

**Oshkosh Christian School
Valley Christian High School
Athletic Handbook**

I PHILOSOPHY OF ATHLETICS

At OCS/VCHS, we believe that the athletic program is an integral part of a Christian education. It is our goal to live out the truth of Christianity in every aspect of our lives, including athletics. We have a threefold desire for our athletic teams: (1) to represent the Lord well, (2) to learn about the Christian life through lessons learned in sports, and (3) to attain excellence as a team in each sport played.

II INTRODUCTION

A. TO PARENTS

This material is presented to you because your son/daughter has indicated a desire to participate in interscholastic athletics at OCS/VCHS and you have expressed your willingness to permit him/her to compete. Your family's interest in this phase of our school program is gratifying. We believe that athletics provide a wealth of opportunities and experiences for our students.

When your son/daughter joins one of our sports programs he/she commits our staff to certain responsibilities, such as:

- To encourage spiritual growth
- To provide qualified coaches
- To provide competitive contests with registered officials
- To provide adequate equipment and facilities

This handbook attempts to acquaint you with the responsibilities and obligations associated with a well-organized program of athletics. It is the role of the Athletic Department at OCS/VCHS to develop policies, rules, and guidelines that govern the spirit of competition for the school. Parental support is vital to the administration of the athletic program at OCS/VCHS.

The administration at OCS/VCHS would also like to encourage all parents to be strong Christian role models in the stands. Our fans are watched by visiting teams as much as our players. Please refrain from cheering against the other team; **cheer for our team**. Also, please refrain from yelling at the officials or our own players. We would ask the parents to please be there to encourage and support your son or daughter, as well as the athletic program.

B. TO ATHLETES

When you wear the blue and gold or the navy and silver colors of OCS or VCHS, we assume that you are willing to accept the responsibilities that go with them:

1. **RESPONSIBILITIES TO THE LORD:** As a Christian, everything you do is a witness for

the Lord. People will not only view your performance as a player, but will view your performance as a Christian as well. Both on and off the court or field, “Let your light so shine before me, that they may see your good works, and glorify your Father, who is in heaven”. (Matthew 5:16)

2. **RESPONSIBILITIES TO YOURSELF:** The responsibility to broaden yourself and develop strength of character is very important. You need to develop a desire to get the greatest possible good from your school experiences. Your participation in academic studies, athletics, and extra-curricular activities prepare you for life after high school.
3. **RESPONSIBILITIES TO YOUR SCHOOL:** By participating in your sport to the maximum of your ability, you are contributing to the positive testimony of OCS/VCHS. Like it or not, athletes are looked upon as leaders. The student body, our opponents, the spectators, and other communities judge our school by your attitude, conduct, and effort on and off the field/court.
4. **RESPONSIBILITIES TO OTHERS:** As an OCS/VCHS athlete, you are responsible to your family, to your teammates, and to your classmates to live up to the training rules, practice to the best of your ability every day, and give your all in every game. Whether you are a “starter” or a “sub” play the whole game and support your teammates from the bench. You can keep a positive outlook when you know in your heart that you’ve placed others ahead of yourself.

III ATHLETE’S CODE OF ETHICS

Each athlete that competes at OCS/VCHS will be expected to strive at all times to reflect Jesus Christ by doing the following:

- Be committed to Jesus first, then the team (Psalms 37:5)
- Give maximum effort (Colossians 3:23)
- Be disciplined, self controlled and on time! (I Corinthians 9:25)
- Be obedient to authority (e.g., coaches, officials, volunteer helpers, etc.) (Romans 13:1 & 2)
- Leave any locker room, bus, field, court, etc. cleaner than when you found it (Yes, the bus!)
- Promote team unity (Philippians 2:2)
- Strive for excellence (Philippians 3:14)
- Treat teammates and others as more important than yourself (Philippians 2:3)

IV CHARACTER QUALITIES

Here are some character qualities that all OCS/VCHS athletes should strive to attain. Use this list as a guideline for self-evaluation:

Dependability - Be at all practices and contests unless excused by your coach. Do what is expected of you in all situations.

Punctuality - Be on time; never be late!

