



Vancouver Christian High School Light

Athletics Handbook 2009-2010

Instructions

Please read this handbook carefully. Pay special attention to the eligibility and conduct portions of this handbook. By signing the Athletic Registration Form included in this handbook, you are acknowledging that you have read and understand the guidelines.

Required Paperwork for Athletics

This handbook contains important documents that must be completed, signed, and returned **before the season begins**. You **will not** be allowed to participate in practice or games until all forms have been submitted. Use this page as a checklist.

- Physical Form** – Signed and dated, completed every other year by your doctor or a clinician. All incoming freshman must get a new physical. Please use the Washington Interscholastic Activities Association (WIAA) physical form instead of a doctor's form (form has been included in this handbook).
- Athletic Permission Form** – Signed and dated by parent/legal guardian and student (form has been included in this handbook).
- Medical Emergency Authorization Form** – Only one form is required for the high school, the office will use the form you turn in with your fall registration materials if you are only participating in a winter or spring sport. Fall athletes will need to complete the form included with this packet.
- Student Athlete Conduct Form** – Signed and dated by the student.
- Transportation Waiver Form** – Signed and dated by parent/legal guardian on a per event basis.

Athletic Fees

The following fees need to be paid before you participate in games, matches, or meets.

- Football = \$150
- Volleyball = \$150
- Basketball = \$150
- Track = \$150

A family will pay no more than **\$450** in sports fees during **one school year** regardless of how many children they have participating.

Vancouver High School Athletics

Fall Season

Football – Boys (August 24 Turnout / December 1 End)
Volleyball – Girls (August 24 Turnout / November 10 End)

Winter Season

Basketball – Boys & Girls (November 16 Turnout / March 6 End)

Spring Season

Track – Boys & Girls (March 1 Turnout / May 29 End)

All athletics are overseen by the **Athletic Director, Mr. Felix Calzada**. He can be reached at 360-735-7915.

Vancouver Christian High School (VCHS) Athletic Regulations

Athletic Philosophy

- Recognizing that every good and perfect gift is from God, including athletic abilities and talents, VCHS' purpose is to teach athletes that athletic abilities should be used to glorify God.
- All extracurricular activities sponsored by VCHS are offered as opportunities for young people to enrich their lives and are a privilege. Of equal importance is the fact that all VCHS athletes do should be a testimony to the love of Jesus Christ. The actions of coaches and players should reflect a strong Christian commitment and character.
- VCHS' athletic program consists of school administration, the athletic director, coaches, athletes, and parents. It is very important that all people in the program are kept in direct communication with regards to all related events, schedules, and procedures.
- Junior Varsity groups shall focus on continued instruction and skill development. VCHS' goal is to provide opportunity for each individual participant to improve and to participate to the extent that the coach determines is appropriate. Coaches within the program understand that the purpose of the Junior Varsity level is as a training ground for varsity.

- Varsity groups shall focus on continued instruction and skill development. VCHS' goal is to field the best possible team to represent VCHS regardless of grade level. The coach is responsible to determine the amount of playing time each individual receives in scheduled events.

Purpose for Athletics

- VCHS wants to provide quality programs that encourage participation by as many kids as possible, and at the same time, VCHS wants to emphasize the importance of self-discipline, commitment, competition, and athletic excellence.

Grades/Eligibility

Compliance with the following standards, which meet both WIAA and VCHS standards, are required for students to be involved in VCHS athletic programs.

1. Athletes must have passed 4.5 classes during the previous semester (18.6.3).
2. Athletes must be enrolled in and doing passing work in at least 5.5 classes in the current semester (18.6.0).
3. Athletes must have received a cumulative 2.00 GPA or above during the previous semester.
4. Athletes must be holding a cumulative 2.00 GPA or above during the current semester.

