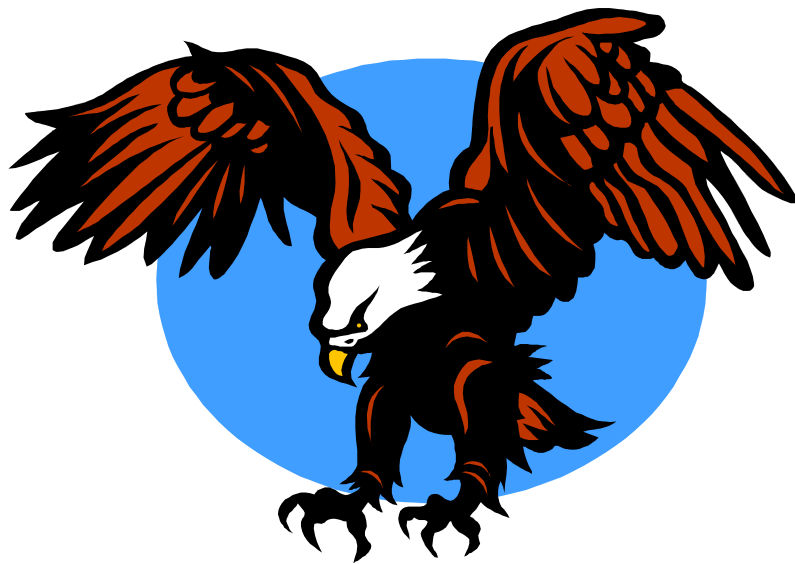




***Cedar Park Christian Schools***  
***STUDENT-ATHLETE HANDBOOK***



# **Cedar Park Christian School Student–Athlete Handbook**

## ***Introduction***

Cedar Park Christian School (“CPCS”) is a member of the Washington Interscholastic Activities Association (WIAA) and we participate in inter-school athletics as a member of the Emerald City League (high school) and Cascade League (middle school). All policies for participation will be in full compliance with WIAA standards and our league standards.

## ***Athletic Philosophy***

All extracurricular activities sponsored by Cedar Park Christian School are offered as opportunities for young people to enrich their lives. All we do should be a testimony to the love of Jesus Christ, and the actions of coaches and student-athletes should reflect a strong Christian commitment. Extracurricular activities are an addition to the spiritual and academic achievements that should be considered a privilege and not a right. Students must adhere to Cedar Park Christian School policies to continue to earn the right to participate. CPCS wants to provide a quality program that encourages participation of a large portion of the student body, while at the same time emphasizing that self-discipline, commitment, and competition are all a part of the athletic arena.

## ***Academic Standards***

Cedar Park Christian School Athletic Eligibility policy states that a student-athlete must maintain a 2.0 minimum GPA and not be failing or have an incomplete in any course at the end of any grade evaluation period in order to continue full participation in sports. At the secondary level, grade evaluations will occur at semester, quarter and three-week intervals. If a student-athlete does not comply with the academic policy they will be ineligible to participate in contests until the next grade evaluation, and cannot be dismissed from school early in order to travel to games. While the student-athlete will still be allowed to practice with their respective team, athletes will be expected to work out an agreement with the coach and teacher regarding after school assistance with academics. Following an all secondary grade evaluation date student-athletes who are ineligible must obtain a Weekly Academic Progress Report from the school office on Monday’s, prior to first period. This form must be turned in to the office by 3:00 that same day for administrative review. This procedure is to be completed every Monday until the next all secondary evaluation date. Eligibility may be granted on a week to week basis after administrative review. Eligibility status will remain the same over school vacation periods. To determine academic eligibility for the fall sports season, grades from the prior school year semester will be used. Student-athletes who are academically ineligible for the fall sports season may not participate in games until they have been cleared by the first grade check, which takes place approximately three weeks into the school year. High school athletes who begin practicing before the first day of school may attend all practices.

