



Dear CCS Families,

We are excited that you have an interest in being a part of the CCS Cougar Athletic family. Carmel Christian is proud of the accomplishments of our student-athletes, both on and off the field. We are building a respected reputation that is based on producing competitive teams who exemplify the highest standard of integrity and good sportsmanship. We strive to win, but we want to win (and lose) the right way.

Carmel Christian School places great emphasis on participation in co-curricular activities. However, we always remember that our athletes are students first, and their enthusiasm for athletic endeavors should never hinder their commitment to their academic responsibilities.

The foundation for our athletic program is the relationship our coaches create with their student-athletes. Our mission is to disciple student-athletes in academic and athletic distinction through faith, servant leadership, and competitive excellence. Our coaches are responsible for modeling the type of behavior we expect from our student-athletes and for helping them achieve their personal potential.

Carmel Christian School upholds a proud, honored tradition in academic excellence and athletic distinction. The Athletic Department at CCS is excited about the potential for your child to be a member of our athletic program. Athletic teams provide students a chance to grow in multiple areas, including physical fitness, sportsmanship, work ethic, and teamwork.

The following pages are expectations, policies, and requirements that will maximize the experience of CCS Athletics for all. Please take time to carefully read the information and e-sign the form agreement on the last page. I look forward to cheering for our Cougars with you!

Sincerely,

Grant Coffey

CCS Director of Athletics

coffeyg@carmelchristian.org

The following information includes the following sections:

- CCS & NCISAA Participation Policies, Requirements and Eligibility
- Student Assumption of Risk Information
- Parent/Guardian Pledge
- Student Pledge and Contract

Each box on the electronic signature form must be checked indicating that you have read and agree to abide by these statements before a student can become an official member of any team. Should you have any questions or concerns regarding any of the information enclosed, please contact the Athletic Office (athletics@carmelchristian.org).

ATHLETIC VISION

Athletic Distinction, Discipleship, Commitment and Competitive Excellence.

ATHLETIC MISSION

To disciple Student-Athletes in academic and athletic distinction through faith, servant leadership and competitive excellence.

CCS & NCISAA PARTICIPATION POLICIES, REQUIREMENTS AND ELIGIBILITY

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

- Students who are interested in other school related programs that are a part of the curriculum and may create conflicts in any extra-curricular schedules should notify either the Athletic or the Arts Department Director. Both directors will then meet and try to negotiate a schedule on which both programs can agree. If there cannot be a resolution that satisfies both entities, the student will have to choose between activities.
- MIDDLE SCHOOL (grades 6-8): The athlete is provided a learning experience and the opportunity for basic, individual skill development. Team concepts of play are introduced. During the season, participation is emphasized over winning. Team members are encouraged through active participation in games.
- JUNIOR VARSITY (grades 7-10): The athlete improves skills while learning team concepts that are more complex. At this level of increased physical development and better competition, there is an equal emphasis on winning and participation.
- VARSITY (grades 7-12): The athlete is advanced in skill and physical development. Emphasis is placed upon individual and team potential. The athlete's playing time is determined by how it will best serve the team and is completely at the discretion of the coach.

MISDEMEANOR POLICY

Any student charged with a misdemeanor other than a traffic/moving violation will be immediately ineligible. The ineligibility may last until the charges are dropped or sentencing for the violation is complete. At the end of the sentencing a student may appeal to the Coach, Athletic Director, and Head of School for possible reinstatement.

CCS SPORTSMANSHIP/EJECTION POLICY

The following types of behavior will result in an ejection from an athletic contest: fighting, taunting or baiting, profanity, obscene gestures, disrespectfully addressing an official or an opponent.

1. First ejection: One game suspension in all sports (ejection for fighting doubles the penalty: two games in all sports).
2. Second ejection: Suspended for the remainder of the sport season.
3. Third ejection: Suspended from all athletic competition for 365 days from the date of the third ejection.

