

CALVARY CHRISTIAN SCHOOL

ATHLETICS HANDBOOK

“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” - I Corinthians 10:31

Handbook Purpose

This handbook establishes the philosophy, structure, expectations, procedures, safety systems, eligibility standards, coaching standards, parent communication protocols, travel procedures, facilities expectations, sportsmanship requirements, game operations, and accountability systems for all Calvary Christian School athletic programs.

School Mission: Boldly shaping Christian scholars and servant leaders

Church Mission: To boldly lead people to know and follow Christ

Athletic Identity: CCS athletes compete as Cougars with Christian character, disciplined effort, humble confidence, and a testimony that honors Christ before teammates, opponents, officials, parents, and the community.

Effective: 2026-2027 School Year

TABLE OF CONTENTS

1. Athletic Mission, Philosophy, and Cougar Code
2. Sports Program Offerings and Program Structure
3. Leadership, Chain of Command, and Athletic Department Governance
4. Special Requirements Before Participation
5. Game and Practice Attendance Requirements
6. Academic and Discipline Eligibility and Probation
7. Athlete Code of Conduct and Christian Testimony
8. Dress, Travel Attire, Uniforms, and Modesty Standards
9. Quitting, Commitment, Team Membership
10. Transportation, Travel, Overnight Trips, and Release Procedures
11. Coaching Standards, Team Culture, and Supervision
12. Parent, Fan, Spectator Expectations, Sportsmanship Philosophy, and Game Conduct
13. Medical Safety, Concussion, Health, Weather, and EAP Protocols
14. Team Communication, Social Media, Photos, and Technology

1. Athletic Mission, Philosophy, and Cougar Code

Competition is an opportunity to develop and display Christian character.

Athletics at Calvary Christian School is an extension of Christian education. It exists to help young people learn discipline, effort, courage, humility, self-control, teamwork, perseverance, respect for authority, and Christian testimony. Winning is pursued with excellence, but winning is not the highest goal. The highest goal is to honor Christ through effort, conduct, attitude, preparation, and response to adversity.

The CCS athletic handbook provides a strong model of building athletics around a Christian performance philosophy, a code of conduct, sports offerings, eligibility standards, dress expectations, transportation rules, uniforms, fan expectations, and sportsmanship language. It also builds a deep, school-specific operating system for coaches, athletes, parents, and administrators.

CCS Athletic Philosophy

Compete hard. Finish well. Honor Christ. Build the team. Respect authority. Protect the testimony of CCS. Every practice, game, bus ride, locker room moment, and social media post is part of the athlete's testimony.

Cougar Code Statement	Athlete Commitment
I will compete for God's glory.	My effort, body language, speech, and sportsmanship should reflect Christ.
I will practice discipline.	I will attend, prepare, work hard, listen, improve, and accept correction.
I will honor authority.	I will respect coaches, teachers, officials, administrators, and parents even when I disagree.
I will serve the team.	I will value team success above personal attention, playing time, statistics, and recognition.
I will finish.	I will not quit when the season becomes difficult, when playing time changes, or when correction is needed.
I will guard my testimony.	My conduct in class, hallways, chapel, church, restaurants, gyms, buses, hotels, and online reflects CCS.

2. Sports Program Offerings and Program Structure

CCS offers broad athletic opportunities while maintaining mission and standards.

CCS offers athletics as part of a well-rounded school culture that also includes academics, fine arts, student life, and Christian service. The school currently offers eight sports and multiple teams. Specific team offerings may change annually based on enrollment, coach availability, league alignment, facilities, safety, and student interest.

Season	Program Offerings/Typical Teams
Fall	Boys' soccer, girls' volleyball, cross country when offered
Winter	Boys' basketball, girls' basketball, cheerleading
Spring	Baseball, softball, co-ed golf

Teams may include Middle School, JV, and Varsity depending on numbers and league schedule. Participation, tryouts, and roster sizes depend on safety, facilities, coaches, and league rules. No activity may conflict with church priority or school academic/safety standards.