Students not satisfying standards 1 and 3 will be ineligible for the semester and placed on academic probation to regain eligibility according to the WIAA regulations (18.6.5A and C). The probationary period shall be the first five weeks of the succeeding semester. If at the end of the probationary period the student is meeting the academic requirements, he/she may be reinstated for interscholastic competition. Students not satisfying standards 2 and 4 will be placed on academic probation, and monitored on a weekly basis.

Rules 2 and 4 may be waived by the school principal in certain exceptional circumstances.

Regaining Eligibility/Probation

Students who do not satisfy eligibility standards will be placed on academic probation. Probation is not intended to be a prolonged process for students or staff. Appropriate action needs to be taken by the student with assistance by parents/guardians and staff to help the student meet school guidelines.

A. Probationary period for academic guidelines based on previous semester final grades.

1. If a student is not satisfying school guidelines at semester grading period, participation in practice/work sessions will be allowed, but participation in competition/events will be withheld for the first 5 weeks (18.6.5A) of the succeeding semester/trimester. The student will not be in uniform or on the bench at competitions/events. The student will be placed on weekly progress reports with the school office for the 5 week period.
2. If the student has demonstrated by means of a grade check with each teacher after 5 weeks that he/she is satisfying school guidelines, the student will immediately be allowed to participate in competitions/events.
3. If the student remains ineligible after 5 weeks, the probationary period may be extended an additional 10 school days. During the additional 10 day school period, the school will

conduct a grade check only once per week (two grade checks maximum during this period.)

4. If, after the additional 10 day period, the student is still ineligible, the student shall immediately be removed from all athletic participation for the remainder of the season.

B. Probationary period for academic guidelines based on current semester grades.

1. If a student is not meeting school guidelines during the current semester, the student will immediately be placed on a 15 school day probationary period. The student will be placed on weekly progress reports with the school office for the 15 day period.
2. The student will receive a grace period of 5 school days. If at the end of the 5 school days the student has satisfied school guidelines, they will be removed from probation.
3. If at the end of 5 school days the student is still not satisfying school guidelines, the student will immediately be removed from contest/event availability for 5 school days. The student will not be in uniform or on the bench at competitions/events. If at the end of 5 school days the student has satisfied school guidelines, they will be removed from probation.
4. If at the end of 10 school days the student is still not satisfying school guidelines, the student will immediately be removed from all athletic participation for 5 school days. If at the end of the 5 days the student has satisfied school guidelines, they will be removed from probation.
5. If at the end of 15 school days the student is still not satisfying school guidelines, the student will immediately be removed from all athletic participation for the remainder of the season.

C. Multiple probationary periods within a season are not tolerated and will result in the student immediately being removed from all athletic participation for the remainder of the season.

Attendance

An athlete shall attend school for at least one-half day on the day of an athletic event. If an athlete receives an unexcused absence for any portion of the day, the athlete will be ineligible to participate in the contest on that day. If excused, the athlete may participate if he/she was in attendance for one-half day or longer.

Absence from Practice

- An athlete is expected to be in attendance at all team practices unless excused for illness or by prior approval. Failure to comply with this regulation may result in a penalty according to established team rules which may include the athlete being ineligible to participate in the next contest.
- The coach will describe in his or her written expectations (with AD approval) and at a pre-season meeting the consequences of missed practices or failure to meet player expectations.
- Fall season practices before the first day of school may be held twice a day.
- Practices are normally scheduled during weekdays, Monday through Friday, on non-game days. Practices on Wednesday will be considerate of youth group attendance.
- Coaches may announce Saturday practices prior to the first day of practice for their sport.
- Coaches may announce practices during a school scheduled vacation no later than one week before the last day of school leading in to the vacation.
- Students who are involved in family activities shall be excused without penalty from practice or events when they inform the coach at least 48 hours in advance of the absence.

- A coach may apply a normal penalty to student athletes who miss practice or events without informing the coach in advance of the absence.
- The school does not schedule practices or contests on Sundays, Thanksgiving Day, Christmas Eve Day, Christmas Day, or New Year's Day.

