

CCS EAGLES



ATHLETIC HANDBOOK
2023-2024

Philosophy= #28SEVEN

The idea of **#28SEVEN** comes from Deuteronomy 28 where we are encouraged to obey the commands God has placed on us as Christians. It is filled with the promise of blessings for doing so as well as the consequences for not doing so. We discuss what those blessings look like in our faith as opposed to the world's interpretation of being "blessed". In short, we make sure our student-athletes know that it is NOT saying that if you follow God's commands and passionately pursue a genuine relationship with Him, going through your day with the intent of making an impact for Christ that you will somehow win every game or contest, be showered with wealth, and live a problem free life. Sometimes those blessings are not even visible to us nor are they tangible on the earth. In 28:7 we are told that our enemies will come at us from one direction and flee in seven to remind us that God is our constant protector. We interpret the SEVEN into an acronym that stands for Selfless, Expect, Vigilant, Excellence, and NOW.

Selfless- Being selfless simply means that I live in an intentional way to serve others. I look for needs or ways I can help others in service and try my best to make their day better. I still have dreams and aspirations for myself for sure but I don't just focus on me as I go through my day, I focus on how I can help others achieve their goals as well. We clarify the difference between a selfless life and an unselfish act.

Expect- Expecting a specific outcome, good or bad, based on a specific input or investment. The examples we use are that if I plant corn, I expect IN TIME to reap corn. If I invest money then I expect IN TIME for that money to grow. I can't go to a field that I have never sowed corn into and expect corn, nor can I sow corn and expect it to be fully realized the next day.

Vigilant- Means to always be aware of "pitfalls" or slip ups that can hinder or harm our relationship and our impact for God. As teenagers they are inundated with opportunities to veer off, we have to live for a purpose, ON PURPOSE. We can't just simply go through our day, making decisions as they come and hope it all works out.

Excellence- Excellence is NOT perfection. It's simply the attempt to perform a task in the best way possible. We can never live in a perfect way because so many times we don't have control of the outcome or all the contributing factors that go into each situation. We can, however, live in excellence by doing things the absolute best way we know how.

Now- We are not promised a definitive future. There is an old saying that the best time to plant a tree was 20 years ago, the second best time is Now. We can't control our past or what we haven't done yet but we can control and dictate NOW moments and what we do with those moments.

OVERVIEW

Athletics at CCS is designed to provide an opportunity for students to participate in championship-caliber sports in a God-honoring environment.

At Conway Christian School, we believe a robust athletics program is essential to an excellent education. Whether on the field or in the stands, our students benefit from the rich community and school spirit that sports provide. CCS participates in over a dozen AAA affiliated sports that are represented by over 30 athletic teams, there is something for everyone on our campus.

Sports at CCS fall into one of three tiers:

Year Round:

We have 3 sports, Basketball- Football- Volleyball, at CCS that fall into the “year round” category. This simply means they offer an off season program and occur during the athletic periods of our school day as well as before or after school. Cheer falls into this category as well due to its unique multi season component although they do not practice during an athletic period.

Seasonal Team:

We have 3 sports, Baseball-Softball-Soccer, at CCS that fall into the “seasonal team” category. This means that they only occur during their season, with no off season, and take place before or after school.

Seasonal Individual:

All other sports fall into the “seasonal individual” category. This means that, although they have team components to them, they are or can be participated in as an individual. The current sports we offer are Bowling, Cross Country, Golf, Swimming, and Tennis.

Athletic Cords: Upon graduation, student athletes are awarded athletic cords based on their participation in the above sports. They are awarded “points” based on which tier the sports they participated in fall into as well as the possibility of earning multi-sport and multi-year “bonus points”. The accumulation of 15 points earns them a cord.

Basic Guidelines for Participation

1. Basic focus structure for each grade level: Although the goal for every team, regardless of grade level, is to help develop student/athletes physically, mentally, and spiritually; that looks a little different for each group.

