

# **Handbook For Christian Athletes**

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## A CHRISTIAN PHILOSOPHY OF ATHLETICS

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

Christian school interscholastic athletic competition exists for the purpose of giving to the Christian athlete a positive Christian atmosphere in which he may develop his physical skills. As this purpose is carried out, the athlete is to allow the Holy Spirit to be in control, guiding his spiritual as well as his physical development. Ultimately, Christian athletics should produce an enhanced Christian character in the participant as well as in the spectator.

Northside 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 in interscholastic competition provides an important opportunity for growth, both physically and spiritually. The desire to win is a legitimate aspect of any athletic endeavor, because winning indicates a level of self-discipline and accomplishment. It is a fruit of effort, but it is not the only reward, nor the most important one. If one has maximized his athletic potential, glorified Christ, done his best, and given all the credit to the Lord, the reward will be a more gratifying relationship with Him as well as a more fully developed ability to serve him effectively.

It is not the purpose of Northside Christian School to offer interscholastic athletics for the purpose of providing 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 serves the purpose of providing fellowship opportunities with players and coaches from other schools. If fellowship is overshadowed by rivalry, the competition becomes displeasing to the Lord. Furthermore, the competition serves the purpose of giving testimony to the spectators and officials of the "all things have become new" truth in the athlete's personal deportment. If the testimony is not rendered faithfully, the competition again becomes displeasing to the Lord. Coaches must insist on the prominence of these two elements, and they must model their importance to the young people.

Testimony is not only a personal but also a corporate responsibility. Parents, relatives, friends, and students who watch games are also expected to conduct themselves in a manner which is pleasing to the Lord. It is essential to maintain a good testimony, and it is delightful when fellowship also takes place. "How good and how pleasant it is for brethren (from both schools) to dwell together in unity." Fans who do not accept at least the testimony responsibility will be asked to leave the game site.

## Wisdom

### **Intellectual Development**

*"The fear of the Lord is the beginning of wisdom."*

*Proverbs 19:10a*

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 eligibility

The basis for academic eligibility is the most recent nine-week's grades. A student who fails any course or who makes less than a C- in Bible becomes ineligible for interscholastic athletic competition on the day Report Cards are issued, since he needs to invest this time in improving his grades. He may attend practice. He may be reinstated on the day Progress Reports are issued for the following grading period.

#### Christian character

Because a Northside athlete is a representative of the school and an ambassador of our Lord Jesus Christ, his behavior should be exemplary and Christ-like in every way. This behavior should be exhibited during the school day, at all school functions, and at all times in public.

Adherence to the school dress code is required at all school-sponsored events. Dress at out-of-school activities should be modest and in keeping with the standards of Northside.

## Stature

### **Physical Development**

*"I keep under my body, and bring it into subjection." I Corinthians 9:7*

*"Your body is the temple of the Holy Ghost." I Corinthians 6:19*

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. Athletes are expected to be present at all regularly scheduled team practices, as well as special practices.
2. Athletes who are present at school are expected to attend practice. Athletes should not practice on days they are absent from school.
3. Athletes who are absent on game day or who report to school after 11:30 AM may not play in the game.
4. No practices are scheduled on Wednesdays. Athletes are encouraged to be regular in attending youth activities and mid-week prayer services.

#### 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 release by an approved examiner must be on file for each athlete who participates in interscholastic athletic competition. 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. Athletes should report any injury to the coach immediately, since playing or practicing while injured may aggravate the condition. The coach fills out and submits an accident report as soon as possible after an injury. Parents must sign the emergency treatment release and provide the policy number of the insurance carrier.

### Equipment

In order to get the best results from effort expended, it is necessary to use the best affordable equipment. NCS will purchase proper equipment for the various sports. Athletes are to treat all such items with care. In some sports, athletes provide some of their own equipment. Each coach will inform team members of the details. The athletic department will advise all athletes of special team deals to help offset the cost of specific equipment/uniforms required (shoes, socks, etc.).

### Uniforms

The administration approves the Athletic Director and coach's choice of uniform. Uniforms remain the property of the school and may not be worn at any time not specifically authorized by the coach. Athletic fees must be paid by the deadline set by the coach in order for him to issue uniforms. At the end of the season, uniforms must be cleaned and returned before the subsequent grade report can be released.

