



## MARINERS CHRISTIAN SCHOOL ATHLETIC HANDBOOK

*"The righteous are bold as a LION." Proverbs 28:1*

The athletic program at Mariners Christian School (MCS) is an extension of the academic and physical education programs. Its purpose is to help develop the physical, emotional, spiritual and scholastic advancement of the student athlete. Our goal is to help students Honor God first and foremost, remembering the skills and talents we hold are gifts from Him. Teams represent MCS in age appropriate competitive leagues, including CALOC (Christian Athletic League of Orange County). Participation on an athletic team is a PRIVILEGE for those students who have the desire, interest, motivation and skills and meet academic eligibility to participate in interscholastic athletics and to prepare students for high school athletics. Students are expected to maintain a 2.0 G.P.A and have no F'S in any one class, or have no more than 2 D's.

The MCS Athletic Department has the philosophy that each student has an equal opportunity to try out for an athletic team. Trying out for a team is an experience that allows all students an equal chance to achieve membership on a team, while allowing the coaching staff to evaluate the skills of each student athlete. Through competitive selection, decisions are made based on the ability and attitude the athlete has shown to the coaches during the tryout. Students who do not make a team may wish to help the team in some other area of participation, i.e. team manager or statistician/scorekeeper. MCS was founded to educate students in an environment that HONORS GOD, this also applies to the athletic program. Student athletes are expected to exemplify a "Christ like" attitude on and off the field or court.

### **PARENT SUPPORT**

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Parents are a vital part of any successful athletic program. Your children will watch and then mimic your behaviors and actions. This includes the way you treat officials and coaches. It is the goal of MCS to have a first class athletic program that is respected by all of the teams, coaches and officials. As parents, you can help us obtain this goal by always being positive and supportive of our athletes, coaches, officials and opposing teams. Your attendance at games can also play a huge role in the lives of your son/daughter and the team that they participate on. They will appreciate your attendance, but they will also understand that as an adult you may have other responsibilities that keep you from attending. By letting them know ahead of time if you cannot attend, and by communicating with them after the game, they will know that you are interested and care about them.

\*\*If a problem arises during the season with another player or coach we strongly urge you to guide your son/daughter in the proper way to resolve the problem. First, by having them address the problem quickly with the person involved, if needed with you there for support only. If that does not solve the problem speak with the coach. If the problem continues please contact the Athletic Director as soon as possible so that a meeting may be scheduled to address and solve the problem. If, after all of those measures the problem continues, contact the Middle School Principal. **The 'Player/Coach/Communication Guide' clearly spells out these expectations.**

# Player/Coach/Parent - Communication Guide

## MCS Philosophy

Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administration. For all of us to be successful, effective communication must occur. The MCS athletic department and administration believe strongly in being accessible and supportive of the athletes, parents and coaches. We are continually attempting to improve communication with the students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of the program.

## Your Expectations

- \* It is reasonable to expect your child's coach to inform you:
  1. When and where practices and games will be held.
  2. About his/her coaching philosophy
  3. About expectations he/she has for all athletes on the team as well as your child.
  4. If your child is injured during participation in practice or a game.
  5. Whenever any disciplinary actions result in your son/daughter being removed from practice or a game.
- \* Typical concern of a parent that are **appropriate** to discuss with a coach are:
  1. Any unhealthy mental or physical strain you see in your child.
  2. How you can contribute to your child's skill improvement and development.
  3. Any dramatic changes in your child's health or behavior.

## Our expectations

- \* It is **inappropriate** to discuss with the coach:
  1. Playing time. Please note that in our 7<sup>th</sup> & 8<sup>th</sup> grade program, playing time is not guaranteed.
  2. Team strategy or play calling.
  3. Other athletes playing time or ability.
- \* Coaches will often need parents to tell them:
  1. Specific health concerns about your son/daughter.
  2. Notification of any schedule conflicts (in advance).
  3. Strategies that have worked well for you in working with your son/daughter.
- \* If you have concerns to discuss with the coach, what procedure should you follow?
  1. Make sure your child has approached the coach first, with you there for support if needed.
  2. Never confront a coach before, during or following a game or practice. These can be very busy and emotional times for both the parent and coach.
  3. Make an appointment to meet or talk on the phone to deal with and solve the problem.
- \* What should you do if the meeting with the coach does not resolve the problem?
  1. Contact the Athletic Director to arrange a meeting with all parties involved, do not call unless the situation has already been discussed with the coach.

