

VAIL CHRISTIAN HIGH SCHOOL

ATHLETIC
HANDBOOK

2010 – 2011

" . . . I press on toward the goal to win the prize for which God has called me
heavenward in Christ Jesus. . ." Philippians 3: 14

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Table of Contents

Philosophy

Purpose

Sports Offered

Colorado High School Activities Association (CHSAA)

Parent Participation

Communication

Student Athletic Training Rules and Behavior Expectations

Academics and Eligibility

Awards and Letters

Facilities

Uniforms and Equipment

Injuries

Transportation

Closing

Vail Christian High School

Athletics

Philosophy

The Christian approach to athletics at Vail Christian High School flows naturally from the school's philosophy of Christian education. The purpose and intent of the athletic program at VCHS is to bring glory to God through our participation and involvement in individual and team sports. We desire for our athletes to grow spiritually by teaching to model godly character through their words, their attitudes and their deeds.

Within that philosophical framework, all of our coaches desire to train, disciple and encourage student athletes to perform athletically to the maximum of his or her potential in order to honor and glorify our Lord Jesus Christ. Athletic competition often can serve as a microcosm of life, providing perfect learning situations that teach our young people lifelong, Biblical principles. Using the many kinds of problems and different situations that occur in athletic competition, coaches attempt to build within each student values, so that he or she might be more prepared to serve Christ first.

Consequently, the primary goal of the athletic program at VCHS is to use athletic competition as a positive tool in the lives of our student athletes to bring glory to God through our participation and to develop within those who participate in athletics the character traits of Christ.

Purpose

This athletic handbook outlines for administration, faculty, staff, students and parents important information concerning the athletic program at VCHS. It is comprehensive, yet not exhaustive. Any comments or additions should be directed to the Athletic Director.

The athletic program is an important part of the overall educational experience of students at VCHS and must necessarily conform to the school's philosophy of Christian education. Through the athletic program at VCHS, we aim to accomplish the following objectives:

1. To develop within each student athlete the positive character qualities of Jesus Christ, conforming ourselves to His image and openly expressing those characteristics to others through athletic competition.
2. To learn to give maximum effort for the glory of God in every aspect of the athletic program.
3. To teach the biblical principle of respect for authority; players respect for coaches; coaches, players and fans respect for officials; and all a respect and reverence for God.
4. To instill within every player the principle of setting aside our individual desires and goals for the good of the team.
5. To provide opportunities within athletic competition to learn self-discipline and self-control, because true individual character traits are often revealed in the heat of competition.
6. To encourage and provide opportunities for student athletes to produce and maintain a healthy body.

Sports Offered

Vail Christian High School offers students a variety of sports in which to participate.

Fall Sports: Girl's Volleyball, Dance Team, and Football

Winter Sports: Girl's and Boy's Basketball, Nordic and Alpine Skiing, Dance Team

Spring Sports: Girl's soccer, Girl's and Boy's track

Students are encouraged to participate in VCHS sports all year long. Students are not encouraged to play more than one sport at a time within a given season. The only exceptions will be made by the Athletic Director with the consent of the individual coaches and parents and tend to be restricted to individual sports.

Some programs offer various levels within the sport. The Junior Varsity level attempts to refine basic concepts of teamwork, has an emphasis on skill improvement, and a focus on fundamental strategies. At the varsity level, competition is more intense and requires an increased level of desire and commitment from each individual athlete. Coaching demands at the Varsity level are more intense and to compete at this level requires complete dedication by the athlete and complete support of parents for the athlete while competing.

Colorado High School Athletic Association (CHSAA)

Vail Christian High School is a member of the CHSAA and all sports offered at VCHS are governed by the CHSAA bylaws. Student athletes and parents are encouraged to become familiar with the CHSAA bylaws by reading the handouts from the Athletic Director. Athletes and parents may also find more specific information on the CHSAA website: www.chsaa.org. Any questions regarding the CHSAA bylaws and how they may affect the student-athlete should be directed to the Athletic Director.

With the exception of football, all athletic teams at VCHS compete in either at the 2A or 3A level within the Western Slope league. Football at VCHS competes within the 8 man Central league.

Parental Participation

As part of the VCHS partnership with parents, the athletic department requests the involvement and participation by parents of student athletes in the overall function of the athletic program. Because of continual yearly budget constraints and limited athletic department manpower, there are numerous areas and activities that need parental support and volunteer time in order to function properly. Please contact your student's head coach or the Athletic Director to learn more about the many opportunities to help with game management, ticket gate sales, team parent, transportation, etc.

The VCHS Booster Club is a very active parent fundraising group and there are many opportunities to support the school's athletic and extra-curricular programs through the Booster Club. Please contact any Booster Club member or the Athletic Director for more information.