## Favor with God

### Spiritual Development

*"Walk in the Spirit." Galatians 5:16*

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

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 on at least a weekly basis.**
4. Signing and supporting the Rock Music Statement. **The coach should also question players on this.**
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 distract or hinder an opponent unfairly.
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. Technical fouls are reported to the administration and to the SCACS office. Some of these are procedural in nature, but others penalize unacceptable speech or conduct. The coach should bench players who commit such fouls and place them on probation.**
6. Flagrant fouls are not permitted, even if strategically advantageous and commonly practiced by others. Fouling in an attempt to steal the basketball from a team utilizing a slow-down offense is not a flagrant foul.
7. Speaking ill of other schools, coaches, athletes, cheerleaders, facilities, or officials is not tolerated.

## Favor with man

### **Social Development**

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

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

#### Conduct requirements

1. A student in grades 7-12 who accumulates 25 or more demerits becomes ineligible for interscholastic competition on the day the 25<sup>th</sup> demerit is recorded. He may continue to attend practice. He regains eligibility on the first day of the next semester or 20 school days later, whichever is longer.
2. No serious infraction of Christian conduct expectations which, in the judgment of the coach and Administrator, make the athlete an undesirable representative of Northside Christian School.
3. Regular church attendance. See *Favor With God*, Personal Standards.
4. Good Christian testimony. .
5. Agreement and adherence to the Rock Music Statement. See *Favor With God*, Personal Standards

#### Dress requirements

Athletes are expected to abide by the guidelines set by the coach in each sport. Proper fitting uniforms are provided by the school. Practice clothing and travel dress must comply with the standard school dress code. Sharp dress promotes sharp thinking and sharp performance.

#### Lettering

Receiving the gold chenille NCS letter is a great honor, a public recognition of effort and performance in the sport for the year. Athletes must be in the ninth grade or above in order to letter. The standard for lettering in a sport shall be (1) participation in at least 50% of the regularly scheduled athletic contests, and (2) adherence to the conduct requirements. Any disciplinary dismissal from the team results in forfeiture of lettering for that sport for that school year. In addition to the letter, NCS presents a pin for each sport in which the athlete lettered and a bar for lettering in the same sport in successive years.

#### Letter Jackets

Students who have received a letter may purchase a Northside Letterman's jacket through the A.D.

#### Certificates

Athletes who participate in the Junior Varsity sports program receive a Certificate of Participation at the annual Athletic Banquet.

## EXPECTATIONS FOR TEAM TRAVEL

### Before the season

Turn in the medical examination and permission forms to your coach. These are taken to all away games and are available at all home games.

### Before the game

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

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

Locate books and other belongings for pickup after the game.

Students travel to away games in school uniform or in an approved travel suit.

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

### On the bus

Use the restroom before leaving school.

Sit in assigned seats, not on armrests. Stay in them while the bus is moving.

Keep all body parts inside the bus.

Avoid excessive use of perfume, cologne, and 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.

When not playing in the game, watch and cheer for the team. Stay on the field or in the gym.

Do not flirt with the opposition.

Show respect for the officials.

Pick up trash before leaving the facility.

After the game, change back into school uniform or the approved travel suit.

### 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) approved by 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, i.e., not the playground.

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, take all articles off bus.

Leave as quickly as possible. You and teachers need much rest.

**DISREGARD FOR THESE GUIDELINES MAY RESULT IN YOUR  
NOT BEING PERMITTED TO TRAVEL TO ONE OR MORE AWAY GAMES.**



## OVERNIGHT TRAVEL GUIDELINES

Be sure to give your parents contact information: the motel phone number or the cell number of one of the sponsors. They may need to contact you in the event of an emergency at home.

Guard our Christian testimony in the motel. Keep noise down in the hallways and rooms, including TV volume, closing doors, etc.

Stay in the room after the sponsor's deadline. If you need to go outside the room, call the sponsor and ask permission.

Stay in the room to which you have been assigned. The sponsor makes these assignments with care and purpose. You may not understand the mix the sponsor created, but you must have permission before you move to another room.

There will be a designated student leader in each room. The leader is responsible to report to the sponsor any inappropriate activity in the room, any student who leaves or enters the room after the deadline, or any student who attempts to change room assignments. He is also responsible for turning off the lights and television at the specified time. The leader would face disciplinary action if he failed to carry out his responsibilities.

**CHECK THE ROOM CAREFULLY BEFORE YOU LEAVE. IT IS VERY EASY TO LEAVE PERSONAL ITEMS BEHIND. NEVER TAKE ANY MOTEL ITEMS HOME WITH YOU – IT IS STEALING. IT IS BETTER TO LEAVE A TIP AND A TRACT. THE NICER WE LEAVE THE ROOM, THE BETTER OUR TESTIMONY.**

## **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 athlete from having to be reminded that the bill is outstanding.

