

TEMPLE CHRISTIAN SCHOOL

PARENT & STUDENT ATHLETIC HANDBOOK

2026-2027



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TEMPLE CHRISTIAN SCHOOL

PARENT & STUDENT ATHLETIC HANDBOOK

INTRODUCTION

This handbook is designed to give basic rules, regulations and important information concerning Temple Christian School's athletic program. These rules and regulations are not intended to punish, nor to restrict, but to protect and uphold the integrity of Temple Christian School and its sports program. These guidelines will help the students, parents, faculty and administration to be more aware of procedures and regulations concerning TCS athletics.

Please keep in mind that this handbook is simply a guide and not totally inclusive. As situations arise throughout the school year, the administration will make decisions concerning those occurrences. The rules included are basic and are to be used in conjunction with other regulations in the school program.

TO THE STUDENT

Your participation in the athletic program is completely voluntary. It is not required for graduation. However, those of you who participate must understand the commitment you have made. You not only represent yourselves, but you also represent your fellow students, family, school, church and community. For this reason, you must assume certain ethical and moral obligations and standards of citizenship and conduct. You must be willing to set goals of excellence and invest the energy and time necessary to attain those goals.

When you are willing to discipline yourself, make the necessary sacrifices, and strive for the highest level of performance of which you are capable, the result will be excellence. You will have the privilege of participating in a program that will be a lifelong source of satisfaction and pride.

TEMPLE CHRISTIAN SCHOOL PHILOSOPHY OF ATHLETICS

W.I.N.

The TCS athletic program exists to provide our students with opportunity to develop physically, emotionally, and spiritually. The mission of our athletic program is to use sports as a way to partner with parents in the Biblical Worldview education of all our students. Sports offer a wonderful environment where students can learn and also thrive in their development while in school. The coaching staff is committed to investing in students to help them grow closer to our Savior while improving their athletic ability and skill set. The TCS athletic philosophy is best explained with the following acronym.

W.I.N.

- With Christ
 - Christ is central in everything that we do here at TCS. Jesus is the Lord and Savior and we strive to disciple every student in our athletic program to a thriving relationship with Him.
- In everything
 - We desire that our students win in all areas of their life. In school, in sports, in conduct, in spiritual growth, etc.
- Now
 - We desire that our students win now in whatever they are doing. Win the drill, win the practice, win the game, win on the test, win when faced with a difficult situation, etc.

TCS would love to win every game we play; however, seeing our students win in life is far more important.

With Christ, In everything, Now.

Multi-Sport Participation and Program Unity

Temple Christian School believes that athletics are an extension of our mission to develop students who learn, serve, and lead. As a smaller school community, we recognize that the success of each athletic program depends upon students, coaches, and families working together for the good of the entire school.

TCS encourages students to participate in multiple TCS sports and to take advantage of the opportunities available to them. Multi-sport participation helps students develop physically, mentally, socially, and spiritually while strengthening relationships across teams and grade levels. Our desire is for students to represent TCS with excellence throughout the entire school year rather than identifying with only one team or season.

Because we are one school and one athletic department, our programs are committed to supporting one another. Coaches will work together to promote cooperation, communication, and unity among teams. Athletes are encouraged to support their teammates in other sports and to celebrate the success of all TCS programs.

At Temple Christian School, we believe that no sport exists independently. We succeed together, we serve together, and we honor Christ together. The victories of one team are victories for the entire TCS family.

Our goal is not simply to build successful teams, but to develop young men and women who grow closer in their walk with Jesus as well as demonstrate humility, sacrifice, perseverance, and a commitment to others. We desire to create an athletic culture where students are encouraged to participate, grow, and contribute in as many ways as possible while pursuing excellence for the glory of God.

I. GENERAL CONDUCT

The conduct of TCS athletes should always demonstrate integrity and sportsmanship. In every situation, our athletes must remember that they are representing Jesus Christ as well as Temple Christian School.