The Vail Christian High School athletic department depends on the support and involvement of parents in its goal to develop student athletes into the image and likeness of Christ through athletic competition. To build those desired character qualities into our student athletes, parents must agree with the school's philosophy of Christian education and the school's athletic philosophy. Parents should also be supportive of the decisions of the Athletic Director and the coaches and take the proper steps in handling conflict whenever it may arise. It is important to remember that both winning and losing in athletic competition provide valuable biblical and life lessons for our students that might not ever be learned anywhere else.

Parents and fans should model proper behavior while watching our student athletes compete. This modeled behavior is just as important as the behavior of the athletes on the field. We expect our parents and fans to model good sportsmanship and positive Christian testimony by adhering to the following principles:

1. Show proper RESPECT to the players of both teams, remembering that each one is someone's son or daughter. Likewise, respect the visiting crowd treating them just as you would like to be treated in their gym or at their field.
2. Show proper respect for the officials and for their legitimate POSITION OF AUTHORITY over the game.
3. Remember that the other team's players, coaches and fans are not our enemies. JUST OUR OPPONENTS in a game.
4. Please DO NOT "BOO" otherwise show a negative reaction or behavior toward on official's decision or a player's performance.
5. Remember that the Lord sees our actions and He knows our THOUGHTS and the INTENT OF OUR HEARTS.

Communication

The VCHS coaches and Athletic Director are committed to communicating regularly and effectively with parents and student athletes. Coaches will communicate practice times, departure times for competitions, parent volunteer needs, etc. by email. It is the parent and athlete's responsibility to check their email daily for any sport specific information that has been sent out. The Athletic director will be sending out more general information regarding the athletic programs via email as well.

Please also check the monthly newsletter for athletic department news and information. The newsletter is sent via email during the first or second week of each month.

Team schedules (and any changes that might occur during the season with these schedules) can be accessed through the website www.highschoolsports.net. It is in every family's best interest to create a login to this site. You can create your own preferences and changes to schedules will automatically be sent out to you when the Athletic Director makes them. This site also has directions to other schools via Mapquest. This is a very valuable website and currently serves as the central calendar for all of the events and important dates that make up the busy VCHS school year. If you have questions regarding highschoolsports.net, please contact the Athletic Director.

Student Athletic Training Rules and Behavior Expectations

Even though the Head coach in each individual sport may have sport specific rules and guidelines for that sport, the following rules are in effect for all athletes, managers and trainers at VCHS:

1. **ABSOLUTELY NO USE OF DRUGS, ALOCOHOL OR TOBACCO.** Proven use constitutes disciplinary action by the principal, Athletic Director and coach. Individuals suspected of violating this rule will be required to appear before the Athletic Council, consisting of the athlete's coach, the Athletic Director, a permanent non-coaching faculty member, a faculty member of the athlete's choice and an administrative member of the athlete's choice. The consequences for violation will be a minimum suspension from the team for 1/3 of the contests at that level. A suspension may run into the next season if the suspension occurs at the end of a season. The suspended athlete may be allowed to practice with the team during the suspension. A reinstatement conference between the coach and the suspended athlete is required prior to returning to the team. This is to gain feedback and a recommitment from the athlete.
2. **ATTENDANCE** at all practices and games is **NECESSARY**. Discipline may occur by the individual coach when the absence is deemed "unexcused" or excessive.
3. Any **IMPROPER OR QUESTIONABLE LANGUAGE** will not be permitted. Disciplinary measures will be taken by the coach, Athletic Director or Principal.

4. MAINTAIN SCHOOL DRESS AND HAIR CODE at all times. The coach may mandate other dress specifications. Team unity is the focus for dress and will be standardized by each coach.

5. ATHLETES WILL BE HELD TO A HIGHER STANDARD with regards to their behavior.

Academics and Eligibility

Even though the athletic program is an important part of the overall Vail Christian experience, the mission of the school remains academic education. In light of our Christian educational philosophy and the school's mission, the VCHS athletic department endeavors to monitor the academic progress and to encourage the academic achievement of each student athlete. To accomplish this, there must be continuous, clear and frequent communication between the athletic department, coaches, teachers, parents and athletes. We continuously monitor the academic eligibility of student athletes in order to comply with CHSAA eligibility rules. To monitor student academic progress, teachers, coaches and administration monitor student's progress to ensure they are succeeding in the classroom. For some athletic events, athletes must be dismissed early from school and likely will miss some academic work. Early dismissal for away games or practices is never an excuse for failure to fulfill academic responsibilities. Each student athlete is responsible for contacting teachers before early dismissal regarding work or assignments that might be missed or assignments that are due that day. Student athletes must coordinate with the teacher to make up all missed work, including written assignments, quizzes and tests. All assignments not completed will result in failure for that work and will jeopardize the athlete's eligibility.

The Athletic director will run a weekly grade check on all student athletes. This grade check will take place on Tuesday mornings and it will be used to determine the academic eligibility of all student athletes for the next week. Any student athlete with a cumulative average of less than 60% in anyone class OR a cumulative average of less than 70% in two or more classes will be declared "ineligible" for the following week. An athlete that is declared "ineligible" will not be allowed to compete in any contests that have been scheduled beginning Wednesday and continuing through to the next Tuesday, when grades will be checked again. Whether the athlete will be allowed to practice with the team during the week of ineligibility will be left to the discretion of the parents, coaches and Athletic Director.