Team membership

Middle School: grades 5-8, grade 5 is exception

JV: grades 7-10

V: grades 7-12, grades 7-8 are exceptions

Program Level	Purpose
Middle School	Skill introduction, discipline, fundamentals, teamwork, teachability, and learning how to be coached
Junior Varsity	Skill growth, competitive development, preparation for varsity, team systems, and maturity
Varsity	Highest competitive level, leadership, advanced execution, Christian testimony, and school representation
Managers/statisticians/ student helpers	Service roles that support the team and require the same Christian testimony, dress, attendance, and conduct expectations as athletes

Annual Approval Rule

A sport or team exists only when approved by school leadership. Student interest alone does not guarantee a team. The school must have proper coaching, supervision, facilities, scheduling, safety, finances, league alignment, and mission fit.

3. Leadership, Chain of Command, and Athletic Department Governance

The right conversation must happen with the right person at the right time.

Role	Responsibilities
Administrator/ Principal	Final athletic authority, major discipline, policy exceptions, budget approval, church/facility conflicts, parent escalations, program direction, academic eligibility, student discipline, parent concerns, attendance, demerit integration, and school-day student-athlete expectations
Athletic Director/ Secretary	Schedules, coaches, rosters, officials, eligibility tracking, game operations, uniforms, equipment, transportation, tournament coordination, and daily athletic leadership
Head Coach	Team culture, practices, games, communication, supervision, safety, roster decisions, playing time, equipment, and player development
Assistant Coach	Supports head coach, supervises athletes, reinforces team standards, and follows CCS coaching expectations
Parent	Supports team and coach, follows communication chain, honors sportsmanship, and reinforces student commitment
Athlete	Works hard, communicates respectfully, attends faithfully, maintains grades, follows conduct standards, and protects testimony

Required Chain of Command

Player -> Coach -> Athletic Director -> Principal/Administrator. Parents should not skip the player-coach growth step unless the concern involves safety, abuse, immoral conduct, or an urgent issue requiring administration.

4. Special Requirements Before Participation

No athlete participates until requirements are complete.

Requirement	CCS Standard
Physical/Medical Clearance	Every athlete must have an account in DragonFly Max (dragonflymax.com) and have a current physical uploaded before tryouts, practice, or games. One physical should normally cover the school year unless athlete is injured and requires a doctor's clearance to return to play. A physical exam is good for 395 days from date of exam.
Liability/NCCSA/school forms	All required athletic waivers and school forms that are loaded in DragonFly Max must be e-signed before official participation. Using an ineligible athlete can create forfeits, fines, and safety risks.
Emergency contacts	Coach/AD must have emergency contact information before travel or competition. Parents should share all allergies and medical conditions.
Parent/student acknowledgement	Athlete and parent must review handbook expectations before season participation and e-sign form in DragonFly Max verifying handbook review.
Eligibility Review	Academic and discipline eligibility must be reviewed before tryouts and monitored during the season. Grades will be pulled the last day of September, November, January, and March.
Uniform/equipment issue	Athlete receives uniform, noting existing damage before use.
First practice/tryout attendance	Athletes should attend the first pre-season practice/tryout unless excused in advance for illness, death in family, or an approved unavoidable conflict.
Transfer/new student review	New or transfer students require AD/principal review before competition.

No Form, No Participation

An athlete may not try out, practice, dress, travel, or compete until required medical, liability, eligibility, and acknowledgment items are complete in DragonFly Max. This protects the athlete, coach, team, school, and league compliance.

Fall and Winter Athlete Requirement

All participants in volleyball, basketball, and JV and V cheerleading are required to fill a set number of setup, concessions, admissions, line judge (volleyball—home or away) or cleanup spots during the season. Number of spots required depends on number of home games and number of athletes per team and will be shared at beginning of each season. Spots not filled will be charged to athletes' school bills at \$25/slot. Slots may be filled by athletes or family members. Families may reserve spots on signup.com. Families may choose to pay the fee for all slots up front. However, the intent is not to raise money but to encourage families to help. Many people are needed to make each game possible.