- A. Student-athletes are expected to adhere to all conduct expectations contained in the Student Handbook. Additional athletic consequences may be imposed when behavior is inconsistent with the mission and values of Temple Christian School or is detrimental to the athletic program.
- B. A display of unsportsmanlike conduct toward an official or opponent may result in removal from the game. The use of profanity during a practice or contest will result in a meeting with the head coach and possible suspension. An ejection from an athletic contest will result in a one game suspension and the athlete will be required to pay the fine due to TAPPS. The fine is \$100. Consequences required by TAPPS are automatic and are in addition to any discipline imposed by Temple Christian School.
- C. Use of any illegal drug, alcohol or tobacco will result in suspension from all practices and games for the same duration as the suspension given by school administration.
- D. Unexcused absences from practices or contests may result in reduced playing time, suspension from competition, or other disciplinary action as determined by the head coach.

Excused absences (illness, family emergencies, school trips, or family vacations that have been cleared through the coach ahead of time) will not result in any suspension. However, parents and athletes need to be aware that coaches will start and play the players that give the team the best possible chance of winning. Athletes who miss practices and/or games may not be as well prepared to contribute to the team's success as those athletes who are present. Coaches will use practices and games to evaluate their personnel and determine playing time. As found in the Co-Curricular Contract this is the priority ladder in case of conflicts with the school calendar:

- | | |
|-------------|--|
| Priority #1 | TAPPS |
| Priority #2 | ACSI |
| Priority #3 | TPSMEA |
| Priority #4 | Youth & Government |
| Priority #5 | All other activity or organizations outside of TCS |

II. GAME CONDUCT

- A. Student-athletes and spectators shall not question an official about a call, whether you are participating in or observing a game.
- B. When cheering for a TCS team, only cheer FOR our school. There is NEVER any reason to cheer against the other team. Athletes at TCS should never be involved in taunting or “talking trash” to an opponent. This includes any social media activity. Noisemakers are prohibited at athletic contests held in field houses and/or gymnasiums. Body paint and like decoration shall not be permitted by players or spectators.
- C. Student-athletes shall not laugh at or ridicule another school or athlete from another team. Always treat the visiting school as guests before, during and after the games. Play hard and play to win, but with an attitude of Christian sportsmanship.
- D. Athletes at TCS should never start or contribute in any way to a fight on or off the field or court. No player should ever leave the bench during a fight.
- E. Student-athletes shall not abuse or misuse the facilities of another school. Remember, you are a guest.
- F. Any athlete, student, parent or fan who is ejected from an athletic contest will be required to pay the appropriate fine to TAPPS and will be suspended from attending and/or participating in the next scheduled contest. A player ejection is a \$100 fine. A fan removal fine is a minimum \$250 and will be paid by the person removed. Your FACTS account will be charged for any fine. Any fines imposed by TAPPS are the responsibility of the individual who was ejected.

III. SCHOOL ACADEMIC AND ATTENDANCE REQUIREMENTS

- A. Student-athletes must remain academically eligible under the standards established in the Student Handbook and applicable TAPPS rules. The student-athlete will continue to practice during this time.
 - 1. The grading periods are the first nine weeks, first semester, and third nine weeks. Progress reports do not impact eligibility.
 - 2. Suspension will begin on the day report cards are issued.
 - 3. Grades are evaluated by the principal and athletic director three weeks after report cards are issued. If the student is no longer failing the class, eligibility is restored.

4. If, after the three-week ineligibility period, the athlete is still failing that class, he or she will be ineligible for one additional week. Eligibility will be restored if the student is no longer failing the class. In the event that the student is still failing the class, grades will then be checked at one-week intervals until the student is passing.
- B. Student-athletes must satisfy same-day attendance requirements established by the school in order to participate in practices or contests. Student-athletes must be in class before 8:50AM on school days in order to participate in a practice or game that day. An exception would be made if the student had an event or appointment that prevented the student from attending school on time. For example, doctor, funeral, college day, etc. In this case, the student must present a doctor's note from the appointment or a communication from the parent about the event.
- C. Any student who is ineligible for athletic competition due to grades or detentions cannot miss any classes or school days to attend an athletic event.