Enthusiasm - Take an interest in every part of your sport and be glad to quickly carry out every part of the job. (I Thessalonians 5:16)

Faith - Show that you know that the Lord is in control of all circumstances and that He is carrying out His will in your life. (Hebrews 11:1)

Humility - Show the attitude that God is the one responsible for your abilities and success. (I Peter 5:5)

Endurance - You must be able to withstand stress, hard work, and the problems that all athletes experience. (Galatians 6:9)

Obedience - Jesus was always obedient to His Father's will. Be obedient and responsive to those in authority over you: the Lord, your parents, teachers, and coaches. (II Corinthians 10:5)

Diligence - Use all of your strength and ability to complete each part of your task whether in practice, in a game, or anywhere else. (Colossians 3:23)

Responsibilities - Athletes need to do everything that is expected of them. Coaches need to know that athletes are capable of doing things without direct supervision. Take the initiative to work and make intelligent decisions.

Determination - Make up your mind that you will accomplish your goals regardless of the opposition. (II Timothy 4:7)

Confidence - A good athlete should know that he/she can be a winner in God's eyes as they totally give all they have to Jesus.

Intensity - Give everything you have at all times, focusing your total attention upon the job at hand and putting forth your every effort to complete it perfectly.

Love - Be self-sacrificing and show real concern for team members, coaches, and opponents. Remember, Christ centered His love upon others, not Himself.

V GENERAL POLICIES, RULES AND GUIDELINES

The OCS/VCHS Handbook, given to all school families at the beginning of each school year, clearly states OCS/VCHS policies, rules, and guidelines. However, the uniqueness of athletics creates the need for the following policies, rules and guidelines, which apply to all students, who are members of any athletic team which represents OCS/VCHS:

A. Sports Offered

- a. Middle School
 - a. Fall – Volleyball (G), Cross Country (B & G)
 - b. Winter – Basketball (G & B)
 - c. Spring – Nothing offered at this time
- b. High School
 - a. Fall – Volleyball (G), Soccer (B), Cross Country (B & G), Football (B)
 - b. Winter – Basketball (B & G), Hockey (B)
 - c. Spring - Soccer (G), Baseball (B), Tennis (B & G)

B. Academic Eligibility

- a. Students are required to be full time students at Oshkosh Christian School/Valley Christian High School per the WIAA definition of a full time student, and in accordance with the OCS/VCHS policy on Partial Enrollment.
- b. The student-athlete must earn a grade point average (GPA) at or above 2.0 at each grade checkpoint. Cumulative GPA will not be taken into consideration for eligibility.
- c. The student athlete will pass all courses for which he/she is currently enrolled. (No “F”s) *Note: Grades that are noted as INC (Incomplete) will be considered a grade of F until updated in the records. Students will incur the penalty the same as having an F on a report card.*
- d. Grades will be reviewed by the Athletic Department at the end of each quarter and semester for compliance with the eligibility guidelines. Academic penalties will begin on specified dates listed below.
- e. Academic minimum standards and their penalties for non-compliance are listed below.

Previous Quarter Grade	Fall Activities (4 th quarter grades)	Winter and Spring Sports (1 st , 2 nd , 3 rd quarter grades)	To be eligible again:
Student earns 1 “F”	Student will be ineligible for no less than <u>14 consecutive days.</u>	Student will be ineligible for no less than <u>10 school days</u>	For all eligibility penalties students will: A. Be required to obtain an EQF form from the AD.
Student earns more than 1 “F”	Student will be ineligible for no less than <u>21 consecutive calendar days.</u> (WIAA Rule)	Student will be ineligible for no less than <u>15 consecutive calendar days.</u> (WIAA Rule)	B. Be required to get the form filled out by the teachers in the student’s curriculum.
Student earns less than a 2.0 GPA for the quarter or semester.	Student will be ineligible for no less than <u>21 consecutive calendar days.</u>	Student will be ineligible for no less than <u>15 consecutive calendar days.</u>	C. Turn in the form to the AD. D. Be compliant with the OCS/VCHS minimum academic requirements.

f. Procedures of using Extracurricular Qualification Form (EQF):

