

Athletics at Christian Heritage

“For God has not given us a spirit of fear and timidity, but of power, love, and of self-discipline.” (2 Timothy 1:7 NLT)

The CHS Athletic Philosophy

At Christian Heritage School, the athletic experience is a major part of our Student Life and enhances the lessons of the classroom. Over 70% of our students participate on at least one of our teams. Our coaches, which include teachers, local pastors, and parents, are committed to making a positive impact in the lives of our student-athletes while helping them define success from a biblical perspective.

We seek to maximize the potential of our student athletes while competing against our opponents, some of the top private schools in New England.

Our programs are focused on mentoring and building into the lives of our children through athletics and our coaching staff focusing on the education and development of their spirits, mind and body. Our Athletics Department focuses on five core values of honoring Christ, discipline, service, a commitment to excellence, and building community.

Eligibility & Requirements

Students from 6th to 12th grade are eligible to compete in inter-scholastic programs. We offer sports at the Middle School, Junior Varsity and Varsity levels. Students are encouraged to participate at the level they are currently in for school, if offered. Occasionally, exceptions can be made for this after meeting with the Director of Athletics and Principal and their approval is granted. Sports currently offered include basketball, baseball, soccer, volleyball, tennis, lacrosse, swimming and cross country. All students that plan on participating in athletics in the 2020-21 school year at any level are required, along with their parents, to read and sign off on the CHS Athletic Expectations & Eligibility Requirements, fill out the CHS Athletics Contact & Permission Form prior to a student's participation in any sport. Students must also have a current physical on file prior to trying out or participating in any sport. All of these need to be completed annually.

Athletic Offerings for 2020-21

FALL (Tryouts begin the week of Aug. 24th)

- Soccer: Boys & Girls Varsity, Boys & Girls Middle School
- Volleyball: Girls Varsity, Girls JV
- Cross-Country: Co-ed Varsity

WINTER (Tryouts begin the week of Nov. 16th)

- Basketball: Boys & Girls Varsity, Boys JV, Boys & Girls Middle School

SPRING (Tryouts begin late February)

- Baseball: Boys Varsity
- Tennis: Boys Varsity, Girls Varsity & Co-ed Middle School
- Lacrosse: Girls Varsity, Boys Middle School

ALL PAPERWORK MUST BE IN & COMPLETE PRIOR TO TRYOUTS IN ORDER TO PARTICIPATE IN ANY ACTIVITIES.

Athletic Expectations and Eligibility Requirements (2020-21)

*Parents, we request that you read through these guidelines and expectations with your son/daughter.
Thank you for your support. We look forward to a great season.*

Attendance

Attendance is required at all practices/games. A student who has given advance notice, in writing, from his/her parents to the coach may be excused from a practice/game. This is for *unavoidable* conflicts only. Students are encouraged to play on club teams outside of school; however, all CHS Athletic Activities take priority over any outside team or group.

Each member of a Christian Heritage School Athletic team must assume the responsibilities associated with such a position. The athlete has an ethical obligation to the team and the school. This obligation includes regular attendance at practices and athletic contests. Commitment to CHS teams should come before any club or outside team. If a practice or competition is missed due to outside commitments, there will be consequences for missing the CHS practice or competition. It is possible, of course, that emergency situations may arise (e.g., illness, death in a family, etc.) that render it impossible for an athlete to attend a practice session or an athletic contest. Absences should be few and far between and arranged with the coach as early as possible.

When athletic team practices occur on school vacation days all varsity athletes are expected to be in attendance. If a conflict arises and the athlete may have to miss a practice it is of utmost importance that the athlete communicates this with the coach immediately knowing that consequences may follow. Summer and off-season activities are strongly encouraged but cannot be required by coaches.

Conduct

As a student representative of CHS, you will be expected to maintain a positive level of Christ-honoring conduct. Specifically:

- Demonstrate respect toward officials, coaches, team members, and opponents (this applies to parents and fans as well).
- Exemplify sportsmanship throughout all practices and games.
- Use appropriate conduct and adhere to the dress code (as specified by the coach) while traveling with your team.

Expectations

- To strive to perform to the best of your ability at all times.
- To complete school assignments thoroughly and on time. Athletics is not an excuse to miss work.
- To maintain a positive level of classroom behavior.
- To demonstrate a consistent level of respect for all faculty, staff, administration, visiting adults, and other students.
- To support the general school guidelines and expectations, i.e. tardiness.

Eligibility Requirements

- Academic updates for all student-athletes will be given by teachers throughout the year. Students may be placed on co-curricular suspension due to unsatisfactory faculty reports.

- Student academic status will be formally monitored with each report card. A student will be declared ineligible from co-curricular activities until the next scheduled report card (please consult your handbook for the details).
- Students must report to school no later than 11:00am on the day of an athletic activity (practices or games) in order to participate, unless prior approval has been arranged.
- School detentions/suspension will result in team disciplinary action and may result in loss of playing time or immediate dismissal from the athletic team.

Make-up Work for Classes Missed Due to Athletic Events

When students leave school early for an athletic event, it is the student's responsibility to check with their teachers before leaving to see what assignments will be missed. Any projects or homework due that day must be handed in before leaving unless alternate arrangements have been approved by the teacher. Students must also make arrangements before leaving for an athletic event with teachers as to when any tests or quizzes missed will be made up.