5. Game and Practice Attendance Requirements

Team membership requires commitment until the season is finished.

Once a student joins a team, he or she has made a commitment to that team until the season is complete. CCS should teach students that commitment matters. Coaches should communicate practice and game expectations before the season begins.

Attendance Category	Policy/Procedure
Required attendance	Athletes are expected at all practices, games, team meetings, tournaments, and assigned team functions.
Notification	Athletes should personally notify the coach ahead of time when absence or tardiness is unavoidable. Parent communication may support this but should not replace athlete responsibility.
Excused absence examples	Personal sickness, death in family, doctor/dental appointment, unavoidable family emergency, previously scheduled church commitment, or administrator-approved conflict.
Not normally excused	Work, poor planning, social events, optional activities, rides not arranged or simply not wanting to attend.
School attendance	If a student is too sick for school, he or she is normally too sick for practice or play. Students must be in school by 10:00 on half day and 11:30 on full day for practice or game participation.
Tardiness	Athletes must be on time to practices and games as they are expected to be on time to class.
Pattern of absences	Repeated absences may reduce playing time, require makeup conditioning, or result in suspension/dismissal from team.
Church balance	CCS supports church faithfulness and will not schedule Sunday games/practices. Wednesday practices will be avoided whenever possible.

Recognition of Those Present

Makeup work or reduced playing time after an excused absence is not punishment. It recognizes that teammates who attended practiced, prepared, and earned readiness.

6. Academic and Discipline Eligibility and Probation

Grades come before games. Athletics is a privilege connected to responsibility.

CCS Eligibility Standard

A student-athlete must maintain at least a C- in all core classes to remain eligible for athletic participation. A student with a D or F is ineligible until the grade is raised according to school policy and confirmed through the proper process.

Eligibility Area	Procedure
Regular grade checks	Designated administrator reviews grades during active seasons—last day of September, November, January, and March. Coaches should be notified of ineligible or probationary athletes.
Ineligibility	Athlete may practice if administration allows but may not play in games until eligibility is restored.
Teacher confirmation	Athlete must bring or have documented teacher/FACTS confirmation that the grade has improved to eligibility standard. The athlete should ask respectfully at the teacher's convenience.
Probationary attendance	Athlete may be required to attend home games in school attire and sit with team when ineligible, unless discipline or administration says otherwise.
Games missed	Missed games due to ineligibility may carry within the season and may affect team role. Administration determines carryover expectations.
Learning needs	Students with documented learning needs may receive appropriate support, but eligibility expectations are still managed through administration.
Team leadership	Captains and high-profile athletes are expected to model academic responsibility.

Continue **6. Academic and Disciplinary Eligibility and Probation**

Athletic consequence are added to, not substituted for, school discipline.

Issue	Possible School Consequence	Possible Athletic Consequence
Demerit concern—40 demerits	Admin/parent meeting	AD/coach meeting; possible probation
High demerit threshold- 75+ demerits	School discipline	2-game suspension, loss of captaincy, or removal
Profanity/vulgarity	Demerits/referral	At least one game missed or more, depending on context
Fighting	School discipline/possible suspension	Immediate removal pending review; missed games or dismissal
Disrespect to coach/ official	Demerits/conference	Bench time, suspension, apology, probation
Social media misconduct	School discipline	Suspension/loss of privilege depending on severity
Missing practice unexcused	Coach discipline	Warning, conditioning, reduced playing time, or removal if pattern
Uniform/equipment not returned	Financial charge	Financial charge
Travel misconduct	School discipline	Suspension/dismissal from team/travel privilege loss

Athletic Discipline Rule

Athletic discipline never replaces the school discipline system. A student can receive school consequences and athletic consequences for the same behavior because athletics is a privilege and representation role.

7. Athlete Code of Conduct and Christian Testimony

Athletes are leaders; they set the pace and shape the atmosphere.

