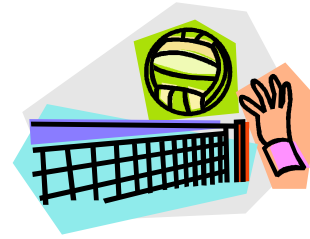


SUMTER CHRISTIAN SCHOOL



HANDBOOK FOR CHRISTIAN ATHLETES
Revised October 24, 2008

"The fear of the Lord is the beginning of wisdom" Proverbs 19:10a.

WISDOM: INTELLECTUAL DEVELOPMENT

Christian athletics provides an opportunity for the development of Christlike mental processes and responses through Godly teaching, coaching, and fellowship. Since athletes are emulated by the student body, they must meet high standards. They must realize that academics take precedence over athletics.

Academic requirements

Grades are checked during each sport for athletic eligibility. The first quarter grades determine eligibility for winter sports, the second quarter grades determine eligibility for spring sports, and the fourth quarter grades determine eligibility for fall sports. The following requirements must be met, or the student is ineligible for practice or games.

1. A 77 average or above for all academic courses (Band, P.E., Teacher's Aid, etc. are not included) during the eligibility period
2. No more than one failure in any of the core academic subjects, regardless of the overall average
3. Must meet weekly grade checks to remain on the team if there were a failing grade during the eligibility period

STATURE: PHYSICAL DEVELOPMENT

All athletic endeavor, whether Christian or secular, will involve physically demanding exercise. This, of course, will improve one's physical conditioning. In order to derive the greatest benefit from participating in sports, the following general guidelines are established.

Practice expectations

These expectations are designed to produce a desire on the student's part to be loyal to the team and to develop the essential Christian character traits of punctuality and responsibility.

1. Students who are present at school are expected to attend practice. Students cannot practice on days they are absent from school.
2. Students who are absent on a game day (or arrive after 11:00 a.m.) may not play in the game.
3. Practices are usually not scheduled on Wednesdays. Players are encouraged to be regular in attending mid-week prayer services. If practices are scheduled for Wednesdays, they will end by 5:00.
4. Athletes who work must schedule their jobs around practices and games.

EXPECTATIONS FOR TEAM TRAVEL

Before the season

(Get in good physical shape and work on individual skills.)

Turn in the following to your coach: Participation and travel form, Emergency treatment form, Christian Testimony Statement, Student Medical History form.

Turn in the record of physical examination to the office.

Pay the athletic fee (due before the first game).

Before the game

Be sure your parents know when to pick you up at school.

Remind them to check the answering machine before leaving home.

Let teachers know when you are leaving.

You are responsible for homework and tests for any classes you miss.

Locate books and other belongings for pickup after the game.

No radios, tape players, etc., are to be taken to away games.

On the bus

Use the restroom before leaving school.

Sit in assigned seats. Stay in them while the bus is moving.

Keep all body parts inside the bus.

Keep all food, drink, gum, etc., outside the bus.

Avoid excessive perfume and cologne use, as well as hair spray.

Keep the emergency exit clear at all times.

At the game

Wait for the coach to instruct you to leave the bus.

Make positive comments about the other team and the facilities.

If not playing in the game, then watch and cheer for the team.

Show respect for the officials.

Pick up trash before leaving the facility.

At the restaurant

Girls leave the vehicles first. They may not order for others.

Walk through the parking lot, watching for cars.

Eat only at restaurant(s) selected by the administration or coaches.

Show common courtesy to other guests in the restaurant.

Seek to order standard items to keep lines moving.

Confine yourself to areas designed for adults.

Make conversation cheerful and subdued.

Clean the area before leaving.

Use the restroom before departure.

Stay in the restaurant until an adult returns to the bus.

At school

Close all bus windows and take all articles off the bus.

Remove cleats before entering the buildings.

Keep halls and restrooms presentable. The custodian already cleaned.

All students need to be picked up within 30 minutes after arrival or be suspended for one game. Non-players will be banned from traveling with the team.

NOTE: Disregard for these guidelines may result in your not being permitted to travel to one or more away games.

STRIVE TO REPRESENT THE LORD AND SCS IN THE VERY BEST MANNER POSSIBLE.

Awards

An Awards Program will be held at the end of each school year. Letters, pins, trophies, and certificates are presented during this program. The Stephanie Powell Academic-Athletic Award is presented to the junior or senior with the highest average, provided he/she has played at least two sports.

Parental responsibilities

Before the season begins, parents should read this handbook and complete the appropriate forms. Filling out medical history and medical release forms carefully is most important. Paying fees promptly saves the student from having to be reminded that the bill is outstanding. Players may not play until the fees are paid.