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 athletes up promptly at the end of practices and according to the published schedule for return times for away games. Coaches may not leave any athlete unattended, so they may not leave until the last athlete has been picked up.

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. "Parental coaching" from the stands is detrimental to team play and spirit. The coach must have the full attention and concentration of his players at all times.

Parents should not approach the coach during the game, at halftime, or immediately after the game. The players and coach need the opportunity to gather quickly for their post-game meeting. Parent conversations with the coach before this meeting are inappropriate, since his first responsibility is to his players.

At games, parents should cheer positively for NCS, but not against the opponent. Remember that the administration teaches athletes that interscholastic sports are primarily for fellowship and testimony, not for beating the competition. 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.

If the administration judges a fan's attitude to be damaging to the testimony of Northside Christian School, the offending spectator will be asked to leave the game site. The Educational Administrator, the Assistant Administrator, the Athletic Director, any coach, and any Pastoral Staff are authorized to take this action.

### Gate and Concessions

Parents of athletes are expected to work either gate or concessions for one game each season. Dates are assigned and distributed in a pre-season meeting. This is the only way these two functions can be staffed without abusing some parents who work every game because no one else will volunteer. Parents pay no admission fee the days they work gate or concession. We attempt to schedule work during games in which the athlete is not participating. Parents who cannot work the scheduled game are responsible for contacting other parents to switch or make other arrangements for their assignment.

**Participation and travel permission**

I, the undersigned parent of \_\_\_\_\_,  
hereby give permission for my child to participate in the interscholastic athletic program for the coming school year and to travel with the team by means of transportation provided by Northside Christian School. I have read the Handbook for Christian Athletes and agree to support the school and coaches both in the letter and in the spirit of the principles and regulations it contains.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's signature

**Emergency treatment permission**

I, the undersigned parent of \_\_\_\_\_,  
hereby give permission for my child to be taken to appropriate medical facilities for emergency treatment when the coach or trainer deems such action to be in the best interest of the athlete. My child is covered by

(name of insurance carrier) \_\_\_\_\_,

and the policy number is \_\_\_\_\_.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's signature

**Rock music statement**

Because of my desire to maintain an exemplary Christian testimony, I will not choose to listen to rock music.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete's signature

**Statement of Cooperation**

I have read this Handbook in its entirety and I will seek to follow the philosophy and practices it contains.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student's signature

**ATHLETE'S MEDICAL HISTORY**

Name \_\_\_\_\_ Date \_\_\_\_\_  
Parent's name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ Student SS# \_\_\_\_\_  
Emergency contact \_\_\_\_\_ Phone \_\_\_\_\_  
Birth date \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_  
Medical insurance carrier \_\_\_\_\_  
Policy number \_\_\_\_\_ Social Security number \_\_\_\_\_

Has the athlete ever been treated for any of the following: (please circle)

Infectious mononucleosis	Heart murmur
Virus pneumonia	Epileptic seizure
Asthma	Hepatitis
Rheumatic fever	Diabetes
Scarlet fever	Sickle Cell anemia
High blood pressure	
Illness requiring rest over one week during past year	

If you circled any of the above, please provide dates/treatments received.

\_\_\_\_\_  
\_\_\_\_\_

Has the athlete ever been treated for any of the following conditions?

Concussion	Shoulder/arm injury
Knocked out	Ankle sprains
Head injury	Knee sprains
Pinched nerve	Cartilage or ligament damage
Dislocations	Back injury
Fractures	Dental injury
Heat stroke	Eye injury
Heat exhaustion	Facial injury

If you checked any of the above, please provide dates/treatments received.

\_\_\_\_\_  
\_\_\_\_\_

Does the athlete wear glasses? \_\_\_\_\_

Does the athlete wear contact lenses? \_\_\_\_\_

Does the athlete wear any dental appliances? \_\_\_\_\_

If so, please describe. \_\_\_\_\_

Does the female athlete have problems with menstruation? \_\_\_\_\_

If so, please explain. \_\_\_\_\_

Have the athlete had surgery? \_\_\_\_\_

If so, please give dates and descriptions. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Does the athlete have allergies to any of the following? (please circle)

Peanuts or other foods \_\_\_\_\_

Penicillin

Aspirin

Codeine

Bee stings

Sulfa drugs

Tetracycline

Darvon

Tincture or Benzoin

Other \_\_\_\_\_

Does the athlete take any prescribed medications? \_\_\_\_\_

If so, please explain and give name and dosage \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

To the best of my knowledge, my child has no other injuries or conditions which would affect his ability to participate in interscholastic athletics.

\_\_\_\_\_  
Athlete's signature

\_\_\_\_\_  
Parent's signature