



ATHLETIC HANDBOOK 2009-2010

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SPORTS OFFERED 2009-2010

FALL

Middle School Boys' Soccer
Middle School Girls' Volleyball

Junior Varsity Girls' Volleyball
Varsity Girls' Volleyball
Varsity Boys' Soccer

WINTER

Middle School Boys' Basketball
Middle School Girls' Basketball
Middle School Cheerleading

Varsity Boys' Basketball
Varsity Girls' Basketball
Varsity Cheerleading

SPRING

Middle School Boys' Baseball
Middle School Girls' Soccer
Middle School Girls' Softball

Varsity Boys' Baseball
Varsity Girls' Soccer
Varsity Girls' Softball

PHILOSOPHY: The Philosophy of athletics at Crossroads Christian School is to train student- athletes in the essentials of Christ-likeness as related to athletic competition with special emphasis on developing a humble spirit, a positive attitude, and a fit body, all of which reveal and glorify Christ within us.

CCS DISTINCTIVES:

- CCS Athletics is committed to the total development of our students, physically, mentally, emotionally and spiritually.
- CCS promotes a quality athletic program built on high ethical standards, resistant to the prevailing push to win at any costs.
- CCS recognizes that our athletes are first and foremost students, and therefore are required to obtain high academic standards.
- CCS Athletics is committed to modeling Christian character as well as being a witness and ambassador for Jesus Christ.
- CCS Athletics intentionally provides opportunity for leadership development.

EXPECTATIONS: ‘We are therefore Christ’s ambassadors, as though God were making His appeal through us.’ (II Corinthians 5:20) We all have a huge responsibility (coaches, student-athletes and parents) to represent Christ, and our testimony must reflect the teaching of our Savior and Lord. Here are some, but not all, of the expectations to which we have been called.

COACHES:

- Recognize that you are representing Christ, and that the example you provide will have a tremendous bearing on everyone involved in and out of our athletic program. Recognize that the purpose of athletics is to educate and promote growth in each area of the participant's life.
- Work to develop the character in each student. This means you are to teach them to work hard, work together, and inspire them to be confident in all they do on and off the playing field. You as a coach are expected to treat all players fairly and seek to invest your life in each of your players regardless their skill level.
- Achieve a thorough understanding and acceptance of the rules of the game and seek to wholeheartedly adhere to these values of fair play. Do not manipulate the rules to gain an unfair advantage over the other team.
- Treat your players with respect. Help to develop in them a healthy attitude towards sports competition, a positive self-image, a loving relationship with Christ and each other, a sense of dignity in all circumstances, and a strong stand against incidents of profanity or intimidation or other un-sportsmanlike behaviors.

- Treat the other team's coaches, players, and fans with respect. Encourage hard play while competing, but in no way intimidate or embarrass the opposition. Develop a positive relationship with and a mutual respect for the ability of the other team.

STUDENT-ATHLETES:

- Maintain good grades. Your academic work is more important than your athletic participation.
- Model Jesus Christ in all situations.
- Learn, understand, and adhere to the written rules of the sport. Do not manipulate the rules to gain an unfair advantage over the other team.
- Recognize your gifts and abilities as God given and diligently develop those gifts.
- Practice good health habits by refraining from tobacco, alcohol, drugs, or use of other harmful substances.
- Treat visiting teams, spectators and officials as honored guests. Conduct yourself with honor and dignity.
- Have fun and enjoy the sport you are playing!

PARENTS/GUARDIANS/FANS:

- **Be a good witness in the stands. Your character matters when you cheer on our teams. Many people will not remember the score but they will remember how you act.**
- Create and recognize opportunities to teach sportsmanship.
- Remember that your child is a student; therefore, be reasonable in organizing the time demands for academics and athletics.
- Build relationships with your child's coaches through open communication.

AFFILIATION: Crossroads Christian School participates as a member of the Carolina Christian Conference for all varsity sports. Conference and Tournament information is available by contacting the athletic office during regular business hours. CCS is a member of the North Carolina Independent Schools Athletic Association (NC ISAA).

At the Middle School level, CCS is a member of the Triangle Middle School Conference. Conference and Tournament information is available by contacting the Athletic Office during regular business hours.

ACADEMICS: The athletes at Crossroads Christian School are students first and foremost. Coaches will work to accommodate student-athletes who need additional after school academic support.

Students participating in athletics should anticipate the demands on their time and plan accordingly. Athletic participation should never be used to excuse incomplete assignments, missed tests, or tardiness. Additionally, if a student misses a class for an away game, it is his/her responsibility to make up any missed work or tests in a timely manner.