- a. 7th grade should be primarily a year focused on development and participation. The goal to compete remains, but development and participation for athletes is top priority.
- b. 8th and 9th grade (JH) is a 50% split focus between competition and inclusive development. We strive for competitive success, but not at the detriment of individual development and involvement.
- c. SH Sports is primarily a competition based environment. We do not guarantee all players will play nor is it a goal. Although opportunities may present themselves, there is no focus on playing time for all athletes.

2. Practice: Team practices at Conway Christian will be determined by respective coaching staff. Every effort will be made to conclude Wednesday practice by 5:30 p.m. Every effort will be made to avoid practice on school holidays. There will not be practice on Sunday unless prior approval has been granted by the Athletic Director.

- If it is necessary to be absent from practice, the student is expected to notify the head coach prior to the scheduled practice.

3. Games/Practices/Activities: In order to be eligible to participate in a game, practice, or activity of any kind then the student athlete must be in school or on a sponsored activity (field trip, off campus assignment, etc.) **by the student athletes lunch period the day of the activity.** Student athletes who are absent are not allowed to participate in school activities without advance approval from the Athletic Director or Principal.

- Transportation: Students who ride school transportation to school events are to ride the bus on return trips unless the parent/guardian has personally notified the coach of different arrangements. Notes, texts, or emails are acceptable prior to departure from CCS. Students not riding the bus home will only be allowed to return with immediate family members or other specified adults. Students are not allowed to ride with other students. Students may be “signed out” at the event by their parent or immediate family member and therefore transferring responsibility to the parent or family member. On occasion, parents may be asked to provide transportation to and from athletic events. In this case the parent must fill out a volunteer form with a background check obtained from the athletic office. On these occasions, the parent or guardian will assume all responsibility for their student athlete and/or anyone transported by them.
- Late return: Student athletes participating in an off campus contest that return, on the bus, after 11 PM will be excused from 1st period the following day.

4. Completing a season: A student athlete who quits of his/her own accord will not be eligible to start practicing for another sport before the end of the competition in the sport that was dropped. However, if both head coaches are in agreement and a release form is signed and returned to the Athletic Director’s office, the student may be allowed to change sports.

5. Cut Policy/Participation: Although we encourage participation there are times when a senior high year round sport team may reach a participation number that is higher than what is deemed acceptable either by bench allowance numbers or practice structure numbers. When this happens we will have tryouts for that team. Tryout procedures, dates, and times will be communicated well in advance to allow all interested student athletes to prepare.

6. Participation in Multiple Sports: Student Athletes may participate in two sports during the same season. The student is required to choose one primary sport, which will take precedence over the other activity in case of conflict. Games will take precedence over practice. If both have contests on the same day then the higher priority contest takes precedence. Both coaches involved should notify the Athletic Director of the student athletes desire before the season in order to avoid any potential conflicts during simultaneous seasons.

7. Participation in Sequential Sports: Student Athletes that participate in sports that overlap at the ending of one and the beginning of another are allowed to train for the following sport prior to the conclusion of the current sport with approval from both coaches and Athletic Director. The training should be relegated to standard “skills and drills.” There should be NO COMPETITION or other activities that could affect the athletes performance in the current sport. At the conclusion of a season an athlete may not report for participation in the subsequent season until all equipment has been turned in and all outstanding debts have been paid.

8. Parent/Coach Relationship: Parents are expected to respect coaches and school personnel as professionals. When a disagreement arises, the parents should talk to the coach involved directly (Mathew 18) at the appropriate time to resolve the problem. If the issue cannot be resolved, then the matter will go through the chain of command (Athletic Director then the School President). We ask that parents not confront a coach before, during, or after a contest. If a meeting with a coach is desired, this may be scheduled by calling the coach or Athletic Director. Parent conduct during games should be exemplary. Parents are expected to refrain from negative comments about officials, coaches, and opponents. Parents who abuse the expectations of proper behavior may be asked to leave the premises and continued non-compliance will endanger the student’s eligibility to

participate. All parents will receive Expectations for Parents of Student Athletes at their respective team meeting.