Use and/or Possession of Alcoholic Beverages

Vancouver Christian High School has a no tolerance policy toward student use and/or possession of alcoholic beverages. Violations may result in probation and/or suspension.

Non-Prescribed Drugs, Narcotics or Hallucinatory Agents

Vancouver Christian High School has a no tolerance policy toward student use and/or possession of non-prescribed drugs, narcotics or hallucinatory agents. Violations may result in probation and/or suspension.

Coaches Expectations

All coaches will be required to issue their expectations in writing, to be signed by the student and returned, and orally at a pre-season meeting with student and parent. Coach's expectations cannot be contrary to requirements in this handbook, but may be used in conjunction with them.

Physical Appearance

An athlete shall maintain the dress and grooming standards of the team as determined by the head coach per approval of school administration. First offense will result in a verbal warning to the athlete. Repeated offenses will result in the athlete's removal from the activity for 5 school days.

Transportation

To travel to and from school sponsored contests/games, students may only be released from school-provided transportation by a parent-signed transportation waiver form which must be turned in to and approved by the Athletic Director prior to departure. The waiver form must include the specific name of the driver taking responsibility for the student.

Students who have been granted parental permission and approval by the Athletic Director to drive themselves must not carry passengers to or from any school-sponsored activity.

At a contest/game site, the parent must notify the coach in person if he/she is taking responsibility for his/her students at the time of the event.

Violations of Law on School Grounds

If students are involved and/or implicated in matters of law violation, legal authorities will be notified. The corrective action taken for a student who is found guilty of a civil offense while on school grounds or at a school activity will depend on the nature of the violation.

Conduct Expected by Student Athletes

The conduct of an athlete is closely observed by many in the community, and it is important that this behavior is modeled after the Lord and Savior, Jesus Christ. Athletes must think of themselves as leaders and witnesses of God's love and grace. Therefore, an athlete has certain obligations and responsibilities to the team, the school, the home, the community, and the church.

During the competition, the athlete...

- † is under control at all times, exhibits poise and composure regardless of the situation.
- † is respectful to officials.
- † is modest in victory and gracious in defeat.
- † does not use profanity.

At school and in the community, the athlete...

- † Shows school spirit for VCHS as they participate in athletic events.
- † Encourages good sportsmanship from teammates, other teams, parents and fans.
- † Is discreet at all times.
- † Displays appropriate appearance and behavior around fellow students.

In the classroom, the athlete...

- † Meets the academic standard of the school.
- † Is respectful towards teachers and fellow students.
- † Maintains a good attendance record.

On athletic trips, the athlete...

- † Is an ambassador for his/her home school and acts accordingly.
- † Dresses appropriately and in good taste.
- † Refrains from misconduct while traveling to and from athletic events. No rowdy behavior or other forms of misbehavior will be tolerated.
- † Always leaves facilities clean and in order.

At practices, the athlete...

- † Realizes that good physical condition is absolutely necessary and is willing to abide by conditioning regulations established by the coach of each particular sport.
- † Arrives at practices and games on time and leaves as soon as possible afterward.

Repeated Offenses

If a student repeatedly violates any of the above rules and regulations, the violation may result in probation and/or suspension.

Appeal Process for Sport Season Suspension

When suspensions occur within the athletic program, the following process may be used:

- Upon the imposition of a penalty for infraction(s) of said rules or regulations, any aggrieved student and parents of said student shall have the right to an informal conference with representatives from the Athletic Committee, which will include the principal, the athletic director and the coach, to request that the coach reconsider his decision or that the decision not be enforced. If the student and parents do not submit a written request for this informal conference within five school days of the action grieved, they will waive their right to the conference and appeal procedure. The informal conference shall be held within three school days of the request.
- If the parties are unable to reach an agreement at the informal conference, the aggrieved party may appeal to the school board. The school board committee must consist of at least three members. The school board committee must meet within one week of the appeals request. The aggrieved party and the coach(es) shall be available as a resource.
- The school board will decide on the case within three school days after hearing the case. The decision will be final.