GRADE POLICY

A Carmel Christian Student-Athlete will become ineligible if they have 2 “D”s or 1 “F” or a GPA lower than 2.0.

PROCESS: Grade Checks will be done every four and a half weeks (mid-quarter and end of quarter) by the Athletic Department and the Principal.

In order to help a probationary student get back on track academically, every effort must be made to clear his/her schedule in order for the student to work and bring his/her grades up to appropriate standards. A student on academic probation may practice with his/her current team on days when it does not conflict with required extra help sessions or extra-curricular activity but may not participate in or dress out for games, or extra-curricular activities. During probation, students must turn in a weekly grade report to the Athletic Director. Probationary students cannot receive an early dismissal privilege to travel with the team until they are removed from their “ineligible” status. Students will work with their teachers during the probationary period to bring their grades up to or above these standards in order to regain full athletic eligibility. If at the end of the initial 5-day probation period, the student athlete is still not academically eligible, he/she may have a second 5-day probation period (with the same guidelines listed above) to bring grades to an eligible status. If, at the end of this 10-day probation period, the student has failed to bring his/her grades up, he/she will become ineligible to participate in practices or games for the next 10 days. If the student has failed to bring up his/her grades at the end of the second 10-day period, he will be ineligible for the remainder of the season.

Appeal: There is an appeal level when the Athletic Director and the Principal meet and decide to allow a student to participate in the event of extenuating circumstances.

REQUIREMENTS

In order for a student to participate in the athletic program of Carmel Christian School, the following requirements must be met:

1. Student must be a full-time student currently enrolled at Carmel Christian School.
2. In order to be eligible to participate in an interscholastic game, an Arts production or an extra-curricular activity, a student is expected to be in full attendance during the school day. A student who is not able to attend to his academic responsibilities should not, under any circumstances, be involved in extracurricular performances or games, particularly if the cause of his absence is illness. Exceptions can be made, however, for unavoidable commitments, for scheduled appointments or for other situations where it is clear that the student has made a good faith effort to meet all of his school responsibilities.
3. A student may participate in athletics in no more than six consecutive semesters or nine trimesters after initially enrolling in the 10 th grade of any school, no more than four consecutive semesters after initially enrolling in the 11 th grade of any school, and no more than two consecutive semesters or three consecutive trimesters after initially enrolling in the 12 th grade at any school, regardless of whether or not he/she remains continuously enrolled. A student transferring from one school to another mid-year would be considered to have used up one semester of athletic eligibility for that school year.
4. Student must be under 19 years of age on or before August 1 of the current school year.
5. Student must maintain the academic requirements as detailed in the CCS Family handbook. Except as provided for in a particular sport under the Sports Specific section of the NCISAA Handbook, participation by boys in girls' sports and girls in boys' sports in any event hosted and/or sponsored by any NCISAA school is prohibited.
6. Student must have received a medical examination by a licensed physician, physician assistant, or family nurse practitioner within the past 365 days. A current athletic physical form must be submitted to the Athletic Trainer before the student can participate in any athletic activities.
7. Student must not have a signed professional contract, have played on a junior college team or be enrolled and attending a class in college unless the course is part of CCS curriculum.
8. Student must not be guilty of unsportsmanlike conduct.
9. Student must not have graduated from high school.
10. Student athletes will not practice OR play if ineligible.
11. When a sport season begins, Carmel Christian teams are the first athletic priority. Absences because of AAU, Club Sports, or Recreation Sports are unexcused and may result in discipline, including removal from the team. Athletes should not miss practices or games because of other extracurricular activities.
- 12. Student will not be an official member of the team until all required forms have been completed and turned in to the Athletic Office and the Player's Fee has been paid.** The Player's Fee for the school year is \$100 for Middle School and JV teams and \$100 for Varsity teams. All forms and fees must be submitted to the Athletic Office prior to the first game of the season. Athletes with missing/incomplete forms or outstanding fees will not be issued a team uniform or be allowed to participate in any athletic contest.

