

TEMPLE CHRISTIAN SCHOOL PARENT ATHLETIC HANDBOOK

2022



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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 of every potential situation that can arise. 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 try out and are chosen must understand the commitment you have made. You not only represent yourselves, but you participate as representatives of 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.

Building Champions for Life:

- To assist our student-athletes in developing a personal, active, daily relationship with our Lord and Savior Jesus Christ.
- To function in a manner that all of our actions bring glory and praise to God.
- Forge the foundation that will yield a lifetime of success for our players.
- Develop student-athletes who are committed to personal excellence and team success.
- Provide inspirational and motivational environment where preparation, practice and hard work generate legitimate opportunities for success.
- Focus on the things we can control, effort and attitude, not the things we cannot control.

- Emphasize the importance and development of fundamentals and techniques necessary for positive experiences in athletics and in life.
- Recognize that student-athletes have both the privilege and the responsibility of representing our school. This increased visibility demands that the students be held to a higher standard of conduct that is glorifying to God, both in school and out of school. "So that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe as you hold out the word of life." Phil 2:15-16a

The primary purpose of the athletic program at Temple Christian School is to help young men and women become more Christ-like. Athletics provides us with the incredible opportunity and responsibility of molding young lives by teaching positive, Christian values.

Participation in TCS athletics prepares a person for the Christian life in a society based on competition and excellence. Our athletes who commit themselves to excellence and learn to deal with success and failure on the playing field will carry this ability with them throughout their lives. The goal of our athletic program is the development and welfare of Christian character traits. It is intended develop an athlete physically, emotionally, intellectually, and socially and in so doing, bring the young person closer to God.

Physically, athletics provides our athletes with the opportunity to develop to their full potential, including the ability to go beyond the limits of normal endurance.

Emotionally, our athletes learn to control themselves under pressure. In a single contest, the athlete may need to deal with elation, frustration, anger, and fear. He or she must learn to win gracefully and to bounce back in the face of defeat.

Intellectually, our athletes develop and exercise their minds as they learn and use the rules, strategies, and plays of the game. They develop mental toughness when they learn that their bodies can withstand considerable punishment.

Finally, our athletes develop socially. They learn to submit to authority as they interact with the coaching staff and operate under the regulations of the game. Through team play they learn cooperation, communication and loyalty as the team strives toward a common goal.

Athletic Department Chain of Command

The athletic director oversees the entire athletic program grades 6-12. The AD works with the administration to provide quality programs. Each assistant coach (middle school, junior varsity, or varsity) reports to the head coach of their respective sport, and all head coaches report directly to the Athletic Director. With that in mind, any questions or concerns should first be directed at the program director.

Affiliations

Temple Christian School is a member of Texas Association of Private and Parochial Schools (TAPPS) for all high school sports.

Football: TAPPS Division IV District 1

All other sports: TAPPS 3A District 1

Sports offered at Temple Christian School

Fall Sports

- Boys- Football (grades 6-12)
- Girls- Cheerleading, volleyball (grades 6-12)

Winter Sports

- Boys- Basketball (grades 6-12), Soccer (grades 9-12)
- Girls- Basketball (grades 6-12)

Spring Sports

- Boys: Baseball (grades 6-12), Track and Field (grades 6-12)
- Girls: Softball (grades 6-12), Track and Field (grades 6-12)

What you can expect from your Coach:

- Maintain appropriate sideline demeanor at all times and model Christ-like self-control.
- Weekly communication regarding upcoming events and other items regarding team progress that will enhance parent/coach communication.
- Will stay with student-athletes after games and practices until all players have been picked up.
- Disciple student-athletes and build family-friendly team atmosphere looking for opportunities to develop character, build relationships in a positive manner. This would include helping them through their life journey, not just their athletic journey.
- Teach fundamentals of sport to student-athletes and create an ideal learning environment.
- Work toward the desired outcome of developing the total student-athlete to become champions for Christ.

Playing Time on Sub-Varsity Teams: Playing time is a great motivation for students to continue participation. To participate, a student needs to be faithful in attendance, hardworking at practice and always attentive. The player with ability should not be hindered from developing his/her skills, nor should the hardworking player with less ability be kept from contributing to the team's play. Athletes who meet the above criteria should be given playing time at the discretion of the head coach. 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 is in uniform. Some of the reasons a player might not be allowed to suit up for a particular game are: discipline problems or missed practices. **In the 6th, 7th and 8th grades, participation takes greater precedence over winning games.**

Playing Time on Varsity Teams: 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. Varsity players should also be given playing time when the opportunity occurs during games. Playing time for a varsity player is not guaranteed and is the discretion of the coach. Coaches should always use good judgment and sportsmanship during a game to keep the score from getting out of hand. Substitutions,

game tempo and pace can all be used to help with a one-sided score. **Individual playing time is a topic that should not be discussed with parents.**

Varsity Goals: The purpose of varsity athletics is two-fold. Primarily, we desire to teach life lessons that will transcend the athletic arena. These teaching opportunities, when coupled with a Christian worldview will impact our student-athletes in a way that will make a lifelong impact forever. The second goal is for us to win championships.