**\*Remember, communication is the key. MCS supports the Matthew 18 principle, talk to the person with whom the problem has occurred. Do this quickly and in the appropriate manner. This may avoid problems in the future and should resolve the issue quickly for all parties involved.**

## **CONDUCT OF AN ATHLETE**

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### **ON THE FIELD OR COURT:**

- All athletes are expected to follow the rules, regulations and procedures specified by the school and coach.
- Be a gracious winner and an Honorable loser.
- Profanity will not be tolerated.
- Respect the officials and their authority. The coach(s) and team captain(s) are the only people who may talk to the officials.
- The team should always be supportive of other team members and the coaches. NEVER badmouth teammates, coaches or officials.
- Un-sportsmanlike behavior reflects upon our Christian values and the example we are trying to set on and off the field or court.
- Violations of the above standards WILL result in the immediate removal of an athlete from a practice, game and possible removal from the team.

### **IN THE CLASSROOM:**

- Student athletes must maintain a minimum of a "C-" or 2.0 grade point average.
- Academic Probation: any athlete on Academic Probation that receives an "F", 2 or more "D's" or has below a "C" average at any time during the season will be removed from the team and ineligible to participate on another team until he/she is off of Academic Probation.
- Show respect for God, teachers, fellow students and self in the classroom.
- Be on time for class and have a good attendance record. Cutting class will result in suspension from practice or games and possible removal from the team.
- Conduct yourself in a manner becoming of a leader. Be supportive of your Teachers and fellow students.
- If a student misses a class or assignment due to a game or other event, it is the student's responsibility to contact the teacher(s) of the class(es) they will miss and make arrangements to do the assigned work or tests ON OR BEFORE the date of the class they will miss.
- Any (F) on a progress report or report card must be brought up to at least a (D) and an overall average of C- before the athlete may participate in a game.

### **ON AND OFF CAMPUS:**

- The way you look and act ON and OFF campus is a reflection of you as an individual. Act accordingly and be a strong example to others.
- Support all school activities.
- You must follow the school DRESS CODE while at school or school sponsored activities.

### **GAME DAYS:**

- Be prepared! If you do not have your uniform or shorts, expect to have a consequence determined by the coach (i.e. laps around the field). Students may get one free loan outfit per season. Calls home for clothes will not be allowed. If you do not have your uniform or shorts for a second time, you will not be allowed to participate in the game.
- Always take care of ACADEMIC work ahead of time. Failure to do so will result in suspension of the next game.
- Some trips may require "dressing up" for games. If this is required your coach will tell you ahead of time.
- Conduct yourself on and off the field as a representative of God, school, team and self. Always be respectful and courteous to others.
- Always get a good night's sleep. You owe this to your body for all of the hard work you demand of it.

### **PRACTICE:**

- All players must be properly dressed and at the practice area on time and ready to participate.

- Frequent tardiness or absences will result in a practice or game suspension and will not only hurt you but it will affect your teammates. REMEMBER you are part of a team your teammates count on you!
- If an athlete has other commitments or must leave practice early IT MUST BE CLEARED WITH THE COACH ahead of time. At least one day, or in the case of an emergency, the morning of that day. Call the coach at home if needed!
- If an athlete has an unexcused absence for any part of the day they will not be eligible to either practice or play for that day.
- All players should give 100% at every practice. REMEMBER practice time allows you to work hard and improve in areas that you might be lacking.
- The athlete should not only practice the skills but also know How and Why certain things are done, and be able to use that knowledge to adjust to ever changing circumstances and conditions.

**AWARDS:**

- All athletes will be eligible for team awards if they have followed the above guidelines and rules and be actively participating at the end of the season.
- Suspensions from a team will automatically disqualify you from receiving any special awards.
- All team members will receive a special certificate to acknowledge their participation on a team.
- If a team wins a league championship; individual awards will be given to all team members.

**ATHLETIC FEE**

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**There is a \$125 fee for each sport an athlete participates.** This fee helps to defray the costs of uniforms, equipment, coaches and officials. If for some reason you are unable to pay the athletic fee, contact the athletic director.

I have read the Athletic Handbook and understand the responsibilities outlined in it for members of athletic teams representing Mariners Christian School. I AGREE to follow these conditions and realize that participation on an M.C.S. athletic team is a privilege that I must continually earn. I accept the challenge to help make myself, my team, and my school a place where God is the focus, and I will play for His honor.

Athlete’s name: \_\_\_\_\_

Athlete’s signature: \_\_\_\_\_

We have also read this handbook with our son/daughter and understand the responsibilities and commitment they will have to make to be a part of an athletic team at M.C.S. We are also making a commitment to support our son/daughter and M.C.S. in any way that we can.

Mother’s signature: \_\_\_\_\_

Father’s signature: \_\_\_\_\_

(Only one signature is required)

Date: \_\_\_\_\_