To be eligible to participate in CHSAA sanctioned sport programs, students must comply with all the CHSAA eligibility requirements as outlined in the 2008-09 CHSAA brochure. (Included with this handbook.) Transfer students may be ineligible for a period of time according to CHSAA policies.

Except for special circumstances that have been cleared by the administration, **students are required to be in school for more than half of the school day to be able to participate in athletic events or practices that day or in events scheduled for Saturday if the absence occurs on Friday.**

Awards and Letters

Vail Christian High School awards a letter in all varsity sports to athletes who meet certain criteria as outlined by the Head Coach of each sport. Students of the Junior Varsity will be awarded a certificate. "Bars" and pins will be earned for each additional Varsity letter award.

At the end of each sports season, each individual coach and team will hold an "awards" event to recognize the individual athletes and outstanding achievements according to the guiding principles and goals established by our athletic philosophy. Our goal is to recognize in each sport the obvious outward athletic abilities, talents and achievements of the past season, but also we desire to recognize those other vital qualities that have been formed and displayed in athletes during the competitive season.

Facilities

The Lord has blessed VCHS with our own facilities! These include the gym, locker rooms (boy's and girl's varsity and PE) and a fully outfitted aerobics and strength room. We also have use of off-campus facilities including the Freedom Park soccer fields, St. Clare of Assisi practice field and the Eagle Valley High School football field. We encourage our athletes to take ownership of these facilities and to become good stewards of the facilities that we have been blessed with. Misuse or destruction of any of these facilities or any other school's facilities will not be tolerated.

Uniforms and Equipment

The coach for each individual sport will issue uniforms before the first competition. Athletic game uniforms are very costly, so please be good stewards of the uniforms we have. They should be washed regularly and returned at the end of the season washed and cleaned. Athletes should treat all school athletic equipment with care. Any loss or damage to school equipment or uniforms due to negligence or carelessness by a student athlete will be repaid in full by that student who is deemed responsible.

Injuries

Warning of Inherent Risk

Participation in athletic competition includes the inherent risk of injury, which may range in severity from minor injury, to disabling injury, even death. Although serious injuries are uncommon in structured, supervised athletic programs, it is virtually impossible to eliminate all risk. Participants can and do have the responsibility in helping reduce the chance of injury by obeying all safety rules of each sporting activity, reporting all physical problems to coaches, following proper guidelines for safe play in athletic competition and inspecting the integrity of their own equipment. Vail Christian High School takes the necessary precautions to provide student athletes a proper and safe environment for competing athletically.

It is very important that student athletes report all injuries to your coach so that proper aid may be given. This includes injuries or problems that occur outside the sport the athlete is participating in. Athletes should let coaches know about any allergies, medicines, problems or other ailments that might require special attention. The athletic department at VCHS has established a strong working relationship with **Vail Summit Orthopaedics (VSO)**. VSO will be providing a trainer at most home athletic events as well as regular visits by the trainers to practices. VSO trainers will evaluate injuries to athletes and may recommend to the athlete and his/her parents that a doctor performs a more extensive evaluation. The athlete may then arrange to see any physician of their choice. Questions regarding this process should be addressed to the Athletic Director.

Conditioning is the athlete's responsibility prior to the start of every season. Athletes should prepare themselves so that they can stand the physical stress that practice will put on your body. Athletes are encouraged to visit with their coaches regarding pre-season conditioning guidelines.

Transportation

Vail Christian currently relies heavily on parents to transport student athletes to away competitions. A concerted effort is being made by the school to secure bus transportation to our away events. Until this is accomplished, parent transportation will be used and is greatly appreciated. Head coaches will be contacting parents to help drive. **Parents who drive student athletes to events must have a copy of their driver's license and insurance card on file with the Athletic Director. Parents should be aware of the liability issues involved with driving other students and may choose not to drive other students in their personal vehicles.** The school will certainly understand and support this decision.

VCHS owns an SUV that will occasionally be used by coaches to transport student athletes to practices and competitions. Parents must have a signed consent form on file with the school before their son or daughter will be allowed to ride in this vehicle.

For all local practices (and some local competitions) away from the VCHS campus, only students who drive and have a signed parental consent form on file with the school will be allowed to drive to these events.

Closing

In closing, the VCHS Athletic Department would like to encourage each student athlete by wishing you the very best in all your athletic endeavors. If we can help you in any way, please let us know. It is our heart's desire to help each student athlete grow in grace and in the knowledge of our Lord and Savior Jesus Christ. We pray that the sports program at Vail Christian High School will truly encourage you to develop and mature. Our hope is that through the athletic program at VCHS you will strive to do your absolute best by using your God-given talents and abilities in athletic competition so that you will bring glory to Him!