## ***Athletic Standards***

Personal appearance and dress code guidelines will be followed as stated in CPCS Student Handbook. In addition to those guidelines, the following requirements also apply: All student-athletes must wear chapel attire on game days. If a student-athlete comes to school not dressed in chapel attire they will be given until the beginning of fourth period to rectify the situation. If the situation is not rectified by then, the student-athlete will be in violation of the dress code policy. Student-athletes will be given 2 “forgetful days” in which they have to rectify their dress attire by fourth period. The third time a student-athlete shows up to school not dressed in chapel attire, they will be suspended from participating in the game that day. If a student has a field trip to which wearing chapel attire would not be appropriate an exception may be made. Student-athletes must notify the Athletic Director at least one day in advance of the field trip. Soccer, Baseball, Softball, Golf and Track athletes may change into game attire before leaving for their contests. All Volleyball and Basketball athletes must wear chapel attire to the facility where they are playing unless dressing rooms are not available at that location. Coaches will determine when Volleyball and Basketball athletes can dress down after arriving at the game facility. Only the uniform issued to the student-athlete is to be worn during a CPCS game.

## **Guidelines for Student–Athlete Conduct**

1. All participants must be eligible under WIAA physical and academic regulations to participate in an interscholastic contest.
2. Each participant must abide by the written rules, policies and academic requirements of Cedar Park Christian School.
3. All athletic fees and forms are due one week prior to the first practice. Refunds may be given up to one week following the first practice.
4. The following are the written rules of Cedar Park Christian School athletic programs:
  - a. Parents and students must give serious consideration when making a commitment to participate in athletics prior to the start of the season. All students wishing to participate must report to the first official practice. After that date, joining a team will not be permitted by returning enrolled students. Exceptions may be granted for newly enrolled students.
  - b. Players will attend all practices and games on time. Players who know in advance that they will be absent from practice are to notify their coach as soon as they are aware of this situation. For both games and practices, student-athletes must attend classes a minimum of 3 ½ class periods in order to participate that afternoon or evening.
  - c. Unexcused absences from practice or games may result in game suspension or dismissal from the team based on each coach's policies.
  - d. Award Nights are designed to honor the athletes, parents, and coaches. Attendance at this event is considered part of the season and is mandatory in order for an athlete to receive their letter or participation certificates and plaques. If there is an extenuating circumstance that prohibits the athlete and parents from attending, the situation needs to be discussed and approved by the coach in advance.
  - e. Players will demonstrate a positive image at all times during the season. You are never to do anything to discredit yourself, family, school, team, coach or God.
  - f. At all times during the season, including weekends and vacations; members of the Cedar Park Athletic Program will completely abstain from the use, possession or distribution of tobacco, alcohol, and illegal drugs. Any infraction will result in severe discipline procedures with probable dismissal from the program.
  - g. Players will treat facilities and all equipment respectfully and maintain high standards of behavior whenever in another school's facility.
5. Any participant failing to comply with the rules of conduct shall be subject to disciplinary action and/or dismissal from the program.
6. Awarding of varsity letters will be at the coach's discretion according to their established criteria.
7. High school varsity competition may include practices or games during scheduled school breaks. Athletes and their families will be expected to honor the time commitment that may be required.
8. Athletes make a commitment to teammates and coaches when deciding to play on a team. If an athlete quits a team, it is often very disruptive to the rest of the team and the coaches. It also potentially takes a position from someone else. For these reasons, an athlete will be deemed ineligible for a sport they quit the previous year. For example, if a student quits golf as a sophomore, they would be ineligible for golf as a junior, but would still be eligible for a different spring sport. An exception to this may be granted due to an extenuating, documented, medical reason. Further, any athlete who quits a sport or activity will be required to have an exit interview with the Athletic Director.