ELIGIBILITY

In order to be eligible for any athletic activity (practices or games), the athlete must have the following documents on file with the athletic department:

1. Parent section of the physical form. (A physical is only valid for 365 days from the date of the examination.)
2. Consent to Treat Form
3. NCISAA Participation Form
4. Signature page of this Student Parent Handbook
5. Gfeller-Waller Concussion Form

In addition, participating students must go through the concussion testing process and have paperwork on file with the CCS Athletic Trainer.

STUDENT ASSUMPTION OF RISK

WARNING TO PARENTS AND STUDENTS

SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION.

By its nature, competitive athletics may put students in situations in which serious, catastrophic, and perhaps fatal accidents may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exercise, and numerous other exposures to risk of injury. Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Athletic participation by middle/junior and senior high school students also may be inherently dangerous. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent/guardian acknowledge that such a risk exists.

By choosing to participate, you, the student, acknowledge that such a risk exists.

As the parent/guardian, I will hold harmless and release Carmel Christian School, Carmel Baptist Church, and the NCISAA and each of their respective affiliates, officers, directors, employees, or representatives from any and all liability for all claims, demands, losses, damages and costs, including reasonable attorneys' fees, that arise out of or in connection with any personal injury, property damage, and/or loss suffered by the student athlete in connection with the participation in the athletic program.

STUDENT ASSUMPTION OF RISK *continued*

As the parent/guardian, I authorize the athletic program of CCS to use photographs and video of the student athlete as it pertains to the sports team. I acknowledge the photos may be used in promoting the athletic program on Facebook, Twitter, the school website, school publications, church publications, community publications, seasonal videos, and/or team publications.

Students will be instructed in the proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact your school administration, athletic director, coach or athletic trainer for further information.

Parent/Guardian Pledge

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:
 - To have fun
 - To make new friends
 - To learn new skills
3. 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.
4. As a parent/guardian, I am a role model. I will remember that school athletics are an extension of the classroom, offering learning experiences for the students. I will show respect for the opposing players, coaches, spectators, and support groups. I will participate in cheers that support and uplift the teams involved. Using inappropriate language and taunting are contrary to the spirit of fair play and the good sportsmanship our school, our conference, and the NCISAA expects of its members. I accept my responsibility to model good sportsmanship that comes with being the parent of a student athlete.
5. 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.
6. 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.

PARENT GUARDIAN PLEDGE *continued*

7. I understand that I may be asked to help with admissions, concessions, transportation, or other volunteer opportunities to help support the Athletic Department.

8. It will be at the coaches' discretion to determine where the athletes will play. At practices, all players will be given the opportunity to improve. Playing time in competitions is not equal, nor should it be. Playing time is not based solely on performance, but also on teamwork, attitude, and strategy.

9. I understand all uniforms and equipment issued are the sole property of the CCS Athletic Department. It is the responsibility of me and my student to launder, maintain, and keep in our possession all uniforms and equipment issued. I will return all issued uniforms and equipment in the same condition it was given to me. If I fail to return issued uniforms/equipment, or if the uniforms/equipment returned are in unsatisfactory condition, I will be responsible for paying to replace any and all uniforms/equipment lost or returned damaged.

STUDENT PLEDGE AND CONTRACT

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

2. As a student athlete, I am a role model. Using inappropriate language, taunting, baiting, or the use of unwarranted physical contact directed at opposing players, coaches, and fans are contrary to the spirit of fair play and the good sportsmanship my school, my conference, and the NCISAA expects of its members. I accept my responsibility to model good sportsmanship that comes with being a student athlete.

3. 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.

4. It will be at the coaches' discretion to determine where the athletes will play. At practices, all players will be given the opportunity to improve. Playing time in competitions is not equal, nor should it be. Playing time is not based solely on performance, but also on teamwork, attitude, and strategy.

In addition, as a student athlete, I realize that participating in athletics at Carmel Christian School is a privilege. I also understand that I have certain responsibilities that must be maintained in order to represent my school.