- Provide a positive and rewarding experience.
- Focus on Christ, first, in all we do.
- Instill the concept of team first.
- Development of leadership.
- Teach players responsibility, integrity, and principle of “reaping and sowing”.
- Teach advanced techniques and schemes.
- Strive for Championships.

Sub-Varsity Goals: The sub-varsity goals will follow our varsity goals with a few exceptions.

- Participation and the development of varsity-level skills are more important than winning games.
- Coaches are encouraged to provide “quality playing time” for each athlete but we do not specify a minimum or maximum amount of time each player will be allotted.
- Continue to develop fundamental skills and help athletes understand more complex schemes.

Middle School Goals

We believe that middle school athletics should be challenging and fun for students and the foundation of our High School programs when kept in the proper perspective. Ideally the program will enhance and develop students’ love for the sports they play due to outstanding coaches who encourage, motivate, and inspire kids to passionately use those growing skills and interests to strive toward their potential. Ideally coaches use their expertise to instruct, outside the glare of the spotlight, young athletes to be technically and fundamentally proficient at each sport they play.

Communication

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 before a parent/coach conversation is scheduled.

We are implementing a new communication tool for our coaches as they communicate with players/parents. Coaches are required to communicate with the team through either RENWEB or REMIND.

Conflict Resolution

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 needed the parent 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 Principal – If there is still not a satisfactory resolution, the student or parent may contact the High School Principal. 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:

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

Communication coaches expect from parents:

- Concerns that are expressed directly to the coach
- Specific health concerns or injuries dealing with your child
- Notification of any practice or game schedule conflicts well in advance
- Specific questions regarding TCS athletics and or parent expectations

As your child continues their participation in the TCS athletic program they will experience some very rewarding moments. It is also important to remember that there will be times when adversity and disappointment inevitably occur. At these times discussion with the coach is encouraged.

Appropriate issues to discuss with coaches:

- The mental and physical treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior
- Family concerns that may have an impact on your child and subsequent athletic participation.

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:

- Playing time
- Individual Position Assignments
- Team Strategy
- Play calling
- Other student-athletes

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

Parent/Coach Communication

Both parenting and coaching are extremely tough jobs. By establishing an understanding for each position, we are better able to accept the actions of the other and provide a better experience for the student athlete. As a parent, when your child becomes involved in our athletic program, you have a right to understand the expectations that are placed on your child. This begins with clear communication from the coach of your child's team.

Transportation

TCS does not allow students to drive private vehicles to school-related activities in which they are participating. Athletes must ride the bus to all practices and competitions. Students may ride home from games WITH THEIR OWN PARENTS ONLY. Exceptions to this policy must be approved in advance by the headmaster. If the parent is taking their child home, the parent needs to go to the coach after the game and sign next to the student's name on the roster.

Overnight Trips

Oftentimes for district games and playoff games, teams may need to spend the night at a hotel. The team is expected to stay "together" as a team. Parents will be given notification of the address and name of the hotel in the event they want to travel and stay in the same location as the team.

- In the event a team travels for an extended or overnight trip, all plans will be finalized through the athletic department.

- All parent/student handbook guidelines for off-campus activities and field trips apply to overnight activities.
- Curfew for students will be 11:00 pm.
- Students are never to be in the rooms of students of the opposite sex.
- Hotel security is mandatory for all overnight trips.
- Parents should direct transportation questions to the coach at the beginning of the season. Students may not transport students to any sports activity in order to ensure the safety of students.
- Only G or PG rated movies may be watched on athletic trips. Coaches should be very judicious in the selection of a movie, to ensure it is commensurate with our school's mission.

Out of Season Participation

Club sports are rapidly growing in popularity as a means for athletes to further their skills in particular sports outside the normal season and sometimes in conjunction with. However, these club sports can also have a negative effect on an overall school athletic program if athletes decide it is more important or beneficial to devote their outside of school time solely to club sports. Middle School and JV student athletes may participate on non-TCS teams out of their seasons. Varsity players will need to come to an agreement with coaches. If this cannot happen it will go to the athletic director.