1. Student is found to be in non-compliance with the school's minimum academic requirements.
2. Obtain EQF from Athletic Director.
3. Circulate EQF to all teachers of student's classes to be completed.
4. Submit completed EQF to Athletic Director.
5. Athletic director will review grades and calculate student's GPA and determine eligibility of student.
6. Athletic director will provide coaches with the EQF results.
7. Coaches are responsible for enforcing all decisions made by the athletic director; and the necessary monitoring of all of their athletes eligibility status to maintain the integrity of the program.

g. Academic dates for co-curricular activities for the 2009-2010 school year as follows:

Grade Check Period	Start Date:	End Date:	Report Cards Issued, Suspension Notices Mailed, Suspension Begins
School Year	8/26/09	6/1/09	
1st Term	8/26/09	10/29/09	11/6/09
2nd Term (1st Semester)	10/30/09	1/15/10	1/22/10
3rd Term	1/18/10	3/22/10	3/29/10
4th Term (2nd Semester)	3/23/10	6/1/10	6/5/09 (Suspensions begin first allowable date for next fall season)

All school policies and guidelines that apply to non-athletes also apply to athletes. The conduct of the athlete must always be above reproach or the privilege of participating in athletics will be revoked. Whenever applicable, WIAA guidelines will be followed as a minimum standard for our athletes.

C. School Attendance

It is the OCS/VCHS policy, all athletes must be in attendance for a minimum of ½ the school day of the athletic contest. If the contest falls on a Saturday or on a day off of school, the attendance rule applies to the preceding day's school attendance. Special circumstances will be handled on a case by case basis and reviewed by the athletic department.

D. Required needs for athletic participation

An athlete **must** have the following requirements complete and on file in the athletic office **before** he/she can participate in practice or games of any sport. The forms can be obtained through the coaches, the athletic office or online at www.oshkoshchristian.com/athletics.

- a. Athletic Commitment Form
 - a. There are forms for the OCS and VCHS athlete.
 - b. This form also contains the checklist for completion requirements.
- b. The WIAA Athletic Permit card
 - a. Signed by a physician and a parent every two (2) years.
 - b. April 1st of the previous school year is the date for the beginning of the year for these physicals.
 - c. It is the parents responsibility to see that your athletes physical is on file and up to date
 - d. Green forms to be filled out by physician and signed by parent.
 - e. Cream form to be filled out and signed by parent only.
- c. Athletic Medical History & Athletic Waiver Form **(Form 1)**
- d. Agreement to Participate **(Form 2)**
- e. WIAA Athletic Eligibility Information Bulletin **(Form 3)**
 - a. This is only required at the High School level.
- f. Athletic Fee
 - a. The athletic fee for participation in High School athletics will be \$40.00 per sport, with a per student cap of \$80.00.
 - b. The athletic fee for participation in Middle School and Grade School will be \$30.00 per student with a per student cap of \$60.00.
 - c. There is also a per family cap that is set at \$160.00 per family.
 - d. These funds will be used in conjunction with gate and concession income to pay for the various expenses related to the provision of athletics.
 - e. In the event that cuts from an athletic team take place, a cut athlete will be refunded their fee.

E. Withdrawing from athletic activity

In the event that a student feels compelled to withdraw from a sport after the season has already begun (the official WIAA start date for practice), he/she will be required to do the following:

- a. Employee the Matthew 18 principal and contact the coach and athletic director directly to discuss concerns and issues. This contact will come in the form of a private discussion between the coach and/or athletic director or any combination. Parents are strongly encouraged to be involved with these meetings.
- b. If it is determined that the athlete still wants to withdraw from athletic activity there will be a private exit interview with the Athletic Director. This information will be used solely to improve the operation of the athletic department and ensure that the department is doing everything possible to glorify our Lord in the way we do business.
- c. Following the exit interview, the Athletic Director along with other administrative personnel will determine if the sport fee will be returned to the athlete. As a rule the fee is non-refundable after the beginning of the season (the official WIAA start date).
- d. Athlete will be required to return all practice and game uniforms that have not been paid for by the athlete in the proper condition that it was issued to him/her.

- i. In the event that the equipment or uniform items are not returned in good condition the family will be billed for the item.
- ii. In the event that the uniform is not returned at all the family will be billed for the item.