ELIGIBILITY:

Grade-level:

6th-8th – Middle School**
9th-12th – High School

**In special situations, middle school students may be moved up to the high school level. This is dependent upon the availability of a slot. Middle school students will not be given preference over high school students with varsity sports.

Academic:

Students participating in the Crossroads Christian School athletics program must maintain a passing grade in each class, as well as an acceptable behavioral record.

The Athletic Director will check grades periodically. Students should check RenWeb regularly.

Probation includes the following:

- Probationary status.
- A student meeting with the Athletic Director.
- A letter home to parents notifying them of the situation that must be signed and returned.
- **A two-week suspension from all games that are to be played during the two-week suspension.** The student may attend home games and sit on the bench in proper game day attire. The student will not be allowed to travel to away games.
- **The student may continue to practice during the two-week suspension if the parent, teacher, coach and Athletic Director agree this is in the student's best interest.**

At the end of the two-week period the student athlete may resume game play with the team but is still on probation. If at this time the grades are satisfactory, the student athlete will be removed from probation. Failure to improve the grade or grades to satisfactory standards or a violation of any of the above policies will result in suspension from the current season.

TRYOUTS: The Athletic Director and coaches will determine tryout dates and times for each individual sport season. Announcements and parent notifications will be sent out indicating the start dates for each sport. It is the coach's responsibility to provide a fair evaluation for all participants during the tryout process. Communicating with each individual the specific reasons why he/she did not make the team will enable the student to target areas for improvement. The Head Coach and the Athletic Director will determine the roster size for each sport.

PHYSICALS: All students participating in athletics must have record of a current physical on file in the CCS Athletic Office. Physicals are good for one year from the time of the exam. Forms can be obtained at the school office or by visiting the school's website, www.ccscolts.org. Copies of physicals will be given to each coach to be accessible at all times, in case of an injury or medical emergency.

FEES: Athletic fees are due for each student playing a sport at CCS as follows:

\$50 1st sport
\$25 Per each additional sport

PARTICIPATION: Participation in athletics at Crossroads Christian School is open to every student but is conditioned upon meeting the criteria of academics, character, and athletic skill necessary to compete. While all teams at Crossroads Christian School are expected to play hard in the true spirit of competition, there is a different emphasis at each level of play.

Middle School (grades 6-8) - The athlete is provided a learning experience where basic individual, fundamental skill development is stressed. Team concepts of play and assignment of roles are introduced. In Middle School Athletics there is more of an emphasis on game participation than at any other level, therefore coaches are encouraged to provide game opportunities for all team members.

Junior Varsity (grades 7-10) - The athlete improves skills while learning team concepts that are more complex. The Junior Varsity level is for athletes who desire to play on the Varsity level and are working to develop their skills for future athletic opportunities. Assignment of roles becomes more defined at this level; therefore, an athlete's playing time is determined by how it will best serve the team. For a middle school player to play Junior Varsity consent must be obtained from the student, parent, coach and Athletic Director before the player can play.

Varsity (grades 7-12) - The athlete is advanced in skill and physical development. Varsity athletes need to have the physical ability, skill and sport knowledge to handle a demanding practice and game schedule. Emphasis is placed upon individual and team potential. Overnight stay is possible at this level for game and tournament play. For a middle school player to play Varsity, consent must be obtained from the student, parent, coach, and Athletic Director before the player can play.

There are no guarantees regarding playing time. The coach is the sole judge on who should start and how much playing time each player should receive. If there are any questions please contact your coach first.

DISCIPLINE: Coaches are employees of the school. Therefore, the coaches have the authority to enforce their team guidelines and expectations, as well as, all school policies and standards of behavior for students set forth by the administration. Disciplinary actions for misconduct will be appropriately applied as necessary. Serious offenses will be brought to the attention of the Athletic Director and CCS administration.

QUITTING A SPORT: Character is not built by quitting, trying times are not times to quit trying. A student may drop off a team anytime before the third practice without penalty. After that period of time no student may quit the team without penalty. There should be a strong sense of belonging to the team even when personal injuries would restrict the individual's participation in practices and games. An injured player is expected to be at all practices and games (provided he or she is physically able).

Any athlete who quits a team will forfeit his or her right to play athletics during the remainder of that school year. Any athlete who quits will forfeit any postseason rewards such as team pictures, athletic banquet awards, etc.

Any athlete that withdraws from school will not be eligible for post season awards and recognition. The only exceptions to the above rules would be for death in the family or serious injury. The Athletic Director and the Administrator will decide any exceptions.