IV. MEDICAL POLICY

- A. All athletes must have a physical and a medical history on file in the athletic office before participating in any TCS practice or game during the school year.
- B. Any injury that requires medical attention must be reported to the head coach and athletic director. The athletic director will file a Student Accident Report for insurance purposes. Temple Christian School carries a policy that might help cover expenses for injuries that occur during a game or practice that are not covered by parents' personal insurance policy.
- C. A student who has been injured and is under the care of a Doctor cannot participate again until being released by the Doctor. A release note is required before the student can participate again. Any athlete who suffers a concussion may not return to practice or game play until they are released by a licensed medical professional and have completed return to play protocol.
- D. Extreme Weather Conditions – some practices may be conducted in very hot and humid weather conditions. In those cases, the following policies will be followed:
 1. Mandatory water breaks – TCS practices will incorporate mandatory water breaks scheduled at least every 20 minutes.
 2. Constant availability of water – in addition to scheduled water breaks, water will be made available to our athletes during drill work, scrimmaging and throughout the entire practice period.

3. Modification of practices – TCS will use NCAA guidelines concerning heat and humidity to adjust practices. We may also modify practice length, number of water breaks or we may even move the practice indoors.
4. Gradual acclimatization to hot weather – The first three varsity football practices are conducted without pads. Once pad practice begins, coaches will often have the athletes remove helmet and shoulder pads during drill work that does not require full pads.
5. Coaches will constantly check for signs and symptoms of heat distress and will be trained to handle heat emergencies. Practice may be shortened or even cancelled under extreme conditions
6. In the event of thunderstorm warnings, TCS will use a lightning warning indicator to determine whether or not to cancel practice and or games.

V. ATHLETIC DRESS

- A. All athletes in ALL sports must wear TCS Workout Gear for ALL practices. Students may wear SST gear purchased from the school store, SST award shirts, any TCS athletic apparel or any previous year playoff apparel.
- B. Athletes are expected to report to practices and workouts properly dressed and prepared to participate. Failure to do so may result in conditioning, reduced playing time, removal from practice, or other consequences determined by the head coach. Repeated failure to dress appropriately may result in additional disciplinary action.
- C. Students are responsible for any uniform/ piece of equipment issued from the school. Lost, damaged, or unreturned equipment may be charged to the family's FACTS account.
- D. Proper appearance and preparation demonstrate respect for teammates, coaches, and the athletic program. Student-athletes are expected to represent Temple Christian School with excellence in both conduct and appearance.

VI. PARTICIPATION IN SST (Speed and Strength Training)

- A. SST is the strength and conditioning program for TCS athletes. SST is an integral component of athletic development and injury prevention. Athletes participating in cross country, cheer, football, volleyball, basketball, soccer, baseball, softball or track must participate in the SST program for the entire school year. Extensive research has revealed that weight training significantly reduces injury and enhances athletic ability. Any athlete who withdraws from athletics and quits the SST program during the school year and then desires to return to athletics at a later date of the same school year will be required to make up the days missed in SST through extra

conditioning determined by the athletic director and head coach. This also applies to any student who does not start the school year in SST and then wishes to participate on a team later that school year.

- B. SST attendance and participation is required for all athletes. SST workouts can be modified to accommodate minor injuries to the student. Student must attend and participate in SST if they are practicing or still playing in games. Any student who is not physically able to participate in a modified SST will not be allowed to participate in practice that day.
- C. A parent's note may excuse a student from participating in SST for a length of 3 days due to an injury. After 3 days a student will need to provide a note from a Doctor with regards to the injury and plan for recovery. Students who are assigned SST must participate in the designed workouts unless under restrictions from a Doctor's care. If a student is injured they still need to attend SST as it is a class with attendance.
- D. The junior high SST program emphasizes form, technique and discipline while stressing low weights and high repetitions. This protects young athletes whose bone growth plates are still developing. The high school SST program emphasizes developing a strong "core" to develop the overall athlete as well as speed, agility and explosiveness.
- E. Consistent participation in the program is vital to achieve lasting results. Therefore, all participants will lift before they attend their sport practice. During summer the weight room will be open during specific days and hours to help athletes continue in their improvement. Summer participation is strongly encouraged and expected for athletes seeking to maximize performance and preparation.