F. Practices

- a. Because of the mutual commitment required of all players for a successful team, it is imperative that players be at all practices and be on time to all practices. This means that players are dressed in proper attire and ready to go on the court or field at the designated time.
- b. Absences or tardies not approved by the coach will result in disciplinary measures at the coach's discretion. An example of an approved tardy would be an athlete getting academic help. Whenever possible, an athlete should give the coach prior notice.
- c. Each coach will make a practice schedule available to parents at the beginning of the season. With multiple teams participating in a given season it often necessitates inconvenient practice times. In consideration of coaches, parents should be available to pick up students immediately after practices and games, as students are not permitted to be left unattended in the school building or at the practice area.
- d. Due to the nature of the size of the athletic program and the limited space available for indoor practice, it may be necessary to practice off site. In the event that this is the case parents or guardians will be asked to provide transportation to the off site location.
- e. Players are to be in proper practice attire when they come onto the court or field. If practice uniforms have been provided or purchased athletes are required to have that uniform on while practicing.

G. Uniforms

- a. Coaches will assign each player a uniform at the beginning of each season.
- b. Any player whose assigned uniform is lost or unnecessarily damaged will be charged the replacement cost of the uniform.
- c. Laundering of the uniform should be done regularly and with proper care. Please wash in cold water and hang dry.
- d. After the last contest of the season, the coach will set up a turn in day. All uniforms should be returned that day to the coach. After this day, a late fee and/or demerits will be issued.

H. Equipment

All school equipment should be treated with care. If given a responsibility for OCS/VCHS athletic equipment, carry out that responsibility completely. Any loss or damage of school equipment due to neglect, carelessness, or abuse will result in payment for repair or replacement by the person(s) responsible.

I. Facilities

We have been greatly blessed at OCS/VCHS with excellent facilities for our athletic teams. It is essential that we take great care of our facilities and use them wisely.

- a. General Areas – (i.e. hallways, classrooms)

1. Always leave the area cleaner than when you found it. (This includes locker rooms at away games.)
2. Be aware of any destructiveness or misuse of property. If you witness abuse of any facilities, encourage the offenders to stop and report it to the proper authorities.
3. You are not to be in any other part of the building during practices and games other than the designated athletic area.
4. You are to be out of the building fifteen minutes after practice is completed. The coach is required to stay until all athletes are gone. Make sure your ride is at the practice location at the designated time. Have a place to go (i.e. another athlete's home) if your ride does not come on time.
5. No other students are to be in the gym while practices are in session. As much as possible, we will keep the gym doors shut.
6. No athletes are to be in the gymnasium or practice area without designated supervision.
7. Students are not to get equipment or supplies without permission from the coach.
8. All spiked or cleated shoes must be put on and taken off outside of the building.

b. Weight Room

1. The use of the weight room at OCS/VCHS is approved for all faculty, coaches, and staff at no charge.
2. Parents and outside persons may be granted access to the weight room for a fee of \$50 per calendar year. (this includes use of the locker room and shower facilities)
3. Students may only use the weight room while properly supervised by a staff, faculty or training individual.
4. The weight room may be used during a student's study hall hour, but will require a pass from the study hall and a staff member on duty in the weight room.

c. Locker Rooms

1. All athletes are strongly encouraged to maintain proper hygiene by using the showers provided after practices and games.
2. All articles left in the locker room will be taken to the "lost and found".
3. It is your responsibility and our recommendation that you lock up your valuables during practices and games. Unfortunately, not everyone can be trusted with unlocked lockers.

J. Strength and Conditioning

We consider a commitment to athletics is a commitment to our bodies as well. It is expected that athletes will do their best to maintain their bodies in such a way that they would be prepared both in season and out of season. This commitment proves to provide necessary out of season training that will allow coaches in season to focus more on coaching their prospective sports and not have to run conditioning programs that are ancillary to the sport which they are coaching. Some guidelines are contained within.

- a. All athletes will be expected to participate in strength and conditioning programs that are offered at the school.
- b. All programs will be provided with proper supervision by trained individuals.
- c. Participation in camps at the school is strongly suggested.
- d. The school will provide the equipment necessary to participate in all programs offered, as well as locker room facilities.

