

Young Americans Christian School 2017-2018 Athletic Manual



**“Whatever you do, work at it with all your heart,
as working for the Lord, not for men.”
Colossians 3:23**

MISSION STATEMENT

Young Americans Christian School is a college preparatory school working hand in hand with the family to cultivate students who will be academically successful and will grow to be a light in the world for Christ.

Young Americans Christian School Student-Athlete Guidelines

Young Americans Christian School continues to cultivate athletics programs for students and the school is committed to developing additional opportunities for students when the school deems it can sustain a quality athletic program. The school remains committed to the continual enhancement of the Athletic program and the development of Christ-centered student athletes. Young Americans Christian School provides a venue for student/athletes to receive an excellent education in a Christian environment and to be involved in a growing and competitive athletic program. The school expects players to be Christ-like examples in attitude, behavior, language, and appearance in the classroom, in public, and in athletic competition.

Each player and parent should carefully read the Athletic Manual. Once you have read it, please sign your name below in the proper spaces. Detach the lower half of this page at the dotted line and return it to your coach as soon as possible.

I have read and understand the Athletic Manual and commit myself to follow the guidelines and requests.

Player _____

Date _____

Parent _____

Date _____

Academic Eligibility

As student academic success and achievement is paramount, student athletes must maintain a cumulative 2.0 GPA or higher to be eligible to try out for any team. Classes such as teacher's aide, office assistant, etc. do not count toward a student's GPA. A student who receives two or more F's on a report card will be ineligible regardless of their GPA. A student that loses eligibility will be unable to participate in athletics for the entire next semester. The spring report card will determine eligibility for fall sports.

A student may try out for a team while academically ineligible, but a student may not attend regular practices when ineligible. Examples: a student may not participate in spring football practices when ineligible. A student may try out for a fall sport when the tryouts for that sport are held in the previous spring while that student is academically ineligible.

Physicals

A student may not participate in any camps, practices, or games until all paperwork has been turned in to their head coach. The following forms must be turned in: sports physical form, insurance release form, and sports camp form. Physicals are considered current for a period of 12 months. These forms are available on the school's website (www.yacs.us).

Absences

Students must be in school for a minimum of one half day in order to participate in practices or games that day, unless prior arrangements have been made with administration. This must be an excused tardy. The athletic director and administration will evaluate hardship cases.

Early Release

Because of travel, it is sometimes necessary for teams to leave school prior to normal dismissal times. It is the responsibility of the student-athlete to make arrangements with teachers to make up any missed work.

Late Arrival after Away Games

If the bus should arrive back to the school after 11:00 pm from an away game, the student/athletes who rode the bus back to the school are excused from first period the following day. This is an excused tardy for first period only. If the student/athlete arrives after first period then each class missed, including the first period class becomes unexcused. The student/athlete is still responsible for all class work either due or missed.

Attire

Players are expected to dress appropriately while traveling to and from athletic events. Each coach will determine appropriate dress for his or her team. Any changes from the “norm” must be pre-approved by the Athletic Director or Administrator.

Uniforms

All uniforms and practice equipment issued to a player are the property of YACS and must be turned in within one week of the conclusion of the season. The athlete must replace lost or damaged uniforms. Please read and follow all washing and drying instructions in the uniforms. As a safeguard, you may choose to dry the uniforms on very low heat or just air dry. Players should only wear their uniforms in preparation of and participation in YACS games. They are not to be worn to school or any other leisure situations without prior approval.

Disciplinary Points, Detention & In-School-Suspension

It is the desire of the school that student/athletes be exemplary role models in the classroom as well as on the field of competition. Any student/athlete who receives disciplinary points, detention, suspension, or is involved in any activity that is deemed to be an “unexcused absence” from practice or a game will be subject to the coach’s disciplinary actions for unexcused absence.

League Fines

If any player’s conduct or behavior results in YACS being fined, that player and his/her family could be responsible to pay the fine.