COACH/PARENT MEETING: Each coach is required to hold a meeting, following the selection of the team, for parents of team members. At this meeting, coaches will discuss team expectations, policy, and responsibilities for the upcoming season.

PRACTICE: The Athletic Director and coach will determine practice venues and times with coaches. Because of the facility that must be shared, flexibility is required. Wednesday practices will not exceed 4:30 p.m. This is done to allow families to attend church together on Wednesday nights. Any team meetings or team related events must be approved by the Athletic Director.

Student-athletes are required to be at all practices and games. At the beginning of the season, coaches will communicate to team members his/her expectations for performance and attendance. There should be no allowances for missed practice (other than academic, medical or church related reasons). If an athlete anticipates missing a practice or a game, prior notice should be given to the coach. Students must be present at school in order to participate in that day's practice or game. To be counted present for the day a student must be at school by 11:00 a.m. or be present for at least four of the seven school periods.

SPORTSMANSHIP: Athletes and coaches at CCS are to be exemplary in their display of sportsmanship during games and practices. Team members should congratulate opponents after a game with a sincere spirit of kindness. Physical and/or verbal abuse, including taunting and inappropriate language aimed at an opponent, official, coach, or teammate will result in immediate discipline by the coach, and the Athletic administration.

An athlete dismissed from a contest for un-sportsmanlike behavior will be automatically suspended for the next two games but may sit on the bench. All subsequent incidents will be dealt with by the Athletic Director and could result in a team suspension or complete loss of playing privileges for the remainder of the season.

DRESS CODE: Coaches may require their teams to dress on game day in such a way as to present a good image of Crossroads Christian School. Shirt and tie with slacks for boy's teams, and dresses or skirts (gauchos) with blouse for girl's teams are considered acceptable. Matching team outfits, with Coach approval, are also acceptable. The Athletic Director reserves the right to make final determinations on the appropriateness of game day dress.

UNIFORMS: Uniforms are the property of Crossroads Christian School. The coach has the responsibility for distributing and collecting uniforms. Student-athletes are responsible for the care of the uniform and should follow the manufacturer's instructions for cleaning after each use. An athlete who loses a uniform is responsible for the replacement cost for that uniform. Uniforms are not to be altered or tailored by the student-athlete. Uniforms should be worn for games only, with the exception of situations that are deemed appropriate by the Coach and with the approval of the Athletic Director.

EQUIPMENT: All equipment used by athletic teams at Crossroads Christian School is the property of the school. At the beginning of each season, the coach will be given an inventory of the equipment checked out to him/her. The care of the equipment is the responsibility of the coach. After each practice and game, a careful check should be made to make sure that all equipment is accounted for. At the conclusion of the season, the coach and Athletic Director review the inventory and assess equipment needs for the upcoming year.

FACILITIES: Extreme care and caution should be taken in the use of facilities. Coaches should enlist the help of athletes to ensure that every field and court is left in better condition than that which it was found. Any student defacing or destroying property will be disciplined according to school policy. Activities by teams should be limited to the area specifically designated for the team's use, or in an area approved for use by the Athletic Director.

TRANSPORTATION: Crossroads Christian School is currently able to transport student-athletes to and from athletic contests and events in our activity bus. However, in the event that the bus is unavailable, it is still imperative that parents assist in this vital role so as to insure participant safety. It is also important to note that CCS does not sanction or authorize student-athletes to drive themselves or to travel to and from athletic contests with other student drivers. CCS requires each parent/guardian to sign the Athletic Department's Transportation Form absolving CCS, its insurers, agents, employees, representatives, and assigns from any and all causes of actions, claims, demands or expenses in any way connected with private transportation to and from all athletic contests and events.

Coaches should enlist the help of athletes to ensure that the activity bus is left in better condition than that which it was found.

BOOSTER CLUB: The CCS Booster Club is an organization of coaches, parents, supporters and alumni who believe that athletics can radically change the hearts and lives of young people, as well as, provide an unparalleled platform in which to share their faith. The Booster Club actively serves to support all athletic teams and helps raise needed financial support for the Athletic Department through membership donations, concessions, and fund-raising events throughout the year. The Booster Club works diligently to raise the funds needed to pay for official's fees, buy team uniforms, purchase necessary athletic equipment, and assist in the upkeep, improvement and development of CCS's athletic facilities. The Booster Club elects its own officers and operates alongside the Athletic Director. Parent participation is vital to the success of this organization and to the entire CCS Athletic Department.