K. Injuries and illnesses

- a. All sports-related injuries must be reported to the coach in order for an accident report to be filed according to school policy.
- b. If an injury requires treatment by a physician, the athlete must obtain the attending physician's permission (in writing) to return to active status on the team.
- c. Any and all insurance the injured athlete's family carries will be the primary source to cover medical expenses. Insurance through OCS/VCHS is a secondary source.

L. Transportation

- a. All athletes must travel to and from out-of-town athletic contests in transportation provided by the OCS/VCHS Athletic Department unless school transportation is not available.
- b. Exception to the above stipulation would be if the team is playing near the athlete's home; then that athlete would be allowed to drive their own vehicle to the game.
- c. Athletes may ride home from away games with their parents. Parents **must inform** the coach of this arrangement before heading home, preferably before the game.
- d. School vehicles are a privilege, not a right. Keep them clean and neat!
- e. Athletes who miss the team bus or van will not be allowed to participate in that day's contest unless the coach agrees that there were extenuating circumstances.
- f. All regular school bus rules, as explained by the driver and/or coach, will be followed.
- g. No stereos, CD players, MP3 players, or electronic devices of any kind will be allowed on the bus or van, unless they are necessary for teacher issued home work.

M. Day of Game Procedures

- a. The OCS/VCHS school dress code is the minimum requirement for game days. At their discretion, coaches may require their players to dress up.
- b. For games at which dressing rooms are available (both home and away), athletes are expected to be in school dress code both going to and leaving the game.
- c. Athletes are not to wear uniforms to and from games if a dressing room is available at the game.
- d. Athletes are encouraged to support other OCS/VCHS teams by attending their games whenever possible. Sub-varsity coaches may require their teams to attend home games of higher level teams in their particular sport.
- e. All OCS/VCHS athletes should strive to be an excellent example to others as participants and fans by displaying the character qualities previously listed.
- f. Respect and courtesy should be displayed at all times when visiting schools, restaurants, hotels, etc.
- g. Students may be asked to bring their own money for food and hotel expenses on long

- or overnight trips.
- h. It is often necessary to dismiss athletes early from school to attend away games and tournaments. In this event, it is the responsibility of the student-athletes to see their teachers ahead of time to arrange for assignments, quizzes and tests to be handed in, explained or completed. Athletes will not receive special treatment when this happens. Extra-curricular activities will never be an excuse to fall short in academic performance at OCS/VCHS.
 - i. Athletes may be asked to help with set-up of the gym before a game or tear-down after a game. In any event, please help with a willing heart.
 - j. Parents may be asked to work admission tables and concession stand for home games during the course of each specific sport.

VI Coaching Requirements and Responsibilities

Philosophy Statement:

The first and foremost thought in our coaches' minds should be that we as adults and Christ followers are representing Our Lord Jesus Christ to the young people placed under our charge, both on and off the field of play. For this reason coaches should consider themselves above reproach when it comes to their personal day to day activity. We are called to be living examples of Christ. Spiritual leadership with regards to prayer and devotion time with athletes is a paramount ideal that our coaches should ensure is carried out at all times.

A. Promotion of Program and Personal Appearance

- a. Promote all school activities whenever possible.
 - 1. This would include but not be limited to drama presentations, sporting events other than the ones you are coaching, as well as programs that are outside of your current scope (i.e. Middle school basketball coaches, going to HS games).
 - 2. You should be prepared to participate in the various camps that the school will put on to further the case for Christ and promote sound fundamental coaching. This can be in many forms both during the actual camp and/or in the time leading up to it.
 - 3. You should encourage students to be involved and support other school teams and clubs.

B. Dress the part of a coach.

- a. Wear school colors whenever possible. The athletic department will help to outfit coaches with school gear by offering discounted pricing on apparel and (if possible) supplying coaches with apparel free of charge. Volunteer coaches will be offered school apparel free of charge.
- b. Come to practice in clothing appropriate to the activity that you are coaching.
- c. Come to games in sharp business like fashion or dressed in school approved polo shirts bearing the name of the school and/or team.

