



Athletic Handbook 2025-26



Cedar Creek Saints Weight Lifting Handbook

Core Values & Athlete Expectations

At Cedar Creek Christian School (CCCS), athletics are an extension of our mission to glorify God through education and discipleship. Saints athletes are not only expected to develop physically and mentally, but also **spiritually and morally**, reflecting Christ on and off the field.

The following **core values and character traits** reflect scriptural principles upheld by CCCS, as well as shared standards from respected Christian schools:

Christlike Character

1. Honesty, Integrity & Self-Discipline

“Let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’; anything more comes from the evil one.” – Matthew 5:37

Saints athletes are expected to demonstrate honesty, self-control, perseverance, and a commitment to integrity in all aspects of life—whether in practice, in class, or in competition.

2. Obedience & Respect for Authority

“Obey your leaders and submit to them, for they are keeping watch over your souls.” – Hebrews 13:17

Athletes must follow directions from coaches, referees, and school staff with a respectful attitude. When clarification is needed, it should be sought in humility and with respect.

3. Diligence & Responsibility

“Whatever you do, work at it with all your heart, as working for the Lord.” – Colossians 3:23

Players are expected to be dependable in attendance, effort, and attitude—both on the field and in the classroom.

4. Determination & Confidence in Christ

"I can do all things through Christ who strengthens me." – Philippians 4:13

We encourage athletes to pursue excellence with boldness, trusting in God's power and guidance over fear or performance anxiety.

5. Sportsmanship & Respect

"Do to others as you would have them do to you." – Luke 6:31

Athletes will honor opponents, respect game officials, and celebrate good plays—whether made by teammates or rivals. Taunting, complaining, or showing off is not acceptable.

6. Teamwork & Humility

"Do nothing out of selfish ambition... but in humility value others above yourselves." – Philippians 2:3

Weight Lifting is a team sport. Success is shared, and personal accolades come second to the needs and unity of the team. Players are expected to encourage, support, and sacrifice for one another.

Disciplinary Standards

7. Consequences for Violations

Athletes who violate team rules, school conduct policies, or biblical standards may face disciplinary action, including (but not limited to):

- Verbal warnings or corrective counseling
- Suspension from practices or games
- Dismissal from the team for repeated or serious offenses

Discipline will be administered in love, with a goal of correction and restoration.

Dismissal & Return of Equipment

Participation in the CCCS Saints Weight Lifting Program is a **privilege**, not a right. Players may be **dismissed** from the team for repeated violations of team rules, school policies, or failure to meet expectations outlined in this handbook.

Grounds for dismissal include (but are not limited to):

- Chronic unexcused absences from practices or games or school

- Insubordination or disrespect toward coaches or officials
- Repeated poor conduct on or off the field
- Academic or disciplinary probation
- Violations of the school's code of conduct or moral standards

Mandatory Return of Equipment

If a player is removed from the team for any reason, all CCCS-issued Weight Lifting gear and uniforms must be returned immediately. This includes, but is not limited to:

- Game jerseys and pants
- Helmets and shoulder pads
- Practice gear (if issued)
- Travel or warm-up apparel
- Any other school-owned equipment

Failure to return items in a timely manner may result in:

- **Fines** billed to the student account
- **Withholding of report cards or transcripts**
- **Loss of eligibility** for future sports participation

All items should be cleaned and returned in good condition unless otherwise specified.

Faith Integration

8. Playing for God's Glory

"So whether you eat or drink or whatever you do, do it all for the glory of God." – 1 Corinthians 10:31

Our goal is to worship God through our training, competition, and relationships. Every drill, every rep, every play is an opportunity to honor Him.

Section III: Dress Code, Attendance & Financial Requirements

Athlete Dress Code

All CCCS athletes are representatives of **Jesus Christ, Cedar Creek Christian School**, and the **Saints Weight Lifting Program**—on and off the field. As such, appropriate dress is a reflection of respect, discipline, and team unity.

General Guidelines:

- Athletes must follow all CCCS school dress code guidelines during the academic day.
- Clothing must be **modest, clean, and neat**—free from inappropriate images, messages, or excessive wear.
- Hair and grooming must meet school policy standards.

Practice Attire:

- CCCS-approved practice shirts, shorts, and cleats are required at all practices.
- No sagging shorts, cut-off shirts, or non-uniform accessories (e.g., flashy jewelry, bandanas) are permitted.
- Athletes are expected to arrive and leave practice dressed appropriately.