Coaches

Young Americans Christian School is committed to providing qualified and dedicated coaches who will strive to:

1. Lead by example in their Christian walk, their dedication to the school’s Athletic Department, and their pursuit of excellence, both on and off the field.
2. Challenge each player to grow spiritually.
3. Teach the players the skills necessary to be highly competitive in their sport.
4. Teach the players not only how to win, but how to have and display integrity whether they win or lose.
5. Become a better coach as they grow with the Athletic Department.

Athletic Director Responsibilities

Responsibilities of the Athletic Director include but are not limited to the following:

1. Schedule all games. Coaches can give the athletic director suggestions on scheduling, but the final schedule will be made by the A.D. and governing association.
2. Schedule all officials.
3. Keep master copy of all physical, insurance and release forms.

4. Send in scores to the conference secretary.
5. Order equipment and uniforms for teams.
6. Handle disciplinary issues when needed. If needed, the A.D. will address administration with a disciplinary situation.
7. Keep first-aid kits stocked.
8. Communicate athletic department goals and guidelines to all coaches.

Head Coach

Responsibilities of the Head Coach include but are not limited to the following:

Pre-season

1. Prepare yourself for the upcoming season. Have written outlines and schedules for meetings, tryouts, practice plans, and game plans.
2. Meet with the Athletic Director regarding equipment, uniforms, practice schedules, game schedules, forms & paperwork, etc.
3. Must read and be knowledgeable of the NFHS rulebook and any other rulebooks that your sport may be governed by. Must also attend the rules clinics that are offered by the Association.
4. Be certified in CPR & First Aid.
5. A list of team guidelines must be given to players, parents, and A.D. Athletic Director should receive a copy of all paperwork that is given to players and parents.
6. Appoint and train managers, statisticians, and scorekeepers.
7. Coordinate parent volunteers for concessions and gate.
8. Players must have a current physical in order to compete in practices or games.

During Season

1. Organize and conduct practice sessions for sports. Inform A.D. and school office if practice is cancelled in advance.
2. Handle any disciplinary situations that occur as soon as possible. Suspensions or expulsion from team must be discussed with Athletic Director and Administration before they are enforced.
3. Athletes are to be supervised at all times. Coaches must arrive at practice fifteen minutes early. Coaches must stay until all players are picked up.
4. Must carry medical release forms and first aid kits at all times.
5. Make players abide by doctor's orders.
6. Fill out accident report as soon as possible.
7. Report game results to athletic director the following day—no exceptions.
8. Inform the team when team pictures will be taken.
9. Hold team devotion at least once a week.

Post Season

1. Collect all uniforms within one week of the end of the season.
2. Submit a complete inventory of apparel/equipment within two weeks of the end of the season.
3. Store all apparel/equipment properly and securely.

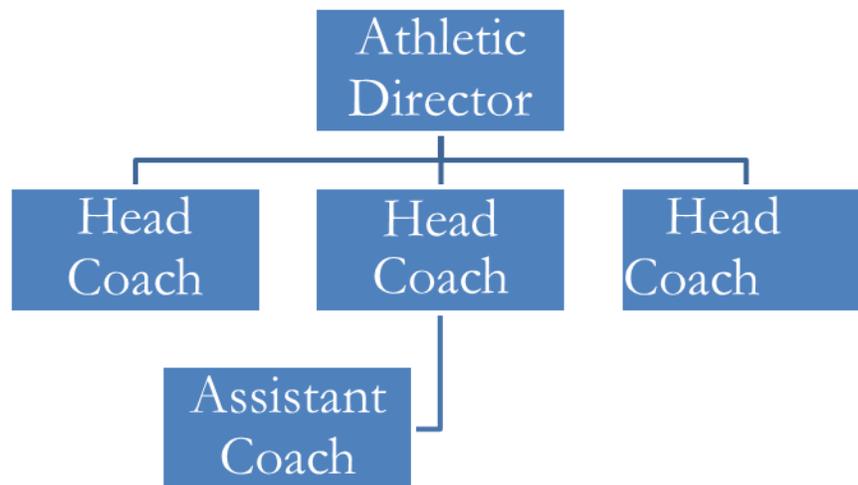
Coaches Professional Growth

Coaches are encouraged to attend clinics, read books, and watch videos that will enhance their ability to lead their team. The athletic department will gladly pay for reasonably priced clinics coaches wish to attend.