C. Coaches and Coaching Staff

- a. High School Coaches

1. All coaches will be required to fill out the Coaching Application (Addendum A), Statement of Faith (Addendum B), Declaration of Ethical and Moral Integrity (Addendum C), Criminal History Affidavit (Addendum D), and the Authorization for Release of Information (Addendum E).
2. Coaches will be required to sign and thereby enter into a Coaching Covenant between yourself, the team you coach, and the school.
3. Head coaches will be in a salaried position, with said salary being set forth by the Athletic Department in conjunction with the school business office. Due to the salary portion of the Head Coach position, he/she will be required to fill out all necessary employment documentation with the business office.
4. All assistant coaches are on a voluntary basis.
5. All High School level coaches will be required to have at least one assistant coach. It is necessary to be able to administer both spiritual and athletic instruction on a personal basis to have more than one coach on the staff.
6. Coaches are expected to complete all educational requirements as laid forth by the WIAA, the NFHS, the Trailways Conference and Oshkosh Christian School/ Valley Christian High School

b. Middle School Coaches

1. All coaches will be required to fill out the Coaching Covenant (Addendum A) and all other forms through Addendum E prior to assuming the coaching position.
2. All Middle School level coaches will be required to have at least one assistant coach.
3. Middle School head and assistant coaches positions will be unpaid, but are subject to change as the climate of the school would dictate.

D. Practice and Game

a. Be early for practice and games

1. Coaches are to be on site no less than 15 minutes before practice.
2. Coaches are to be on site no less than 30 minutes before a game.

b. You are expected to be at all practices and games.

1. If you are unable to attend a scheduled practice, you will need to contact the athletic director as soon as possible.
2. Under no circumstances are you to hold a practice without adult supervision.
3. Coaches are to stay at the school until the last athlete has been picked up from practice.
4. Be aware of, and adhere to, the practice time schedule. Respect other practice times by staying out of the gym until your practice begins. Make sure that your players do this as well.
5. If the practice schedule is changed, it is the responsibility of the coach to communicate the change either by notification in a note home or personal

contact with each player by a phone call. Always communicate changes to the A.D. If practices vary during a vacation time, it is the responsibility of the coach to contact each player. Coordinate times with the A.D. Please remember, many parents need to transport their students and need advance written notice.

6. Following a contest or practice, coaches are expected to stay in the building for proper supervision or provide for supervision by another responsible adult until all students have left the school grounds.

c. Officials

You're A.D. is responsible to secure officials for any contest. You have a responsibility to check with the A.D. and verify that an official will be at the contest.

d. Transportation

1. Normally middle school athletic teams are transported to games by parents of the players.
2. Normally high school athletic teams are transported to games by parents of the players.
3. Normally high school athletic teams are transported to games by parents of the players. When numbers warrant, transportation will be arranged on a bus and scheduled by the A.D. Coaches are responsible for bus conduct of players.
4. Coaches are expected to return with their teams to OCS/VCHS or ensure that another responsible adult is at the school when athletes return from all away games.

e. Equipment

1. Coaches are responsible for all equipment issued to them.
2. Storage of equipment after a practice is the coach's responsibility.
3. Proper care of equipment is a must.
4. Contact the A.D. in advance for any equipment needs.
5. Securing of equipment before and after athletic contests is a coach's responsibility. Report any losses of equipment to you're A.D.
6. Any equipment purchase must be done by A.D.
7. Proper medical equipment is to be secured from your A.D. in case of athletic injuries. Each team will be issued their own athletic kit for use during their season.

f. Field/Gym Use

1. Coaches are expected to be sure that the gym/field is ready for any contest or practice.
2. The A.D. will set up practice and game times and have them posted on the school calendar.

g. Uniforms

Each coach is expected to issue and collect all uniforms and record exactly what each athlete has been issued and the condition of the uniform. Return this list to the athletic office. Uniforms are to be worn for games only - not practices. Uniforms are the property of OCS/VCHS.

VII Pre-season meeting

Coaches will be required to conduct a pre-season meeting with the athletes to generate interest and find out what kind of numbers there are for the upcoming season. This meeting should be no later than one month before the first practice of the season.