Game Day Attire:

- Varsity players will wear designated **team uniforms and gear** as instructed by the coach.
- On game days at school, players may be asked to wear either their team jersey with khakis or a team-issued travel outfit.
- All team-issued gear must be **clean and presentable**—players are responsible for maintaining their uniforms.

Attendance Requirements

School Attendance:

- Athletes **must be present at school for at least half the academic day** in order to participate in a practice or game that same day (unless excused for a valid reason such as a doctor's appointment).
- Chronic tardiness or excessive absences may result in **disciplinary action**, including temporary suspension from the team.

- Missing classes to prepare for a game is not permitted.

Practice Attendance:

- Attendance at all scheduled **practices, workouts, film sessions, and team meetings** is mandatory.
- Any absence must be communicated to the coach **in advance** and with a valid reason.
- Repeated unexcused absences may result in:
 - Loss of playing time
 - Extra conditioning
 - Suspension from games
 - Possible dismissal from the team

Tardiness Policy:

- Athletes must arrive **on time** to all practices and team events.
- Tardiness disrupts team unity and will be addressed appropriately by the coaching staff.

****Weight Lifting Participation Fee****

To help cover costs for equipment, uniforms, facilities, and travel:

The CCCS Weight Lifting Program requires a \$75.00 participation fee per athlete.

- This fee is **due by the first official week of practice**.
- Payments can be made to the school office by cash, check, or approved electronic method.
- Families needing financial assistance may contact the **Athletic Director** to inquire about scholarship or payment plan options.

Non-payment of fees without communication may result in the athlete being ineligible to participate in games or receive team gear.

Parent Conduct Expectations

Parents play a vital role in the spiritual and athletic development of CCCS athletes. As such, we ask all parents to model **Christlike behavior** and support the goals and values of **Cedar Creek Christian School** and the **Saints Weight Lifting Program**.

Biblical Foundation

“Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.” – Ephesians 6:4

“Let all that you do be done in love.” – 1 Corinthians 16:14

Expectations for Parents and Guardians

1. Support in Christlike Manner

- Encourage your child and their teammates with **positive words and attitudes**.
- Show **respect for all coaches, players, referees, and fans**—whether we win or lose.
- Demonstrate self-control and humility in all interactions at games, practices, and school events.

2. Game Day Conduct

- Refrain from coaching your child or other players from the sidelines.
- Do not argue with or criticize officials—**referees are to be respected** regardless of calls.
- Applaud good plays by both teams and help model biblical sportsmanship.

3. Chain of Communication

If a concern arises, CCCS follows a **Matthew 18 approach**:

1. Encourage your child to speak directly with the coach first.
2. If needed, schedule a private, respectful meeting with the coach (not immediately before or after a game).
3. If still unresolved, contact the **Athletic Director** or **School Administrator**.

Unacceptable forms of communication include:

- Public complaints (e.g., in the stands or on social media)
- Gossip or slander about coaches, staff, or other players
- Disruptive or confrontational behavior at events

4. Commitment to Team Culture

- Ensure your child attends practices and games regularly.
- Honor the team schedule, including prompt drop-off/pick-up.
- Help reinforce the values of discipline, respect, and humility at home.

Violations of Parent Conduct Policy

Failure to uphold these expectations may result in:

- A verbal or written warning from the coach or administration
- Being asked to leave a game or practice
- Loss of sideline privileges or spectator access
- In extreme cases, removal of the student-athlete from the program

Our desire is to cultivate a **unified team atmosphere** rooted in God's Word, where coaches coach, players play, and parents support—all for the **glory of God**.

Saints Weight Lifting Program Handbook Acknowledgment

We have read the **Cedar Creek Saints Weight Lifting Handbook** in its entirety, and we understand and agree to abide by all expectations, policies, and procedures outlined within it. These include, but are not limited to:

- Core values and biblical character expectations
- Athlete dress code and attendance policies
- Financial obligations (\$75.00 participation fee)
- Parent conduct expectations and communication protocol
- Disciplinary procedures and return of equipment upon dismissal
- Integration of faith into athletic participation

We understand that failure to comply with these expectations may result in disciplinary action, including suspension or dismissal from the team. We also acknowledge that participating in the Saints Weight Lifting Program is a privilege and not a right.

By signing below, we commit to honoring God through our conduct, attitude, and effort throughout the Weight Lifting season.

School Year: _____

Student-Athlete Name (print): _____

Student-Athlete Signature: _____ **Date:** _____

Parent/Guardian Name (print): _____

Parent/Guardian Signature: _____ **Date:** _____