Conduct Area	Athlete Expectation
Christian testimony	Maintain a good testimony on campus, off campus, online, on the bus, in restaurants, at hotels, and during competition.
Speech	No profanity, vulgarity, trash talk, mocking, slurs, taunting, or disrespectful arguing.
Authority	Respect coaches, officials, teachers, administrators, opposing coaches, and workers.
Classroom conduct	Athletes are held to high standards in class; detentions/demerits affect athletic privilege.
Team loyalty	Do not undermine coach, teammates, school, or team culture through gossip, cliques, social media, or attitude.
Opponent respect	Shake hands respectfully, help opponents up, avoid mocking, and respond to adversity with self-control.
Officials	Never argue with officials. Captains and coaches handle necessary communication properly.
Public places	Restaurants, host schools, buses, locker rooms, and hotels must be left better than found.
Online conduct	Posts, comments, videos, pictures, and group chats must honor Christ and CCS.

Athletic Privilege Standard

Representing CCS is a privilege, not a right. A student who harms the testimony of Christ, the team, or the school may be suspended or dismissed from athletics even if the conduct occurs outside a game.

Profanity: Profanity on or off the field or court may result in school discipline and at least one missed game.

Fighting: Fighting or acting like one is fighting may result in school discipline, missed games, and possible dismissal depending on the circumstances.

8. Dress, Travel Attire, Uniforms, and Modesty Standards

Athletes represent CCS before and after the whistle.

Dress expectations protect modesty, testimony, team unity, and school reputation. Athletes, cheerleaders, managers, statisticians, scorekeepers, team helpers, and coaches must follow the travel and game dress expectations set by CCS.

Sport/Role	During School	Travel To/From	Public Place/After Game
Volleyball	School attire	Team travel wear or school-approved attire	School attire, warm-up, or approved modest team wear
Soccer	School attire	Team travel wear or school-approved attire	School attire, warm-up, or approved modest team wear
Basketball	School attire	Team travel wear or school-approved attire, first team to play—uniform	School attire, warm-up, or approved modest team wear
Baseball/ Softball	School attire	Uniform or team travel wear as coach directs	School attire, warm-up, or approved modest team wear
Golf	School attire	Team shirt and approved shorts/pants	Match attire or approved team attire
Cheerleading	School-approved uniform or attire	Uniform or team travel wear	Uniform or approved team attire
Student managers/ statisticians	School attire	Same level of dress expected of team	School attire or approved team wear

Dress Rule	CCS Standard
Practice modesty	Athletes must meet school modesty standards at all practices, including summer practices. Shorts must meet approved school/athletic length and tops must be modest.
Staying for next game	Athletes staying for another game may be required to change into school attire or travel suits.
Coach responsibility	Coaches' dress must meet school modesty standards. Coaches should correct dress issues with players before departure or participation.

9. Quitting, Commitment, Team Membership

Trying times are not times to quit trying.

Commitment Area	Policy
Early tryout window	A student may withdraw before the roster/commitment deadline set by coach/AD without penalty.
After commitment	After final roster/commitment period, an athlete may not quit without consequence unless approved by AD/Administrator.
Injury	Injured athletes remain part of the team and should attend practices/games unless medically restricted. Faithfulness matters.
Probation	Leaving while on discipline/academic probation may be treated as quitting.
Penalty for quitting	Athlete may forfeit postseason awards, pictures, and future athletic participation until AD/Administrator review.
Exceptions	Season-ending injury, death in family, or serious circumstance reviewed by AD and Administrator.

10. Transportation, Travel, Overnight Trips, and Release Procedures

Travel is one of the highest-risk aspects of athletics.