A. Meeting Requirements

- a. The athlete paper work listed in **SEC V D** should be handed out at this time.
- b. Rosters will be formed at this time. Name, grade and contact information should be contained on a roster form. Rosters should then go to the A.D. so that we can send them out to the other schools.
- c. Coaches should give a basic coaches philosophy at this time along with goals and expectations of the team.
 - i. Goals should be attainable and able to be built upon.
 - ii. Encouragement is the key.
- d. Coaches are responsible to collect the paperwork listed in **SEC. V D** and associated sports fees (**see SEC V.D.f.**) and return it to the athletic office before allowing an athlete to practice or play in a game.

VIII Behavior

A. Media Information

- a. Coaches at the varsity level are expected to provide pertinent game information and statistics following any contest to the local media. See the A.D. for the list of numbers and media to call.
- b. Coaches at the varsity level will supply the proper websites with statistical information as outlined by the conference.
- c. All coaches should strive to be positive in nature when addressing members of the local media with interviews or quotes for use in the newspaper.

B. Coaches' Behavior

- a. Coaches behavior during games must in no way detract from the Christian testimony at OCS/VCHS. Coaches should at all times strive to avoid unsportsmanlike conduct and be a good example to players and fans. Coaches should encourage good sportsmanship by players and participate in accepted traditions which include (but not limited to) shaking hands with opposing coaches and standing with respect and attention for the National Anthem.
- b. Failure to follow these guidelines will be considered a breach of the Coaching Covenant and will result in a meeting with the A.D. to discuss the behavior and go over consequences for breaking the covenant.

- c. The coach's first and foremost responsibility is to God the father and then to the particular sports team he/she has joined together with through the coaches' covenant. All other areas are the concern of the other coaches and the A.D. Any questions or concerns should be brought directly to the attention of the A.D.

IX Cooperative Agreements

These agreements will be negotiated individually with other schools and must be approved by the OCS/VCHS Head Administrator in conjunction with the OCS/VCHS board.

X CLOSING COMMENTS

The athletic administration and coaching staff at OCS/VCHS want to wish you the very best in your athletic endeavors. If we can be of help to you in any way, please let us know. The Lord has put us here to help you grow. We want athletics to be fun and profitable in your Christian life, and we want sports to help build the character of Christ in you.

VII ATHLETE'S PRAYER

Father, I thank You that You care about all the details of my life, even this sports event. Your Word says that I am strong and can do all things because I have Jesus in my heart. I believe that You will guide my performance.

I have practiced diligently, and You have said that the hand of the diligent shall rule. I will run this race and play this game in such a way that I might win. In Philippians 3:14 the Apostle Paul said, I press toward the mark for the prize of the high calling of God... In like manner I strive to win, to do my best, and to compete according to the rules in integrity and purity of heart. I will compete with all my strength and might, because I play for Your glory. Father, I ask You for wisdom, for Your Word says that wisdom is better than strength. Help me to compete skillfully and confidently. I believe I have the mind of Christ. Though others may look to their superior abilities, or their wealth of experience, I look to and trust in You.

I pray for my teammates. I ask that You help us play together as a team, that each one of us will contribute our individual strengths and cover one another's weaknesses. Grant our coach wisdom to make the right call at the right time. Help him/her coach effectively, inspiring us to play harder, edifying us, and building character in us.

Father, build in me the character of a godly competitor that under pressure I may walk in peace, maintaining poise. When I am tempted to become discouraged and give up, I will continue, empowered by Your strength. When faced with overwhelming odds, I will not waver in unbelief, but will walk securely because I know that nothing is impossible with You.

I will not murmur, complain, gossip, or get offended at the officials, coaches, opposing team, or at my own team if something happens that I don't like.

When graced with victory, I will not become prideful, because pride goes before a fall, but will gratefully give You all the glory. If we should lose, I will resist the temptation to become

discouraged, because I know that You always cause us to triumph in Christ Jesus, and that we are always winners through Him.

Father, thank you that both teams can play free from injury. I pray that this will be a fair game and a just game. Thank you that the officials will be fair and impartial and will keep all things decent and in order. Thank you that I can do all things through Christ who strengthens me. No matter what the results of this game, I will exercise the fruit of the Spirit and be a gracious athlete.

In Jesus' name I pray. Amen.