After the season begins, parents need to insure proper diet and adequate sleep for team members. Self-discipline in study habits becomes vital during the season in order to maintain the highest possible level of academic performance.

Parents should attend games when possible. They should plan to pick students up promptly at the end of practices, and according to the published schedule for return times for away games. Coaches may not leave any student unattended, so they may not leave until the last student has been picked up. Always check the answering machine at SCS before leaving home. If the team will be more than 15 minutes late, you will hear a message giving the revised arrival time. If the answering machine is answering another call, there will be no "busy signal" since we have five lines. If there is no answer, continue calling.

Parents should support the coach and his decisions in conversation with young people. If there is a legitimate concern, it should be addressed directly to the coach.

At games, parents should cheer positively for SCS, but not against the opponent. Remember that the administration teaches students that interscholastic competition is primarily for fellowship and testimony, not for beating an opponent. Hissing, booing, and other such unchristian conduct is inadmissible. The calls of the officials represent God's authority for the contest. Parents who complain about officiating are in fact undermining their own God-given authority in the home.

Summary Statement

The administration of SCS reserves the right to modify any of these guidelines at any time with or without prior notice.

A Christian Philosophy of Athletics

"And Jesus increased in wisdom and stature, and in favor with God and man" Luke 2:52.

Athletics in the Christian school exist to provide an atmosphere in which the Christian athlete may develop Christ-like character by applying sound biblical principles to physical competition. The athlete will achieve spiritual and physical development by submission to the control of the Holy Spirit. Ultimately, Christian growth should be observable in the lives of participants and spectators alike.

Sumter Christian School is committed to the spiritual development of the whole person. Every part of the student's being is included in God's plan for his life. Competing with one's peers on an interscholastic level provides an important opportunity for growth, both spiritually and physically. The desire to win is a legitimate aspect of any athletic endeavor, because winning indicates a high level of self-discipline and accomplishment. It is a fruit of effort; but it is not the only reward, nor the most important one. The highest goal for any believer is to glorify Christ! The athlete who has maximized his athletic potential, done his best, and given all glory to Christ, will have a more gratifying relationship with Him and a more fully developed ability to serve Him effectively.

It is not the intention of Sumter Christian School to offer interscholastic athletics to provide a launching pad for an athletic career. Education cannot be subordinated to athletics. Sports should be only an adjunct to consistent, quality classroom instruction. To make athletic competition an end in itself runs contrary to a sound philosophy of Christian education and, indeed, to properly conceived secular education.

From a positive perspective, athletic competition provides fellowship opportunities with players, coaches, and fans from other schools. If that fellowship is overshadowed by rivalry, the competition becomes counterproductive and displeasing to the Lord. The competition also displays to spectators and officials the "all things have become new" principle (II Corinthians 5:17) in the athlete's personal deportment. If that testimony is not rendered faithfully, the competition has again become displeasing to the Lord. Coaches must insist on the prominence of these two elements, and they must model their importance to the young people.

"When a man's ways please the Lord, he maketh even his enemies to be at peace with him" Proverbs 16:7.

FAVOR WITH MAN: SOCIAL DEVELOPMENT

As this verse indicates, if the athlete is right with God, he will also be right with man. He needs to be aware of this responsibility to relate properly to his parents, his pastor, his coach, his teachers, his schoolmates, the opponents, to name but a few of the more obvious relationships.

Conduct requirements

1. If a student receives 50 or more demerits during the eligibility period, he may begin the next season, but if he receives 10 demerits during that season, he will be removed from the team for the remainder of the season
2. No serious infraction of Christian conduct expectations which, in the judgment of the coach and principal, makes the student an undesirable representative of SCS
3. Regular church attendance
4. Good Christian testimony
5. Agreement and adherence to the Christian Testimony Statement

Dress requirements

Players are expected to abide by the guidelines set by the coach in each sport. Sharp dress promotes sharp thinking and sharp performance. As a minimum, athletes must meet the school dress code. Players may wear the following clothing to and from the game:

Boys:	Tops	school dress shirt SCS P.E. shirt SCS "Bear" shirts wind suit jacket uniform top/team shirt	Bottoms	school dress pants SCS P.E. sweat pants wind suit pants uniform bottom
Girls:	Tops	school dress SCS P.E. shirt SCS "Bear" shirt wind suit jacket uniform top/team shirt	Bottoms	school dress SCS P.E. sweat pants wind suit pants uniform bottom

Coats and sweaters that are acceptable for school dress may be worn also. Jeans and non-SCS sweat clothes are not acceptable. Shirts must be tucked in at all times (except while on the bus). Caps, if worn, must be worn the traditional way (not backwards). Statisticians, managers, and students who attend away games are to abide by the same dress code as players.