Dual Sport Participation

As a private Christian School it is essential we work together and encourage our students to be multi-sport athletes. Coaches are to be aware of starting and ending dates of other sport seasons in order to coordinate workouts for those players. During the last month of a season, we will allow our players individual or small group workouts in an upcoming sport. Student athletes will not scrimmage or participate in conditioning with the second sport, since these workouts will be limited in frequency, duration, and intensity. For example, a basketball/baseball player will be allowed to hit in the cage, begin throwing exercises, etc, but these sessions will occur at most twice a week and for no more than three hours total. Although finishing one sport while starting another creates a challenge for many of us, none are so great that solutions cannot be found.

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

Multi-Sport Concept and Student Participation

Multi-Sport Concept- All student athletes will be encouraged to participate in any activities whether academically, in the arts, or athletically in which they have an interest. Coaches, teachers, parents, etc, should work together to counsel those student athletes who may become overburdened by too many activities; however, pressure to keep or eliminate any specific activity(s) is completely inappropriate. Specialization is not recommended. In a school our size, it is in the best interest of our athletes to participate in as many sports as possible. Coaches will not encourage or coerce athletes to play or specialize in only one sport and discourage them from participating in another sport. Studies show that very young athletes participating in year-round sports experience “burn-out” during their teenage years at an alarming rate. Statistically speaking, the vast majority (80%) of college scholarships being offered go to student-athletes that participate in more than one sport. The student athlete in consultation with parents, teachers, and coaches should be assisted in making sound, mature decisions in their best interest.

Working Athletes

Because of the demanding schedules of our athletic teams and the responsibility of each student-athlete to maintain a high academic integrity, student-athletes are encouraged not to work during the season. Student-athletes will not be excused from practice due to outside work responsibilities.

Quitting or dismissal from a team

The TCS Athletic Department believes that character is not built by quitting and encourages students to persevere through adversity. We also desire that TCS athletes see themselves as a part of the team even when injuries or academic ineligibility may restrict their participation in practices and games.

1. An injured player is expected to attend all practices and games as if they were healthy.
2. Any student athlete who quits a team will sit out the next seasons. (Ex. An athlete that quits basketball must sit out the following spring.)
3. There will be a two-week trial period at the beginning of the season during which an athlete can choose not to participate in a sport without it resulting in the penalty stated above. Once this trial period has passed or tryouts and team selections have been completed, quitting should never be considered by the athlete or family.

Tryouts for Teams

All coaches may hold try-outs for teams. Some will make cuts based on team size, uniforms, and player needs. When coaches make cuts or determine whether the student is an A or B team player or Varsity or JV player, please understand this is not taken lightly. Athletes will be observed in skills and drills and possible scrimmage situations. The coach

will then choose those athletes based on ability, commitment, character, attitude, and team needs. In order to build a strong program with the facilities and size of coaching staff of TCS, we must maintain teams with numbers we can train and play. A student should always feel free to talk to the coach about why he/she did not make a team so that students can improve for the next year.

Team Cuts:

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 that come out for a 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 football and track.

PARTICIPATION IN SST (Speed and Strength Training)

- A. SST is the strength and conditioning program for TCS athletes. Any athlete participating in football, soccer, volleyball, basketball, 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 and then desires to return to athletics at a later date will be required to make up the days missed in SST through extra conditioning determined by the athletic director and head coach.
- B. The Middle School 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.
- C. Consistent participation in the program is vital to achieve lasting results. Therefore, all participants will lift before they attend their sport practice. Athletes will not lift on game days. During vacation and summer, the weight room will be open during specific days and hours to help athletes continue in their improvement.

Hazing

“Hazing” refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, ***regardless of the person’s willingness to participate***. Hazing activities generally considered to be but not limited to: physically abusive, hazardous, and/or sexually violating. Temple Christian School has a zero tolerance for any type of hazing activity. We not only forbid any such practice, but also the spirit of activity and practical joking that puts another person down. We strive to have our teams be groups that foster Christ-like service and encouragement to all participants. Any action considered to be hazing will result in immediate disciplinary action.

Prerequisites for Participation

- Submit a completed and signed general waiver form.
- Submit a completed and signed TAPPS acknowledgement of rules form.
- Submit a completed and signed athletic waiver form.
- Have record of a current, preparticipation physical evaluation on file in the office with a completed medical history.
- Submit and completed and signed over the counter medication parent permission form.

Practice, games, and athletic meetings affecting worship

TCS is committed to faithful attendance at worship and study time in local congregations. No practices or games may be scheduled on Sundays for any reason, other than special permission for administration and only then because of emergency situations that might arise in playoff scheduling. This is also a TAPS rule that requires self-reporting and penalty if violated.

Coaches must release athletes so they can be leaving school campus by 5:30 pm on Wednesday nights and coaches should be leaving at that time also, even if they are not planning to attend Wednesday night services.