Travel Area	Required Procedures
Roster emergency info	Coach carries emergency contacts, medical records. Office/AD has master copy.
School transportation	When school transportation is provided, athletes normally travel together on school-approved vehicles.
Seat belts	Every rider must have a seat belt where applicable. No overcrowding.
Driver approval	Drivers must be approved by school leadership and meet license/age/insurance requirements; bus drivers must meet legal CDL requirements where applicable.
Riding to game	Students normally ride to away games with the team unless an approved exception is documented.
Riding home	Athletes may ride home with parent/legal guardian when coach is notified directly by parent/guardian before leaving. Written or verbal permission is required to ride with another approved adult.
Student drivers	Student driving to/from athletic events is not permitted unless specifically approved by administration with parent permission and restrictions.
Restaurants/stops	Coach controls behavior, dress, seating, departure time, and cleanup. Weeknight Dining Policy: Team will return to school as soon as possible, but fast food is acceptable if deemed necessary.
Overnight travel	Requires Administrator approval, supervision plan, rooming list, curfew, medication plan, emergency contacts, parent communication, and conduct rules. All athletes and parents should sign overnight travel agreements in DragonFly Max.
Late returns	If not back on campus by 11 pm, students can receive an excused absence in next day classes before 10:00 am.

Head Count Rule

Coaches do not rely on teammates saying, "He went with his parents." Coach must hear directly from parent/guardian or have written permission before releasing a student from the team travel roster.

11. Coaching Standards, Team Culture, and Supervision

A coach is a teacher of character, not just a manager of plays.

Coaching Area	CCS Expectation
Spiritual testimony	Coach models Christian conduct, speech, humility, church/school loyalty, and respect for authority.
Preparation	Coach plans practices, knows rules, communicates schedules, prepares equipment, and values safety. The coach submits roster to athletic secretary.
Instruction	Coach teaches fundamentals, strategy, teamwork, conditioning, and sport-specific skills.
Correction	Coach corrects firmly without humiliating, mocking, degrading, or losing self-control.
Playing time	Coach makes decisions based on skill, effort, attitude, attendance, team needs, and game situation.
Supervision	Coach supervises locker rooms, gyms, fields, buses, restaurants, hotels, and pickup until athletes are released.
Communication	Coach communicates schedule, expectations, changes of practice times or roster, injuries, concerns, and conduct issues professionally. Coaches will communicate with athletes solely through school-approved communication app.
Documentation	Coach documents injuries, discipline, parent concerns, travel roster issues, and equipment returns. Coach reports game scores in MaxPreps or to appropriate person to enter into MaxPreps.
Professional boundaries	Coach avoids private one-on-one isolation of opposite sex, favoritism, and emotionally reactive decisions. All texting of opposite sex should be in group chats.

Supervision Standard

Students should never be left unsupervised in gyms, locker rooms, fields, weight rooms, buses, hotels or parking lots. Coaches remain responsible until students are properly dismissed or picked up.

12. Parent, Fan, Spectator Expectations, Sportsmanship Philosophy, and Game Conduct

Spectators represent CCS just as athletes do.

A Christian school athletic event is not a place to excuse poor speech, emotional outbursts, disrespect toward officials, or public criticism of coaches. Fans and parents must support a climate of wholesome competition, generosity, self-control, and graciousness.

Expectation	Required Conduct
Officials	Do not yell at, mock, threaten, or harass officials. Respect their authority even when calls are missed.
Coaches	Do not coach from the stands, criticize publicly, or confront coaches immediately after games.
Players	Encourage all players. Do not criticize athletes, including your own child, publicly.
Opponents	Treat visiting teams and fans as guests. Avoid taunting, insults, or sarcasm.
Social media	Do not post complaints about coaches, officials, teams, players, or school decisions.
Children/siblings	Parents are responsible for younger children at games. Children may not run unsupervised through halls, gyms, fields, or parking lots.
Facility respect	Clean up after yourself. Treat host schools and CCS facilities respectfully.
Conflict process	Schedule private conversations through proper chain of command.

Removal Standard

A spectator who refuses to comply with sportsmanship expectations may be warned, removed from the event, restricted from future events, or referred to administration.

Continue **12. Parent, Fan, Spectator Expectations, Sportsmanship Philosophy, and Game Conduct**

Sportsmanship is Christianity applied to the games of life.

NCCSA sportsmanship language emphasizes that Christian sportsmanship requires honoring the Lord Jesus Christ, self-control, submission to officials and coaching staff, noble conduct, and actions within the rules. NFHS materials likewise describe good sportsmanship as self-control, courteous relations, and gracious acceptance of results. CCS athletes, coaches, and fans must apply these principles consistently.