VII. PLAYING TIME

- A. In the 6th, 7th, and 8th grade every athlete will receive coaching instruction in practice and will play in every game (including tournaments, championships, etc.) in which he/she is in uniform. Some of the reasons a player might not be allowed to suit up for a particular game are: discipline problem or missed practices. In the 6th, 7th and 8th grades, participation takes greater precedence over winning games.
- B. At the varsity level, the emphasis is on making a commitment to excellence as a team. Therefore, we will make every effort to play as many athletes as possible without jeopardizing the team's opportunity to win. Playing time at the varsity level is determined by the coaching staff and is based upon player evaluation in practices and games. Playing time is not guaranteed and is solely the responsibility of the coaching staff. At the JV level the emphasis is on preparation for the Varsity. The goal is to develop players at this level with playing time that helps prepare them for varsity competition.

- C. Multi-Sport Athletes: Temple Christian School strongly encourages participation in multiple sports. Coaches are expected to work together and communicate in order to support student-athletes who contribute to more than one program. No student shall be penalized for participating in another TCS sport.

VIII. CUTTING

- A. Although we would prefer to allow every athlete to participate in any sport, there are circumstances that may require try-outs and the cutting of athletes. Some of the reasons for cutting may include:
1. The number of athletes who come out for the particular sport
 2. Limited number of teams
 3. Limited number of coaches
 4. Limited amount of gym availability

The decision on whether or not cuts will occur will be on a sport-by-sport, season-by-season basis. There will be no cuts in Cross Country, football, and track.

IX. Commitment to Team Participation

Temple Christian School believes that character is developed through commitment, perseverance, and honoring commitments made to teammates and coaches. Student-athletes are encouraged to finish what they begin and to demonstrate faithfulness in both victory and adversity.

Student-athletes who are injured during a season remain valuable members of the team. Therefore, injured athletes are expected to attend practices, games, meetings, and team activities as if they were healthy, unless otherwise approved by the head coach, Athletic Director, or restricted by a physician. Injured athletes should continue to support and encourage their teammates and fulfill responsibilities appropriate to their condition.

A student-athlete who voluntarily quits a team after the season has begun will be required to sit out the next two consecutive athletic seasons. A student who is removed from a team for disciplinary reasons will be required to meet with the AD before participating in any further athletics at TCS. During this period, the student may continue to participate in SST and other team activities as approved by the Athletic Director.

Exceptions to this policy may be granted by the Athletic Director and school administration in cases involving injury, illness, family circumstances, or other extenuating situations. The decision of the Athletic Director and administration regarding exceptions shall be final.

Students considering leaving a team are strongly encouraged to meet with their coach, parents, and the Athletic Director before making a final decision.

X. MAPS/DIRECTIONS/CANCELLED GAMES

All games and locations will be on the athletic calendar which is located on our school website. In event of late game cancellations (due to weather or other unforeseen circumstances), families will be notified as soon as possible.

XI. TRANSPORTATION

Temple Christian School will make every effort to provide transportation for student-athletes to and from practices and contests. Due to scheduling, staffing, distance, and other circumstances, transportation arrangements may vary from event to event.

A. Transportation to practices and contests may include school vehicles, parent transportation, or approved self-transportation as determined by the Athletic Department and school administration.

B. Student-athletes may be permitted to drive themselves to and/or from athletic events with prior approval from school administration. Approval will be granted on a case-by-case basis.

C. In some situations, Temple Christian School may provide transportation to an event while requiring parents to provide transportation home following the contest. Families will be notified in advance whenever possible.

D. Student-athletes may leave an event with their parent or legal guardian following communication with the coach and completion of any required sign-out procedures.

E. Student-athletes may ride home with another parent or responsible adult only if a Transportation Release Form has been completed and approved in advance by school administration.

F. All student-athletes are expected to follow the instructions and expectations established by coaches and school personnel while traveling to and from practices and contests. Conduct during travel should reflect the mission and values of Temple Christian School.

The Athletic Director and school administration reserve the right to make exceptions to these procedures when circumstances warrant.

XII. LETTER JACKETS

High School student-athletes will have the opportunity to order a letter jacket during the school year. The high school office will send out information on this during the school year.

XIII. COMMUNICATION

24-Hour Rule

Parents are asked not to discuss concerns with coaches immediately before, during, or after contests. A 24-hour period should be observed before initiating discussions.