9. Use of Facilities: All events or teams wishing to schedule use of facilities must contact the Athletic office which will confirm with campus operations space and availability. Anyone wishing to conduct camps or tournaments in the gym or athletic fields must receive permission from the athletic office and submit proper forms.

10. Off Season Program: Student athletes in Football, Volleyball and Basketball will have scheduled off season workouts focusing primarily on strength and conditioning exercises.

11. Physicals: Every athlete is required to have a pre-participation physical examination. This physical is good for a one-year period. Athletes may not participate in athletic practices or competition until a signed physical (signed by a healthcare provider) is on file in the athletic office. An appropriate healthcare provider is considered a physician, physician assistant or nurse practitioner. To date, Conway Regional has provided opportunities for physicals at no cost to families. This typically takes place in May. Student athletes are encouraged to take advantage of that opportunity. If not, the Athletics office would like you to request a form to take to your own healthcare provider.

12. Participation of non-school teams: By rule of the AAA (article 3, rule 12), a student may not participate on a school team and a non-school team in the same sport during the same season. Students who violate this rule will forfeit eligibility on the CCS team. While concurrent different sport participation is not prohibited it is not encouraged. Research and common sense show increased incidences of cross-sport injuries and fatigue-related issues that preclude such as being advisable. If a student/athlete chooses to participate in a concurrent sport despite the risks, it is the expectation that all CCS practices and contests take precedence.

13. Workouts: All student athletes participating in a year round sport will be involved in off season workouts in the weight room. Those workouts will be conducted by our full time strength and conditioning coordinator in cooperation with the head coach of each sport.

14. Attire:

- Workout: All student athletes working out in the weight room will be required to wear CCS athletics approved work out clothes. They can use the weight room “player pack” or team attire that fall within the accepted guidelines and approved by the Athletic Director.
- Game Day: Student athletes will be allowed to wear game day apparel. Game day apparel is school dress code shorts, skirts, or pants along with a matching team issued top.
- Conway Christian School takes great pride in our “branding” and the use, marketing, or distribution of items involving any of our athletic logos. Any items or apparel involving any CCS athletic logo should be purchased or coordinated through the Eagles Nest or Athletic department.

Fall Break/Winter Break/Spring Break:

As a school that participates in AAA athletics we take the competition side very seriously. We believe that, among the many benefits to participating in competitive athletics, the principles of fulfilling commitments to team and self are vital. When a student athlete agrees to participate on a team then they commit to be at every event that team is involved in barring uncontrollable or unforeseen issues. There is a school break during every season of sports. These breaks are nice and welcome but they do not always apply to junior high and senior high athletes that are currently participating for a team in a sport that participates during that break. We encourage student

athletes to confirm potential conflicts with these breaks before committing to a team. In short, if they choose to play Volleyball or Football they will most likely play during Fall Break. If they play Basketball they will most likely play during Winter Break. If they play Baseball then they will most likely play during Spring Break. We ask them to ensure they can fulfill their commitments before agreeing to play those sports.

Communication

Clear and appropriate communication is a strong desire at CCS. At CCS we encourage students to participate in all aspects of student life made available to them. It is an expectation that students communicate all potential conflicts to coaches prior to the event. It is also an expectation that coaches communicate clearly all information to parents that they need. This communication takes place in 4 main ways:

1. Pre Season parent meeting
2. Weekly emails or notifications via communication apps
3. Eagles Ledge sent out weekly
4. CCS Athletics web page on website
www.conwaychristianschool.org

Athletic Signing Procedure

Athletic Signing: CCS will host two signing days to recognize those student athletes who have signed letters of intent to play athletics at the collegiate level. These signing ceremonies will occur on December 13th and April 24th. Please notify the Athletic office of athletic scholarship acceptances, at least 2 weeks before the signing date ceremony your family would like to participate in.