Practice commitment

Commitment to the team is a "prized quality" which means physical presence at all practices. Like parents, the coaching staff teaches the true definition of commitment as being an agreement or pledge. As a team member, the obligation of commitment is a worthy and desirable goal. Coaches are entrusted with setting the example for our athletes by being at each practice. Likewise, we ask our student athletes to take on this same obligation towards making our sports program a creditable endeavor.

Diet

It is essential that all athletes build a regular, well-balanced diet into their daily routine. Special foods or meals may be required from time to time on game days.

Physical examination

A physical examination by a licensed physician must be on file for each student who participates in interscholastic athletic competition. The physical exam is valid for one year from the date of the examination. The medical history form is carried to all game sites and is provided to the hospital in case of an emergency.

Injuries

It is inevitable that some injuries occur during athletic competition. The trainer or coach seeks to treat each injury according to his best judgment, or he may choose to refer the player to a medical facility for examination. Players should report any injury to the coach immediately, since playing or practicing while injured may aggravate the condition. Certain injuries may require a doctor's release before the student can return to practice or games. Parents must sign the emergency treatment release and provide the policy number of the student's medical insurance carrier.

Equipment

In order to get the best results from effort expended, it is necessary to use the best affordable equipment. SCS will purchase proper equipment for the various sports. Players are to treat all such items with care. In some sports, players provide some of their own equipment. Each coach will inform team members of the details.

Uniforms

The athletic director and principal approve the choice of SCS uniforms. Uniforms remain the property of the school and may not be worn at any time not specifically authorized by the coach. Uniforms must be cleaned and returned before the subsequent grade report can be released.

All clothing items that players wear must be approved by SCS. The administration strives to provide the best uniforms possible in a manner that uses the Lord's money wisely. Currently we have the finest uniforms in the history of SCS.

Uniformity as a team can only be accomplished as each individual player conforms to team policy. Our school colors are red, white, and blue. Under certain conditions black or gray may be allowed.

The following guidelines will help promote team uniformity:

All players wear the same color socks (either white or black).
Sweatbands must be solid colors (either red, white, or blue).
Spandex shorts must be the same color as the uniform shorts.
Baseball and softball caps must be SCS issued caps.
All clothing is to be worn as intended when manufactured (caps worn frontward, sleeves not rolled or pushed up, etc.).
Male athletes must be clean shaven (SCACS and SCS policy).

Practice dress:

No team uniform dress is required currently but may be required later if necessary to help promote team unity.

Clothing with the confederate flag (bandannas, caps, etc.) is unacceptable.

Shorts for female athletes must be at least to the top of the knee.

Tank tops are not permitted for girls.

Message-bearing shirts are not acceptable.

The administration of SCS reserves the right to modify these guidelines at any time with or without prior notice.

Travel

All players are expected to ride to and from games with the teams. Permission may be granted to ride home from the game with someone else, provided the driver is at least twenty-one years old and we have written parental consent.

“Walk in the Spirit” Galatians 5:16.

"Set your affections on things above, not on things of the earth" Colossians 3:2.

FAVOR WITH GOD: SPIRITUAL DEVELOPMENT

The power that lies in a consistent, daily walk with the Lord cannot be overestimated, and should not be underestimated. Athletes must learn to depend on the Lord, not simply on physical prowess. A consistent testimony towards fellow students, teachers, coaches, opponents, and officials is absolutely essential to success as a Christian athlete. To compromise this testimony in a fit of anger, rage, or bad attitude, is to forfeit one's ability to function as a spiritual leader on the team or at school. The following standards are requirements and indicators of a proper spiritual attitude.

Personal standards

1. Regular prayer and Bible study in private.
2. Attention and interest in chapel and Bible class.
3. Regular church attendance.
4. Signing and supporting the Christian Testimony Statement.
5. Cheerfully complying with hair and dress regulations.
6. Participation in team devotions and prayer.
7. Proper relationships with parents, teachers, and coaches.
8. Proper relationships with teammates and opponents.
9. A pre-determined commitment to please the Lord in all things.

General ethical standards

1. It is unchristian to boo, hiss, scream, or do anything else to unfairly distract or hinder an opponent.
2. Accepting the official's call is the only proper response. Only the captain may ask for an explanation of the call, and this only in case of questions regarding rules, not judgment calls.
3. Cheating is totally unacceptable.
4. Sports should be played according to the written rules.
5. Speaking ill of other schools, coaches, players, cheerleaders, facilities, or officials is not tolerated.