- A. Clear communication between parents, athletes and coaches will facilitate a positive athletic experience for all. Listed below are a number of steps to enhance communication. It is important also to remember that the first link in the communication network is the one established between coach and athlete. It is vital that your child takes the initiative to speak directly with his/her coach about any topic and before a parent/coach conversation is scheduled.

- B. Conflict Resolution

There are situations that may require a meeting between the coach and parents. These meetings are encouraged. It is important that both parties involved have a clear understanding of the other's position. When meetings are necessary, the following procedure should be followed to help promote a resolution of the issue.

1. Step One: Student-Athlete Contacts Coach – The student-athlete should present the conflict/issue to the coach as soon as possible. It is always best for students to become their own advocates. It is expected that the majority of concerns will be resolved at this first meeting.
2. Step Two: Parent Contacts Coach – If there has not been resolution between the student and coach then the parent should contact the coach directly. Parents are asked to refrain from contacting the coach just before, during or after a game or practice. The parents should contact the coach via email or phone call to set an appointment to meet with the coach.
3. Step Three: Parent Contacts Athletic Director – If a satisfactory solution/resolution is not reached through direct contact with the coach, the student and/or parent should contact the Athletic Director. The coach should be informed that this contact is going to be made. As needed, a meeting may be scheduled involving all concerned parties in an attempt to reach a satisfactory

resolution. The AD will respond to student athletes and parents in a timely manner as to the disposition of their concerns.

4. Step Four: Contacting the Head of School – If there is still not a satisfactory resolution, the student or parent may contact the Head of School. The Athletic Director should be informed that this contact is going to be made. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

****Retribution** – Students and parents must be confident that the voicing of an opinion or concern, using the proper forum and method, is not only free from penalty or retribution, but also is strongly encouraged. The Athletic Director and coaches are committed to ensuring that, after a student or parent raises an issue or concern, there shall be no "retribution" in any form within the athletic department at TCS.

Communication you should expect from your child's coach:

1. Philosophy of TCS Athletics
2. Evaluation of your child's strengths/weaknesses in that sport
3. Recommendations for improvement of sport skills
4. Location and times of all practices and games
5. Explanation of TCS athletic rules and procedures
6. Team requirements (i.e., special equipment, fees, off-season conditioning recommendations)
7. Procedures if your child is injured during participation
8. Discipline that results in denying your child a participation opportunity

Communication coaches expect from parents:

- a. Specific health concerns or injuries dealing with your child
- b. Notification of any practice or game schedule conflicts well in advance

Appropriate issues to discuss with coaches:

1. The mental and physical treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept that your child may not play as much as you, or perhaps they, hoped. Coaches are professionals. They are charged to make judgment decisions based on what they believe is equitable and best for all the athletes involved. As you have read in the list above, certain items are open for discussion with your child's coach. Other decision-making must be left in the hands of the coach assigned the responsibility of coaching your child's team.

Issues not appropriate to discuss with coaches:

1. Playing time
2. Individual Position Assignments

3. Team Strategy
4. Play calling
5. Other student-athletes

XIV. Partnering with Parents

Temple Christian School believes that parents and coaches are partners in developing young men and women who honor Christ through athletics. We ask parents to support the following principles:

- Encourage your child to honor Christ through effort, attitude, and sportsmanship.
- Support all TCS athletic programs and celebrate the success of every team.
- Encourage your child to participate in multiple sports whenever possible.
- Teach commitment and perseverance by encouraging your child to finish what they begin.
- Allow coaches to coach and officials to officiate.
- Model Christ-like behavior and sportsmanship at all contests.
- Refrain from criticizing players, coaches, officials, or other schools in person or on social media.
- Encourage your child to communicate directly with coaches regarding concerns or questions.
- Respect the 24-hour rule and avoid discussing concerns immediately before, during, or after contests.
- Recognize that playing time is determined by the coaching staff and is not guaranteed.
- Remember that the purpose of athletics extends beyond winning games and includes developing character, leadership, discipline, and teamwork.
- Support your child's teammates and their families and help create a positive culture within the TCS athletic community.
- Pray for our coaches, athletes, officials, and opponents.
- Remember that we are One School, One Team, united in our desire to glorify God through athletics.

