

NCCS SAINTS ACTIVITIES & ATHLETIC HANDBOOK



CURRENT EDITION
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PHILOSOPHY

We, recognizing that every good and perfect gift is from God, including athletic abilities and talents, purpose to teach athletes to use their athletic abilities to glorify God.

(James 1:17-18, Colossians 3:23)

NORTH CLACKAMAS CHRISTIAN SCHOOL

faith · family · foundation · est 1973

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NONDISCRIMINATORY POLICY

North Clackamas Christian School will continue the Christian practice of admitting students of any race, color, gender, national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. The school does not discriminate on the basis of race, color, gender, national or ethnic origin in administration of its educational policies, scholarships, athletic and other school-administered programs.

GRADE LEVEL EXCLUSIVITY

We will not play up student athletes unless lack of numbers requires it. For example, an elementary participant may not practice or play with a junior high team simply because he or she is a great athlete.

COACH TRAINING

The athletic director is required to keep track of the temperature at practice time for fall sports and will communicate with JH and HS coaches if the heat index makes it unsafe to practice. Additionally all of the head coaches at NCCS are required to take an annual concussion management course. This trains our coaches to recognize the symptoms of a concussion and how to handle those situations. Any athlete with we feel might have a concussion, shall not be permitted to return to play. The athlete shall then not be permitted to return until he/she is no longer experiencing post-concussive symptoms, and a medical release form has been signed by an appropriate healthcare professional.

PLAYING TIME

Our philosophy regarding playing time at the varying levels is as follows:

- Elementary: Our goal is for each student to have, as nearly as it is possible to do so, an equal opportunity to participate in the events scheduled.
- JH/JV: Our goal is for each student to have, as nearly as it is possible to do so, opportunity to participate to some extent in each scheduled event.
- Varsity: Our goal is to field the best possible team to represent our school. The coach is responsible to determine the amount of time each individual participates in scheduled events.

PRACTICES

Practices are normally scheduled during the school week, Monday through Friday and sometimes on Saturdays. Practices during a scheduled school vacation will be announced by the coach not later than one week prior to the vacation. There will not be practices or events on Sundays, Thanksgiving Day, Christmas Eve day, Christmas Day, or Good Friday. Generally, practices are held after school and within these time limits:

Elem. teams: 60-120 minutes

JH teams: 60-120 minutes

HS teams: 90-180 minutes

Student participation in sports practices and/or events is governed by these principles:

1. All high school sports will follow the OSAA calendar for start dates for both practices and games.
2. Absence from events, whether pre-excused or not pre-excused, shall be counted as events not participated in for calculating lettering in a sport.
3. **Attendance at practices and games is crucial to the development of our sports programs and is therefore expected in all but urgent and significant situations. If this type of situation arises, the athlete must inform his/her coach as early as possible that he/she must miss practice.**
4. A coach may apply a penalty to student athletes who miss practices or games. The penalty shall be consistent with the coach's stated expectations.

REQUIREMENTS FOR PARTICIPATION

Requirements before an athlete may participate in his or her first practice:

1. Hand in a completed physical form. NCCS requires a new physical every 2 years. HS athletes must turn in the form provided by OSAA.
2. Read the Activities and Athletic Handbook and hand in the signed form agreeing to abide by it.
*We are covering much at that information today.
3. Complete and turn in the Emergency Medical Release Form and the Inherent Risk form – just need to do once per school year.
4. Jenna's Law – Read the concussion information and sign the form
*These Forms are available at the office and on the school website
5. Sign the meeting minutes and parent contract forms.
6. Read and sign the Coaches Rules/Expectations Form

Before the student participates in his or her game, he/she must:

1. Participate in at least five (5) **sport specific** practices before participating in his or her first event **in that sport.**
2. Pay the appropriate sports fee to the office. North Clackamas Christian School charges participation fees in order to help underwrite the cost of the sport. This minimizes support from the general student tuition revenues.

SPECIAL SITUATIONS

If a participant misses part of a school day due to illness, sleeping in or arriving at school late enough to be counted absent for first period, that participant may practice that day but may not participate in any game/event scheduled for that day.

ACADEMIC ELIGIBILITY

In order to remain eligible for a sport or activity, each student must maintain good grades. If a participant has one F or more than one D, on their grade report that participant will fall into academic probation as listed in the chart. Eligibility starts at midnight of the day a progress report comes out and continues until the progress report comes out the following week.

Week	Eligible to:	Ineligible to:
1	Participate in meetings, practices, and events.	Does not apply.
2	Participate in meetings and practices.	Participate in or travel with the team or classmates to events.
3	Participate in meetings and practices.	Participate in or travel with the team or classmates to events.
4	Remain part of the team.	Attend practices/participate in or travel with the team or classmates to any school sponsored event.
5	Last warning week. Grades must be at or above eligibility requirements by the week in order to remain in their school sponsored activity or sport.	
6	Student is ineligible for the remainder of the grading period and is removed from cast/student government office/team roster and is required to turn in all team equipment and uniform(s).	

DROPPING OUT OF A SPORT

By dropping out of a sport a student will forfeit all awards for that sport's season. The athlete may not participate in another sport until the season is complete in the sport that was dropped. Sports fees may be refunded up to one week following the first athletic event in which the student athlete is eligible to participate. Being injured, and placed on an injured reserve list by a physician, does not constitute dropping out of a sport.

ATHLETIC RULES OF CONDUCT

The North Clackamas Christian School Handbook outlines the behaviors expected of all students. The same positive Christ-honoring behavior expected of students in their interactions at school is expected of athletes on the court and athletic field, both during practices and competitions.