Conditions for participating in athletics are as follows:

1. I will fulfill all the eligibility requirements as set forth by the North Carolina Independent Schools Athletic Association.

2. I will be prompt in completing the required forms from the school and the Athletic Department.

- Physical Form
- Athletic Participation Agreement
- CCS & NCISAA Participation Requirements, Policies and Expectations

STUDENT PLEDGE AND CONTRACT *continued*

- Student Athlete Pledge and Contract
- Assumption of Risk Information
- All forms required by the Athletic Trainer
- Emergency Medical Treatment Authorization
- Athletic Concussion Form

3. I understand the Player's Fee (\$100) must be paid in full before I can become an official member of any Carmel Christian School athletic team.

4. I understand that once I begin a sport, I may not try-out for any other squad until that team's season is completed.

5. I understand that if I decided to quit a sport, I must do so in the manner described in this contract.

- If quitting a team, I must notify the coach within 36 hours of the first practice or game to be missed.
- I understand that all the equipment issued from the squad is to be returned before any separation from the squad. Equipment not returned will be charged to the student's fees.

6. I understand all uniforms and equipment issued are the sole property of the CCS Athletic Department. It is my responsibility to launder, maintain, and keep in my possession all uniforms and equipment issued. I will return all issued uniforms and equipment in the same condition it was given to me. If I fail to return issued uniforms/equipment, or if the uniforms/equipment returned are in unsatisfactory condition, I will be responsible for paying to replace any and all uniforms/equipment lost or returned damaged. Uniforms damaged while playing will be repaired/replaced by the school.

7. I understand that all equipment issued and all bills incurred must be returned or paid before I will be allowed to participate in another sport.

8. I understand it is my responsibility to follow the training rules as set forth by the Athletic Department/Coach. Any violation that results in suspension must be reviewed by the Head of School/Athletic Director before I will be allowed to return.

9. I understand that to letter in a sport I must fulfill all the requirements of the Athletic Department and the coaches of each team.

10. I understand that if I am arrested or charged with a crime that my privilege to participate in the athletic program will be suspended until such time as the result of my case is adjudicated, of which will terminate my participation for the remainder of the season if found guilty. All violations of this policy will be reviewed by the Head of School and Athletic Director.

11. Team members must be in school at least half the day on game/practice day to participate.

12. Members of a team are to ride to away games together under the supervision of the head coach. All members are to ride back under the supervision of the head coach unless their parent has given permission to the head coach in person or in writing for the student to ride with someone other than the head coach.

13. I understand that I am a representative of the Athletic Department and that my actions reflect on the school, community, and my family. Any actions that bring discredit to me or these institutions will be dealt with by the administration and the Athletic Department and may include dismissal from the team.

14. I pledge to be a positive role model to my fellow student athletes/teammates and help them abide by all the rules and policies implemented by the Athletic Department.

STUDENT PLEDGE AND CONTRACT continued

15. If I am removed from a team for disciplinary reasons, I may be prohibited from returning to any event involving that team or sport for the remainder of the season.

16. If I have a conflict with anything regarding athletics, I must follow the Proper Ladder of Conflict

Resolution as follows:

1. Athlete to the Coach
2. Parent and Athlete to the Coach
3. Parent to the Athletic Director (Coach may be present)
4. Parent to Principal
5. Parent to Head of School

17. It will be at the coaches' discretion to determine where the athletes will play. At practices, all players will be given the opportunity to improve. ***Playing time in competitions is not equal, nor should it be. Playing time is not based solely on performance, but also on teamwork, attitude, and strategy.***

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REQUIRED SIGNATURES

Parents and students Athletic Handbook & Pledge Signatures Form must be submitted by the first game of the season. The form should only be submitted once each school year regardless of the number of sports a student may participate in throughout the year.

Only one parent signature is required. Parents and students may sign and submit this form at the same time or separately. Click on the button below to submit your signature.

Thank you for your participation in the CCS Athletic Program.

Parent or Guardian Signature

Student Athlete Signature