



CCS COLTS ATHLETICS

Program Expectations for Students and Parents

Eligibility: To be eligible for any athletic activity (practices or games), the athlete:

- Must have a physical on file with the athletic department. (A physical is valid for 365 days from the date of the examination.)
- Must maintain a “C” average in each core class and have no failing grades in any class. If these requirements are not met, please consult the academic probation and ineligible policies outlined in the student handbook.
- Must be present at school for the entire day of a practice or game. The only exceptions to this rule are a documented, well-care physician’s visit and dual enrollment for seniors. If a student is considered absent, he/she will be unable to participate in that day’s activities.
- Must actively attend all practices and games.

Transportation: Crossroads Christian School is currently able to transport student-athletes to and from athletic contests and events in our activity bus. However, in the event that the bus is unavailable, it is still imperative that parents assist in this vital role so as to insure participant safety. It is also important to note that CCS does not sanction or authorize student-athletes to drive themselves or to travel to and from athletic contests with other student drivers. CCS requires each parent/guardian to sign the Athletic Department’s Transportation Form absolving CCS, its insurers, agents, employees, representatives, and assigns from any and all causes of actions, claims, demands or expenses in any way connected with private transportation to and from all athletic contests and events. Upon the conclusion of the event, an athlete may ride home with his/her parents after the game or with the parent of another athlete only if written notification has been given to the coach.

Dress Code: As with the school dress code, our goal is for athletes to be modest and neat.

Practices: Athletes should wear attire that will allow them to participate in practices without sacrificing modesty and neatness. Shorts should not have anything printed on the back. Shorts should be no shorter than two inches above the knee.

Games: Game day attire for all teams will be the same for boys and girls—a designated team shirt and khaki pants. Athletic shirts for game day will be available in the CCS School Store. The Athletic Director reserves the right to make final determinations on the appropriateness of game day dress. Team uniforms are the school’s property and are loaned to the student for the season. No alterations to the uniform should be made. Uniforms are to be worn at all games and then returned to the coach immediately following the season’s conclusion. Please follow the wash & dry instructions carefully.

Participation: All teams at CCS are expected to play hard in the true spirit of competition; however, there is a different emphasis at each level of play:

- **Middle School (grades 5-8)** - The athlete is provided a learning experience where basic individual, fundamental skill development is stressed. Team concepts of play and assignment of roles are introduced. In Middle School athletics game participation is emphasized more than at any other level, therefore coaches are encouraged to provide game opportunities for all team members.
- **Junior Varsity (grades 6-10)** - The athlete improves skills while learning team concepts that are more complex. The Junior Varsity level is for athletes who desire to play on the Varsity level and are working to develop their skills for future athletic opportunities. Assignment of roles becomes more defined at this level; therefore, an athlete's playing time is determined by how it will best serve the team.
- **Varsity (grades 7-12)** - The athlete is advanced in skill and physical development. Varsity athletes need to have the physical ability, skill and sport knowledge to handle a demanding practice and game schedule. Emphasis is placed upon individual and team potential.

Concessions/Gate: Concessions stands at NC State University football games and at Crossroads’ home games generate most of the budget for our athletic program. Involving all parents to build our school’s athletics program will ultimately promote our school in the community and will encourage participation from the lower school as well as the upper school. As the program grows, additional sports can be offered. Each family will be required to work at least two home games each season their child participates in a sport. Your support and involvement are appreciated.

Parent Pledge

Please read, initial each item, sign and return.

_____ 1. I pledge to use positive encouragement to edify my child because I understand that athletes do their best when they are encouraged.

_____ 2. I understand that fewer than 1% of youth sports participants receive college athletic scholarships and that the top three reasons kids play sports are: a) to have fun; b) to make new friends; and c) to learn new skills.

_____ 3. I understand that the game is for the players, and I will keep sports in the proper perspective.

_____ 4. I pledge to encourage my child to use maximum effort, to learn new skills, and to bounce back from mistakes.

_____ 5. I understand that children have different natural abilities and are at different levels of physical development and that the true measure of my child's success is not how my child compares to others, but how he/she is doing in comparison to his/her best self.

_____ 6. I pledge to "Honor the Game." I understand the importance of setting a good example for my child and that my child might be embarrassed by any out-of-bounds behavior on my part. No matter what others may do, I will show respect for all involved in the game including coaches, athletes, opponents, opposing fans, and officials. I understand that officials make mistakes. If the official makes a "bad" call against my team, I will "Honor the Game" and be silent.

_____ 7. I pledge to refrain from calling out instructions to my child or approaching the bench during a game or breaks in a game. I understand that this is the coach's job. I will limit my comments during the game to encouraging my child and other players for both teams.

_____ 8. I pledge to refrain from making negative comments about my child's coach in front of my child, my child's teammates, or other team parents. If I have a conflict with the coach, I pledge to handle it in a Biblical manner and approach the coach directly, privately, and respectfully.

_____ 9. I will be on time to pick up my child from all games and practices. This shows respect for the coach, and it tells my child that he or she is my top priority.

_____ 10. I agree to volunteer to work in concessions either at a NC State University football game or at a Crossroads' home game.

Print Parent Name

Parent Signature

Date

Student Pledge

Please read, initial each item, sign and return.

_____ 1. I pledge, in my words and actions, to encourage my teammates and coaches.

_____ 2. I will make my CCS team one of my top priorities and will not miss practices or games because of other extracurricular activities.

_____ 3. I will use maximum effort, learn new skills, and bounce back from mistakes. I will work every day to my best ability in order to grow as an athlete and a person and to help my team improve.

_____ 4. I will show respect to opposing athletes, opposing fans, opposing coaches, and officials. I will refrain from "trash talking" or questioning calls by officials. I will not engage in any kind of conversation with an opposing coach. After the game, I will conduct myself with dignity—win or lose—by offering a handshake to opposing players.

_____ 5. I pledge to listen and to follow my coach's instructions. I understand that for any relationship to work there has to be mutual trust. I will trust my coach's plan for our team, and I will earn his/her trust by following through with what he/she would have me do.

_____ 6. I pledge to refrain from making negative comments about my coach to my teammates or other students. I understand this can seriously damage team morale and chemistry and undermine my coach's ability to do his/her best. If I have a conflict with the coach, I pledge to handle it in a Biblical manner and approach the coach directly, privately, and respectfully.

_____ 7. I will be on time to practices and games. I understand that being late might put me at risk by not providing adequate time for warm-up.

_____ 8. I agree to volunteer to work in concessions either at a NC State University football game or at a Crossroads' home game.

Print Student Name

Student Signature

Date