Athletic Activity Permission Form 2009 – 2010

(to be completed by parent/guardian and student)
Please print in ink.

Student's Name _____ Grade _____ Birth date ____/____/____

Parent/Guardian Name _____ Work Phone(s) _____

Address _____ Home Phone _____

City _____ Zip _____ Gender M F

Sports in which I plan to participate:

1. _____ 2. _____ 3. _____

Parent/Guardian – Is there any sport in which you do NOT want your student to participate?

Yes No

If yes, please indicate the sport(s) _____

This application to compete in interscholastic athletics for Vancouver Christian High School is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules or regulations of the school or the Washington Interscholastic Activities Association.

Insurance

All school athletes must be covered by medical insurance provided by parent/guardian for the duration of the athletic activity in which they participate. Please inform the school of any change in insurance coverage.

My child is covered by _____ Insurance Co., Policy No. _____

My child is covered by _____ Dental Insurance Co., Policy No. _____

WARNING: Participation in any athletic activity will likely involve injury of some type to either yourself or a fellow student athlete. Such injury can include direct physical and possibly crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually inflicting injury to another. The severity of such injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury, such as complete paralysis, or even death. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living, to engage in other business, social, and recreational activities, and generally to enjoy life.

I have read and understand the implications of the rules and regulations governing the participation of my son/daughter in WIAA athletics and school activities sponsored by Vancouver Christian High School. I have read, understand, and agree to follow the rules and regulations governing WIAA athletics/activities and school activity participation in the Vancouver Christian High School Athletics Handbook and Student Handbook. I understand and agree that if he/she should violate these provisions, he/she will be disciplined. Failure to provide accurate information may result in the forfeiture of all contests in which the athlete participated. In addition, the athlete will be ineligible to participate in any Vancouver Christian High School athletic program for one calendar year.

Student signature _____ Date _____

Parent signature _____ Date _____

Student Athlete Conduct Form

(to be completed by student)

Conduct Expected by Student Athletes

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- † meets the academic standard of the school.
- † is respectful towards teachers and fellow students.
- † maintains a good attendance record.

On athletic trips, the athlete...

- † is an ambassador for his/her home school and acts accordingly.
- † dresses appropriately and in good taste.
- † refrains from misconduct while traveling to and from athletic events. No rowdy behavior or other forms of misbehavior will be tolerated.
- † always leaves facilities clean and in order.

At practices, the athlete...

- † realizes that good physical condition is absolutely necessary and is willing to abide by conditioning regulations established by the coach of each particular sport.
- † will arrive at practices and games on time and leave as soon as possible afterward.

Student signature _____ Date _____

Vancouver Christian High School

Travel Waiver Form (for extracurricular activities)

This acknowledges my decision to allow my child to separate from the official Vancouver Christian High School extracurricular activity transportation and utilize other means of transportation provided by the adult listed on this form.

The adult providing the transportation must be a personal family member or a family member of a teammate.

In doing this, it is my understanding that he/she will no longer be considered a part of the Vancouver Christian High School travel party for the remainder of this trip.

I further hold Vancouver Christian High School, its employees, and agents harmless in terms of any accidents which may occur to my child or involve my child upon his/her separation from the official traveling party.

This form must be filled out in its entirety, and returned to and signed by an administrator before 3 PM the day before the event in order that my child is allowed to separate from the official traveling party.