Proper Lines of Communication

Coaches are expected to use the proper lines of communication concerning all matters related to the athletic department.

Assistant Coaches → Head Coach → Athletic Director → Administration



In order to run an organized and professional athletic department coaches and the athletic director must follow the appropriate chain of command. The position of athletic director was designated to keep the administration from having to deal with the daily responsibilities of the athletic department. Administration should only be contacted when the chain of command mandates it.

24 Hour Rule

If a parent would like to discuss any aspect of a practice or game, the parent must wait 24 hours after the situation. It is not appropriate to approach the coach immediately after a game. The coach has additional responsibilities immediately after a game and it also allows for a time of reflection for both the coach and the parent with a game concern.

Tryouts

Tryouts are necessary in order to put the most competitive teams on the field. Below are guidelines for tryouts:

1. Never cut only one player.
2. Take notes during tryouts. This will be of help if parents have specific questions about their child's weaknesses or strengths.
3. Be mindful of players' feelings if they are cut.

4. It is the coach's responsibility to assemble the best team possible.
5. If your child is on one of the teams there are no guarantees regarding playing time.

Parent Pre-Season Meeting

All coaches must hold a pre-season parent meeting attended by the Athletic Director or School Administrator. Parents should be notified a week to 10 days in advance in writing about the meeting. The meeting must include the following:

1. Game and practice schedule for year.
2. Review player guidelines from manual.
3. Team regulations from head coach.
4. Contact information of coaching staff.

Attendance to Practice and Games

Student/athletes must learn the importance of dedication and commitment to their team and to their sport. Players should inform their coach themselves whenever it is necessary for the player to be late or miss a practice. The head coach must approve an absence from a game or practice. Each coach must differentiate between excused and unexcused absences. The coach will give each player and parent a copy of attendance guidelines, and be consistent with each player.

Multi-Sport Athletes

A player committed to one sport may not quit during a season to begin another sport. A player committed to a sport may practice for another sport if it does not conflict with the current sport they are playing. Any athlete who is a member of a team sport and wishes to compete in an individual sport, while the team sport is in season, must honor their commitment to the team sport first. It is essential and vital that clear and advance communications are made to the coach of the team sport whenever an athlete has the opportunity to participate in an individual sport.

Varsity Sports Letter Criteria

The varsity letter is one of the highest honors the athletic department has to offer. It stands for achievement. Requirements for an athlete to be eligible to receive a letter are as follows:

1. Athletes must be, at minimum, a freshman participating on a Varsity team.
2. Athletes must start or play in the majority of his/her games and make a significant contribution to his/her team's success.
3. Athletes must remain on the team until the season has ended (excluding injury).
4. Athletes must be devoted to attending practices and games.
5. Athletes must have represented the school in a Christ-like manner.
6. A coach may choose to letter a player who is a senior that may not have played very much, but displayed dedication, integrity, and commitment to the team.
7. Coaches should discuss who gets letters with the athletic director before final decisions are made.
8. Any team that qualifies and competes in a "STATE" level competition can qualify all team members provided they each meet criteria #1, #2, #3, and #4 from above.

Sportsmanship

Exemplary sportsmanship is the standard at Young Americans Christian School. This commitment is the focus of the school's benchmark emphasizing, "Pursuing Athletic Excellence, Developing Christian Character." Therefore,

Athletes will:

- Respect parents, coaches, teammates, officials and opponents.
- Personify commitment and loyalty.
- Represent their school with honor and pride.

Parents will:

- Support the team in public and with Christ-like sportsmanship.
- Encourage loyalty to team and school.
- Provide positive reinforcement to all athletes

Coaches will:

- Inspire athletes by being personal examples both on and off the playing field.
- Teach athletes to play hard, and accept winning and losing with grace.
- Treat all people with dignity and respect.
- Lead and incorporate devotional times throughout the season.

This manual is designed to provide general guidance and direction for players, parents, and coaches. The school administration, at its discretion, has the final authority concerning policies and practices that is in the best interest of the school, its philosophy, mission, and vision.