Practice Guidelines/expectations

- One of the most important aspects of athletics competitions is the amount of practice time utilized in preparing our student-athletes for athletics competitions. Practice is an integral part of our athletics program and should be considered as such by all parties involved.

- If a student-athlete makes a decision to participate in any TCS sport, a commitment is made by that student not only to play the games, but also to attend all practices in order to have the best chance at playing the game successfully.
- Practices are not optional unless indicated as being so in rare situations by the coach.
- In the event a player is going to miss practice, they will need to notify the coach prior to practice. A parent call does not “excused” the missed practice.
- Individual coaches will determine the consequences of missing practice and what type of make-up will be necessary.

Athletic Awards and lettering system

- A. Athletic Awards will be given out at separate ceremonies for the MS and HS student-athletes.
- B. Student-athletes will have the opportunity to order a letter jacket 3 times during the year. Jacket sizing and orders will be taken after the completion of each sports season: Fall (November), Winter (March) and Spring (June or August). The student cannot order the jacket until after they have earned it.

RECRUITING

Our school website has lots of detailed information regarding college recruiting. If you have any questions, feel free to contact Coach Hamstra.

ATHLETIC DRESS

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 current year coach-issued apparel or any previous year playoff apparel.

MAPS/DIRECTIONS/CANCELLED GAMES

All games and locations will be on the sports website. Directions to the games will also be on the website. In the event of late game cancellations (due to weather or other unforeseen circumstances), students will be notified as soon as possible and will be encouraged to call their parents to notify them of the change in schedule.

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.

- Any misconduct by a student athlete that is determined by the head coach and school administration to be detrimental to the athletic program or school will result in counseling by the head coach, athletic director and a school administrator with possible suspension.

- 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 counseling by 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.
- 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.
- Unexcused absence from scheduled practice or game will result in:
- Suspension for one contest following the violation.

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:

GAME CONDUCT

- NEVER question an official about a call, whether you are participating in or observing a game.
- When cheering for a TCS team, only cheer FOR the Eagles. 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. 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.
- Never 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.
- 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.
- Never abuse or misuse the facilities of another school. Remember, you are a guest.
- Athletes will travel to and from all contests in transportation provided or designated by TCS. An athlete may leave a contest with parents only.

SCHOOL ACADEMIC AND ATTENDANCE REQUIREMENTS

- Any student who fails one class at the end of a grading period will be suspended from game participation for three weeks. The student is expected to 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.
- A student must be in before 9:00 am in order to participate in a practice or game that day. An exception would be made if the student had an approved medical appointment, funeral (etc). In this case the student must present a signed statement from the Doctor or the parent/guardian.
 - Any student who is ineligible for athletic competition due to grades or D-Halls cannot miss any classes or school days to attend an athletic event.

MEDICAL POLICY

- All athletes must have a physical, TAPPS Form and a signed release for treatment form on file in the athletic office.
- Any injury which 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 covers expenses for injuries that occur during a game or practice that are not covered by parents' personal insurance policy. Accident Claim Forms may be picked up at the administration office.
- A student that has been injured and has had medical treatment cannot participate again until the date indicated by the student's doctor. A student that has been injured and has had medical treatment cannot participate again until the date indicated by the student's doctor. 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.

Parent Expectations:

1. Be positive with your child. Let them know you are proud they are part of the team. Focus on the benefits of teamwork and personal discipline.
2. Encourage your athlete to follow all training rules. Help the coaches build a commitment to the team. Stress that team is more important than the individual.
3. Allow your athletes to perform and progress at a level consistent with his ability. Athletes mature at different ages; some are more gifted.
4. Always support the coaching staff when controversial decisions are made. The coaches need your backing to keep good morale on the team.
5. Insist on positive behavior in school and a high level of performance in the classroom. Numerous studies indicate extracurricular involvement helps enhance academic performance.
6. Cheer for our team and players. Opponents and referees deserve respect. Realize that high school players will make mistakes. Your support is needed during tough times. As a fan, we reflect Christ in our words and actions to our opponents.
7. An athlete's self-confidence and self-image will be improved by support at home. Comparison to other athletes is discouraged. Encourage your son to do their best regardless of others.

8. Winning is great, but building positive team values is most important. The concept of working together to perform a task will have lasting benefits. Winning takes place when all the little things are done correctly.
9. Find the time to be an avid booster of school activities. Help build a solid support system for all programs.
10. Emphasize the importance of well-balanced meals and regular sleep patterns.
11. Persistence and being able to accept a role are extremely important for the team to be successful. Not everyone can be a starter, but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent.
12. Avoid personal contact with the officials. Avoid booing, taunting, and sarcastic/personal remarks directed at opposing players and referees.
13. Recognize and show appreciation for an outstanding play by either team.