Student

Parent/Guardian Signature

Adult Providing Transportation

Date

Event/Event Date

Administrator's Signature

PREPARTICIPATION HISTORY AND PHYSICAL EXAMINATION

Name: _____ Birth Date: _____ Exam Date: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Sport: _____

HISTORY

- | | Yes | No | |
|-------|--------------------------|--------------------------|--|
| 1 a. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any illness/injury recently, or do you have an illness/injury now? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had a medical problem, illness or injury since your last exam? |
| c. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any chronic or recurrent illness? |
| d. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any illness lasting more than a week? |
| e. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been hospitalized overnight? |
| f. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any surgery other than tonsillectomy? |
| g. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any injuries requiring treatment by a physician? |
| h. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any organ missing other than tonsils (appendix, eye, kidney, testicle, etc.)? |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Are you presently taking ANY medications (including birth control pill, vitamin, aspirin, etc.)? |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have ANY allergies (medicines, bees, foods, or other factors)? |
| 4 a. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had chest pain, dizziness, fainting, passing out during or after exercise? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Do you tire more easily or quickly than your friends during exercise? |
| c. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any problem with your blood pressure or your heart? |
| d. | <input type="checkbox"/> | <input type="checkbox"/> | Have any close relatives had heart problems, heart attack or sudden death before they were age 50? |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any skin problems (acne, itching, rashes, etc.)? |
| 6 a. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had fainting, convulsions, seizures or severe dizziness? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have frequent severe headaches? |
| c. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a "stinger" or "burner" or "pinched nerve"? |
| d. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been "knocked out" or "passed out"? |
| e. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a neck or head injury? |
| 7. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had heat exhaustion, heat stroke, heat cramps or similar heat-related problems? |
| 8. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had asthma, or trouble breathing, or cough during or after exercise? |
| 9 a. | <input type="checkbox"/> | <input type="checkbox"/> | Do you wear eyeglasses, contact lenses or protective eye wear? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any problem with your eyes or vision? |
| 10. | <input type="checkbox"/> | <input type="checkbox"/> | Do you wear any dental appliance such as braces, bridge, plate, retainer? |
| 11 a. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a knee injury? |
| b. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had an ankle injury? |
| c. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever injured any other joint (shoulder, wrist, fingers, etc.)? |
| d. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a broken bone (fracture)? |
| e. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a cast, splint, or had to use crutches? |
| f. | <input type="checkbox"/> | <input type="checkbox"/> | Must you use special equipment for competition (pads, braces, neck roll, etc.)? |
| 12. | <input type="checkbox"/> | <input type="checkbox"/> | Has it been more than 5 years since your last tetanus booster shot? |
| 13. | <input type="checkbox"/> | <input type="checkbox"/> | Are you worried about your weight? |
| 14. | <input type="checkbox"/> | <input type="checkbox"/> | FEMALES: Have you any menstrual problems? |
| 15. | <input type="checkbox"/> | <input type="checkbox"/> | Have you any medical concerns about participating in your sport? |

***** ATHLETE SHOULD NOT WRITE BELOW THIS LINE *****

EXAMINER'S COMMENTS ON ALL "YES" ANSWERS (refer to question number):

PHYSICAL EXAMINATION

Optional

Age: _____ Pulse: _____

Height: _____ Blood Pressure: _____

Weight: _____ Visual Acuity: Left 20/ _____
 Right 20/ _____

Urinalysis:

Body Fat %

HCT:

EST VO2 Max:

Audiometry:

Normal

Abnormal

- | | | | | |
|--------------------------|-----|------------------------------|--------------------------|-------|
| <input type="checkbox"/> | 1. | Head | <input type="checkbox"/> | |
| <input type="checkbox"/> | 2. | Eyes (pupils), ENT | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 3. | Teeth | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 4. | Chest | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 5. | Lungs | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 6. | Heart | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 7. | Abdomen | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 8. | Genitalia | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 9. | Neurologic | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 10. | Skin | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 11. | Physical Maturity | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 12. | Spine, Back | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 13. | Shoulders, Upper extremities | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 14. | Lower extremities | <input type="checkbox"/> | _____ |

Assessment: Full participation
 Limited participation (describe limitations, restrictions):

Participation contraindicated (list reasons):

Recommendations (equipment, taping, rehabilitation, etc.):

DATE: _____

EXAMINER'S SIGNATURE: _____

EXAMINER'S PHONE: () _____

PRINT EXAMINER'S NAME: _____