Situation	Sportsmanship Standard
Victory	Be modest. Do not embarrass opponents or make the win about self.
Defeat	Be gracious. Do not blame officials, teammates, coaches, or conditions.
Bad call	Respond with self-control; coach/captain communicates appropriately.
Opponent injury	Show concern and respect, no cheering misfortune.
Lopsided score	Coach manages bench, pressure, pace, and conduct with wisdom.
Handshakes	Athletes line up respectfully, look opponents in the eye, and use appropriate words.
Awards	Win or lose, receive awards with gratitude and humility.
Home events	Welcome visiting teams; clean spaces; provide clear direction and hospitality.

13. Medical Safety, Concussion, Heath, Weather, and EAP Protocols

Emergency action plans must be written, rehearsed, and venue-specific.

NFHS sports medicine guidance emphasizes that emergency action plans should identify potential safety issues, define roles, establish communication channels, and be reviewed/rehearsed annually. CDC and NFHS concussion guidance emphasize removing an athlete from play when concussion is suspected, notifying parents, medical evaluation, and no same-day return to play. CCS adopts those safety principles into local school procedures.

Safety Area	CCS Procedure
Emergency Action Plan (EAP)	Every venue/sport should have an EAP: who calls 911, who supervises team, where AED/first aid is, and how parents/admin are notified.
Concussion suspicion	Remove from play immediately. Complete NCCSA Concussion History Form. Do not return same day. Notify parent/admin. Require medical clearance before return. "When in doubt, sit them out." Parents and athletes must sign Gfeller-Waller Concussion Awareness form in DragonFly Max before season.
Heat illness	Monitor heat via NCCSA Wet Bulb Global Temperature policy, humidity, acclimatization, hydration, rest breaks, shade, and symptoms. Escalate immediately for dizziness, confusion, collapse, vomiting, or extreme weakness.
Lightning/weather	Clear fields immediately when lightning within a 10-mile radius or severe weather risk occurs. Use approved shelter and wait for safe restart—30 minutes from last lightning occurrence.
Hydration	Coaches provide regular water breaks and do not use water denial as punishment.
Blood/injury	Stop activity as needed; use gloves/first aid; clean blood; remove athlete until safe. Notify parents of injury right away.
Medication	Coaches do not casually distribute medication. NO medication is given to any student without parent permission. Coach should record medications given.
Mental/emotional concern	Concerning statements, self-harm references, panic, or unusual behavior must be escalated to AD/Principal/Administrator.
Documentation	All injuries, removals, parent notifications, and return-to-play decisions documented.
Preparedness	At least one coach on every team should be CPR/First Aid certified.

Emergency Communication Rule

The first priorities are student safety, emergency response, supervision of remaining athletes, parent/admin notification, and documentation. Do not speculate publicly about injuries.

14. Team Communication, Social Media, Photos, and Technology

Communication must be professional, documented, and testimony-conscious.

Communication Area	Standard
Team schedules	Communicated through school website (ccsking.org) on Google Calendar on Athletics page (found under Current Families). Changes to schedule that are imminent will also be communicated via SchoolCast.
General Communication	All information regarding athletics is sent via text and/or email through SchoolCast. Each family is set up upon acceptance to CCS; however, every family is responsible to keep contact information current. Login information in beginning-of-year packet.
Coach-parent messages	Professional, factual, no sarcasm, no emotional responses late at night or immediately after games
Coach-student messages	Group/team communication preferred; avoid private, personal, or emotionally intense messaging.
Social media	Posts should honor Christ, school, teammates, opponents, officials, and families. All posts related to or having the CCS name must be Christ-honoring and not go against our mission or goals.
Photos/video	No locker room, embarrassing, immodest, injury, or disciplinary content. Use approved channels.
Music	Any music used for warmups, videos, banquets, or events must follow CCS music standards.
Livestream/announcing	Announcers and livestream workers represent CCS; speech must be positive and professional.