Athletes will:

1. Show school spirit for NCCS as they participate in athletic events.
2. Be a good example to other students as they participate in athletic endeavors.
3. Encourage good sportsmanship from teammates, other teams, parents and fans.
4. Be courteous to opponents, fans and officials.
5. Congratulate their opponents after competition.
6. Leave the facilities clean and in order.
7. Arrive at practices and games on time and make sure that they leave school as soon as possible after practice is over.
8. Consult with their coach if a practice or game must be missed.

Athletes will show good stewardship by:

1. Proper and correct use of the school gym.
2. Wearing clean basketball or volleyball shoes in the gym. The athlete will keep these shoes for court use only. **Soccer shoes will not be worn in the buildings.**
3. Using the athletic equipment as intended.
4. Proper care and use of the uniform/equipment that is issued. **At the conclusion of a sports season, the athletes will turn their washed uniforms in to the office in a bag with their name on it within two weeks. Failure to do so will result in grades being held until the uniform is turned in.** The athlete will pay for any lost or intentionally damaged uniforms/equipment.

TRANSPORTATION

For all away events athletes will:

1. Ride in school-approved transportation when provided.
2. Return to the school in the same vehicle unless they are riding with their parents or other arrangements are OK'd by the coach.
3. Have written permission from their parent/guardian before they may ride with another student's parents. This includes a previously completed permission slip that the school will keep on file.
4. Not be alone in a vehicle with a driver without prior permissions from their parent/guardian.
5. Show good stewardship over any and all vehicles used for school transportation.
 - A. When the School provides a bus:
 1. There will be an adult on the bus in addition to the driver whenever possible.
 2. The coach in charge of the group shall insure that the student seating arrangement on the bus is separated by gender.
 3. The bus leaves from and returns to NCCS.
 4. Students shall not be dropped off at any place except NCCS without permission from a parent/guardian.
 - B. When the coach arranges car pool:
 1. Car pool may not use private vehicles with a seating capacity greater than 10 including the driver.
 2. No student may drive for a car pool.
 3. All drivers must have completed a drivers' insurance information form and have it on file in the office.
 4. The coach is responsible to assign which group members ride in which vehicle.
 5. Any athletes needing a return ride to NCCS will be provided one.
 6. Students shall not be dropped off at any place except NCCS without permission from a parent/guardian.
 - C. When parents are responsible to transport their child:
 1. Parents may elect to allow their child to drive him/herself to the event.
 2. Parents may elect to transport other parents' children.
 3. Parents determine the route and whether or not to drop children off at places other than NCCS.

GENERAL HEALTH AND INSURANCE

Prior to the first practice each athlete must turn in a current Emergency Medical Treatment and Permission Form. Every athlete is required to have student accident and health insurance in order to participate in a sport (cf. Parent-Student Handbook, General School Policies and Procedures, Insurance). The athlete must report all injuries to his/her coach immediately.

North Clackamas Christian School requires all athletes to have a bi-annual sports physical exam by a licensed physician/nurse practitioner at the parent/guardian's expense every two years. The physical will be noted on a form consistent with OSAA requirements.

Though NCCS coaches will work to create an atmosphere that is as safe as possible, it should be understood by parents and students that school athletic endeavor entails, at times, extreme exertion and the potential for bodily injury. Therefore, risk is to be assumed by each student participant and his/her parent/guardian.

AWARDS AND LETTERS

The athlete shall receive a Certificate of Participation for:

1. Conforming to rules of conduct.
2. Faithful attendance at practices.

The athlete shall be eligible to receive a Varsity Letter by meeting the following requirements. Only regular season, not pre- or post-season events shall be counted.

Cross Country:	Compete in 80% of the meets
Track:	Participate in a minimum of 80% of practices, all meets (exceptions: physical problem/prearranged absence) and achieve all the coach's written expectations
Volleyball:	Participate in 50% of the total sets
Soccer:	Participate in 50% of the total halves
Basketball:	Participate in 25% of total quarters
Choir:	Participate in 80% of scheduled events
All Sports:	Any Senior who has been in a sport his or her junior and senior years and does not meet the varsity letter requirements may letter with the recommendation of the coach.

LETTERMAN'S JACKETS

The varsity letter should be worn on the upper left side of the front of the jacket. Athlete name is on the upper right side of the front of the jacket. NCCS awards an insert for each sport lettered in and a bar upon subsequent years of lettering in the same sport.

PARENTS' RESPONSIBILITIES

The parents/guardians of a North Clackamas Christian School athlete should:

1. Explain fully to their child's coaches the medical precautions listed on the Medical Emergency Form (i.e.: allergies, physical limitations, previous injuries).
2. Be involved in their child's athletic teams through planning and participation in fund-raising, team activities, awards events and attendance at home and away games.
3. Ask their child for the up-to-date schedules of practices and games, and see that their student athlete is faithful in attending all scheduled team events.
4. Arrange for their child to be picked up from the school no more than 20 minutes after practice is scheduled to end.
5. Expect for the protection of both student athletes and their coaches to remain until the last student is picked up if your own student is the next-to-last student to be picked up after a team event.
6. Communicate with the coach regarding special transportation needs (cf. pg.5, Transportation in the Athletic Handbook).
7. Remember that they represent not only the school but the Lord, and therefore should endeavor to maintain a Christ-like attitude and witness as they observe all athletic events.
8. Have a back-up-plan to provide for the transportation and/or housing needs of their child, if in an emergency, they are not able to pick up their child following a team event. If this person is not available the emergency numbers listed on the Emergency Medical form will be contacted.
9. Actively support and be respectful of their child's coaches and coaching decisions. A parent/guardian concerns about their child or his/her team should be discussed with the coach in a personal and private manner (cf. Parent-Student Handbook, Admissions, Conflict and Resolution).