Parents

Parents of student athletes have a responsibility to both their child and to the team. Without strong parental support the student athlete will not be able to achieve his/her greatest potential and/or the team may suffer. It is important that parents provide positive reinforcement and understand their role as being part of the team. Parents, as well as players, should be supportive and encourage coaches and teammates at all times.

Parents are not coaches, thus learning to trust coaches is a key step to learning the value of the life lesson experiences athletics provides. It is also important that parents honor the Lord when attending athletic events. In order for the CHS athletic program to be successful, coaches, student athletes, and parents must make a firm commitment to glorify God at all times. Failure to adhere to these guidelines could result in meeting with the Director of Athletics.

Philosophy of Levels

Middle School teams are primarily focused on skill development and promoting team play. Students can expect almost even playing time with little emphasis placed on winning. Commitment will be 4-5 days per week depending on the season and primarily during the week. Junior Varsity teams are primarily focused on skill development and promoting team play. Students can expect playing time but it will not be even across the board. There is still little emphasis placed on winning. Commitment will be 5-6 days per week depending on the season. Varsity teams are more focused on competing at the highest possible level our teams can achieve. Playing time is not even and some may not receive playing time in game(s). Commitment is 5-6 days a week with Saturday commitments and, in many cases, commitments over vacations.

Handling of Problems and Solving Disputes

All disputes at Christian Heritage School, including those related to athletic matters, should be handled in a Biblical manner. In particular, Christian Heritage School encourages application of the "Matthew 18 Principle" when handling a problem/settling a dispute. This principle, in summary form, encourages the offended party to go directly to the one with whom he/she has a problem. (e.g., student athlete should talk to the coach at an

appropriate time prior to parental involvement and prior to going directly to the Athletic Director.)

NOTE: Lack of playing time at the varsity level is not considered a dispute and should not be addressed with the coach by the parent. (Refer to Playing Time Policy)

If the situation is not resolved, the offended is encouraged to seek a solution by speaking to the next person in authority. In simple terms, an athlete should approach the coach first, the athlete, coach and parent second and the Athletic Director third. If the parent or student athlete feels that the proper process was not followed, then they can take the matter to the Christian Heritage School Head of School by placing their concerns in writing.

It is absolutely necessary that this chain-of-command be followed specifically. If not, the upper level authorities will direct the offended party to solve the problem at the appropriate level.

No Quit Policy

If a student is fortunate enough to be selected for a position on one of the CHS athletic teams, it is important that he/she makes a firm commitment to that team. Therefore, quitting a team after being selected for the team is strongly discouraged. If any student athlete quits a team after being selected as a member of that team, that student athlete is prohibited from trying out for another Christian Heritage School extracurricular team (Drama, etc.) during the same season. Furthermore, it should be clearly understood that the action of any student athlete quitting a team will certainly be among the criteria considered by coaches of subsequent teams on which a student athlete desires a position. Exceptions may occur if both coaches/directors agree it is in the best interest of the student.

Items worn at practice and at contests

Uniforms are to be worn for contests only. They may be worn to school only if approved at least a week in advance by the Director of Athletics. Practice uniforms must be worn during practices. Each varsity team will be issued a practice uniform at the beginning of the season. Only CHS issued Athletic gear may be worn on the bench or in the bench area.

TO BE COMPLETED IN FACTS (Formally RENWEB)

CHRISTIAN HERITAGE SCHOOL Release and Permission to Participate on a Sports Team

Permission to Participate and Transport to Games:

I give permission for my child _____ to participate on the Christian Heritage _____ team. I understand that my child and I must abide by all CHS policies and rules regarding athletics. Kindly check all of the following that apply:

_____ My child will drive to practice

_____ My child has permission to take others in their car to practice*

_____ My child has permission to ride with other students to practice

_____ Please specify restrictions: _____ **

_____ My child has permission to ride with other adult to practice or games

_____ Please specify restrictions: _____ **

_____ My child only has permission to be transported by a coach or other adult school designee

* All drivers will have their license and insurance info on file with the AD.

**It is the responsibility of the parents to communicate the restrictions with their children.

Signature Parent/Guardian: _____ Date: _____

Permission to Treat:

I give permission to Christian Heritage and its employees and/or coaches to treat minor injuries or to transport my child to the nearest medical facility via ambulance in the event of a more serious injury or illness. I understand that the CHS employees and/or coaches will use their best judgment in treating my child. I will make every effort to be available by phone while my child is participating in this sport and will provide CHS with updated phone numbers as they change.

Signature Parent/Guardian: _____ Date: _____

Release:

I/we acknowledge that participating in sports can be dangerous activities involving many risks of injury. In consideration of my child/ward being allowed to participate in competitive sports, and intending to be legally bound, I/we do hereby release and forever discharge Christian Heritage School (CHS), its Board, officers, employees, coaches, agents, administrators and volunteers from any/all liabilities, claims, losses, demands, costs, expenses, or rights of action, of whatever kind or nature, which I/we have or which may hereafter accrue to me/us against CHS, by reason of injuries sustained by my child/ward participating in sports or in transit to or from participation in sports. I/we agree, for myself/ourselves and successors, that this Agreement and Release of Liability contains the entire agreement between myself/us and CHS and that the terms hereof are contractual and not a mere recital.

Signature Parent/Guardian: _____ Date: _____