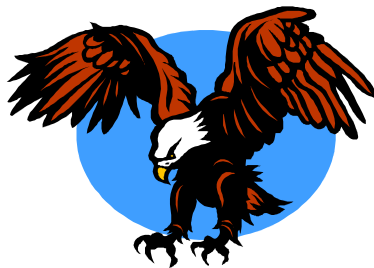
## **Safety Guidelines**

Cedar Park Christian School strives to protect each student from possible injury while engaging in school activities. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures and properly fitting equipment are important aspects of this training program. Each participant is expected to follow the directions and safety standards of their coach. While all athletic activities have risk factors associated with them, adhering to the following guidelines may minimize injuries:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Advise the coach of any physical hazards in or around the participation area.
6. Comply with all rules specific to the sport you are participating in.
7. Be alert to risks associated with exposure to bodily fluids such as blood. Familiarize yourself with preventive procedures established to protect against communicable diseases transmitted through bodily fluids.
8. Immediately wash hands and other skin surfaces if in contact with blood or bodily fluids. Uniforms must be properly disinfected or changed before participation in the program.
9. Under no circumstances may athletes participate in any physical activity during practices or games without the coach's supervision.

## **Transportation Guidelines**

Cedar Park Christian School and the Athletic program are very concerned about the safety of our student-athletes before, during and after competition. CPCS wishes that all student-athletes utilize the transportation provided by the school as their first priority for officially sponsored athletic events. School transportation is to be used by team members only. Private cars will only be used for travel from CPCS when needed, as authorized by the Athletic Director. All student-athletes will leave CPCS in vehicles provided to them by the school unless specifically stated that private transportation will be needed for a particular game. If a student-athlete chooses to leave any game site outside of CPCS with their parent, the parent needs to make personal contact with the coach and let them know of their departure. No student-athlete may leave any facility with anyone other than their own parent or guardian releasing them to travel with a specific adult without written notification.



### **ROLE OF AN EXCEPTION :**

Cedar Park Christian School reserves the right to grant an exception under these policies on a case-by-case basis for any reason, and an exception granted to one individual applies only to that individual and does not apply to any other individual, parent, or guardian.

## **Guidelines for Parents / Families of Student-Athletes**

- Prior to the season, strive to increase communication with your child by asking the following questions: Why are you playing? What is a successful season? What goals do you have? What do you think your role will be on the team?
- Recognize that having fun is the top priority for student participation in sports.
- Attend pre-season meetings and as many games as possible.
- Be a model not a critic; model appropriate behavior, poise and confidence.
- Release the control of your child to the coach and team.
- Please direct your child to voice their concerns / thoughts directly with the coach.
- Unless it is a medical emergency, please wait 24 hours before communicating a concern to a coach. Always be respectful when communicating with coaches, addressing appropriate topics such as the mental and physical treatment of a child, ways to help an athlete improve, concerns about behavior, etc. Inappropriate subjects to discuss with a coach include playing time, strategy, and other team members.
- Do everything possible to make the athletic experience positive for your child and others.
- Remember, it is not about “You” as you view the game with team goals in mind.
- Attempt to relieve competitive pressure, not increase it.
- Encourage multiple sport participation for your child.
- Accept the judgment of the officials and coaches-remain in control.
- Respect mistakes made by the athletes who are giving their best effort and concentration.
- Be an encourager for athletes to keep perspective in both victory and defeat.
- Accept the goals, roles and achievements of your child.
- Be a good listener and avoid making derogatory comments about coaches or players.
- Dignify mistakes made by the athletes who are giving their best effort.
- Realize that your child needs “time and space” after a game. The more emotional the game was, the more time and space they need.

## **Role of the Student-Athlete at Cedar Park Christian School**

- Focus on relationship building with the Lord, your family, your teammates, and your coach.
- Commit to never let your team down on the field, at practice, in the classroom, or in public.
- Perform for an audience of one - the Lord.
- Play the sport for fun.
- Be humble when you win and gracious when you lose.
- Respect and abide by the rules of the game.
- Put the team ahead of yourself in every situation.
- Accept decisions made by those in authority and communicate directly with your coach.
- Demonstrate respect to your opponents, coaches, and teammates.
- Be accountable for your own actions.
- Develop a teachable spirit that allows you to take correction as a compliment.
- Accept and embrace the discipline involved in athletics because it benefits the team.
- Be an athlete that pleases God, family, and friends.