
- Junior Soccer - \$75
- Track and Field - \$50
- Ice Hockey - TBD
- Golf - TBD

The athletic department uses these fees to pay for uniforms, transportation, officials, registration fees, membership fees and other costs to the athletic program.

Please note that extra tournaments may require more funds; coaches should share those expectations with parents as soon as possible. Often teams will arrange additional fundraising opportunities or seek corporate sponsors to help cover the costs associated with travel for provincial championship tournaments.

Under no circumstances will a player who has not submitted his/her fee and Online Consent Form be permitted to play.

## **TRANSPORTATION**

Whenever possible, transportation using the school bus will be arranged by the coach. If the bus is not available, parent drivers will be used to transport the team. Parents are responsible for their child once the event has ended. Coaches are not required to transport athletes back to Credo.

Student drivers need written parental consent to drive to and from athletic events. Players need written parent consent to travel as a passenger with a student driver. (see parent consent form)

## **STRUCTURE OF SCHOOL SPORT**

### **Leagues and Zones**

Our junior teams compete in the Langley District Athletic Association.  
<https://www.evathletics.ca/> (look under the Langley tab)

Our senior teams and all zone playoffs take place in the Eastern Valley Athletic Association.  
<https://www.evathletics.ca/>

We are governed by B.C. School Sports.  
<https://www.bcschoolsports.ca/>

We are members of the B.C. Christian Secondary Schools Athletic Association.  
<https://www.bccssaa.com/>

### **Seasons of Play**

Fall sports (September - November): volleyball, boys' soccer, cross-country, outdoor club

Winter sports (December - March): basketball

Spring sports (April - June): girls' soccer, badminton, track and field, golf, ice hockey



## CONCUSSIONS

At the 2020 BC School Sports AGM a policy was passed to mandate concussion training for all coaches. This training is done by completing an hour long Concussion Awareness Training Tool (CATT). Follow this link to access resources for parents and athletes for Return to Learn and Return to Sport guidelines.

<https://cattonline.com/>

## RESOURCES FOR PARENTS

The following books are recommended for parents who desire to educate themselves on the role of a parent in athletics. All of these are available to borrow from the Athletic Director.

- *Changing the Game* by John O'Sullivan
- *Teaching Character Through Sport* (particularly chapter 12 which focuses on the role of parents in athletics) by Bruce Brown
- *The Matheny Manifesto* by Mike Matheny
- The Ride Home website (True Sport) <https://truesportpur.ca/theridehome>
- *Time Out! The Gift or God of Youth Sports* by John Perritt
- *Five Things Coaches Want Parents to Know* by Todd Howey
- I Am Second website <https://www.iamsecond.com/>