XV. Expectations for Student-Athletes

As a Temple Christian School athlete, you represent Jesus Christ, your family, your teammates, and your school. Student-athletes are expected to:

- Honor Christ in your words, actions, and attitude.
- Learn, Serve, and Lead in all areas of life.
- Be committed to your team and fulfill your responsibilities.
- Be on time and prepared for practices, workouts, games, and meetings.

- Give your best effort in the classroom, in competition, and in your spiritual walk.
- Be coachable and accept instruction with humility and respect.
- Treat teammates, opponents, officials, and coaches with dignity and sportsmanship.
- Encourage and support your teammates, especially those in other sports and activities.
- Demonstrate perseverance and finish what you begin.
- Compete with integrity and humility, whether in victory or defeat.
- Understand that playing time is earned and determined by the coaching staff.
- Recognize that your value comes from who you are in Christ, not from statistics, awards, or victories.
- Support all TCS athletic programs and remember that we are One School, One Team.
- Represent Temple Christian School with excellence both on and off the field, court, track, and social media.
- Remember that being a great teammate is often more important than being a great athlete.
- Strive each day to become the person God has created you to be.

XVI. Athletic Programs Offered

The following sports are currently offered at TCS:

BOYS:

Cross Country				JV	Varsity
Football	6 th	7 th	8 th	JV	Varsity
Basketball	6 th	7 th	8 th	JV	Varsity
Soccer				JV	Varsity
Baseball	6 th	7 th	8 th	JV	Varsity
Track	6 th	7 th	8 th	JV	Varsity

GIRLS:

Cross Country				JV	Varsity
Volleyball	6 th	7 th	8 th	JV	Varsity
Basketball	6 th	7 th	8 th	JV	Varsity
Soccer				JV	Varsity
Softball	6 th	7 th	8 th	JV	Varsity
Track	6 th	7 th	8 th	JV	Varsity

Waiver of Liability and Assumption of Risk

I hereby acknowledge and agree to allow my student to participate in all practices and away games requiring travel that is organized by Temple Christian School.

I agree to the following terms and conditions:

ASSUMPTION OF RISKS: I understand and acknowledge that there could be inherent risks including but not limited to, travel-related risks, health risks, injury risks, and risks associated with unfamiliar environments. I voluntarily assume all such risks associated with all athletic events on-site and off-site.

RELEASE OF LIABILITY: I hereby release, waive, discharge, and covenant not to sue Temple Christian School, its officers, directors, employees, agents, volunteers, or any participating ministry partners at the above-listed event location, as well as their affiliated partners. (collectively referred to as "the Released Parties") from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained during the event, whether caused by the negligence of the Released Parties or otherwise.

INDEMNIFICATION: I agree to indemnify and hold harmless the Released Parties from and against any and all liabilities, damages, losses, costs, or expenses (including reasonable attorney's fees) incurred by the Released Parties in connection with any claims arising out of my participation in the event.

MEDICAL TREATMENT: I authorize the Released Parties to obtain medical treatment for me in the event of any injury or illness that I may suffer during the event. I understand that I am responsible for any costs associated with such medical treatment.

COMPLIANCE AND INSTRUCTIONS: I agree to comply with all instructions, rules, regulations, and guidelines provided by Temple Christian School and its representatives during the event.

GOVERNING LAW: This Waiver of Liability and Assumption of Risk shall be governed by and construed in accordance with the laws of the state of Texas and Tarrant County, in which Temple Christian School is located and or where the event is taking place. I have read and understand this Waiver of Liability and Assumption of Risk, and I voluntarily agree to its terms and conditions. I acknowledge by my submission and entry of my name below this waiver freely and without any inducement or assurance of any nature.

Parent and Student Acknowledgment

I have read, understand, and agree to abide by the TCS Athletic Handbook and Policies for the 2026-2027 school year. I understand that by participating in Athletics, my student is a representative of TCS and a role model to their peers and throughout the community; therefore, their behavior is held to the expectations listed in this handbook. I also understand that the behavior expectations of this document are in addition to those included in the TCS student handbook.

Student Name _____

Grade _____

Sport(s) _____

Parent Signature _____

Student Signature _____

Date _____

