

WILLAMETTE VALLEY CHRISTIAN SCHOOL ATHLETIC HANDBOOK



Athletic Director – Jon Orton
School Phone: (503) 393-5236
Email: jorton@wvcs.org
www.wvcs.org



Table of Contents

Why Athletics Are Important.....	2
Misson.....	3
Philosophy of WVCS Athletics.....	3
WVCS Athletic Core Principles.....	3
Work Ethic.....	3
Values.....	3
Commitment.....	3
Sportsmanship.....	3
Sports Available.....	4
Casco League.....	4
Special Districts.....	4
Middle School Leagues.....	4
Participation Requirements.....	5
Insurance.....	5
Physical Exams.....	5
Parent/Student Acknowledgment of Athletic Policies.....	5
Concussion – Private School Informed Consent Form.....	5
Athletic Fees.....	5
OSAA Eligibility Requirements.....	6
Academic Standards.....	6
Graduation.....	6
Age.....	6
Pay for Play.....	6
Transfer Students.....	6
Foreign Exchange.....	6
Home School.....	6
Knowing the Rules.....	7
Oregon School Activities Association (OSAA).....	7
National Federation of State High School Associations (NFHS).....	7
Casco League.....	7
Sportsmanship.....	7
Athletes.....	7
Parents and Spectators.....	7
Parent’s Code of Ethics.....	8
Academic Policy.....	8
School Attendance Policy.....	8
Unexcused School Absence.....	9
Excused School Absence.....	9
Extracurricular Activity Attendance Policy.....	9
Other Athletic Policies.....	10
Admission / Season Passes.....	10
Conflicts in Extracurricular Activities.....	10
Conflict Resolution.....	10
Detention.....	11
Dropping a Sport.....	11
Equipment.....	11
Facilities.....	11
Injuries.....	11
Missing Practices/Contests.....	11
Release from Class.....	12
Squad Selection / Playing Time.....	12
Travel.....	12
Volunteers.....	12

Why Athletics Are Important

Mission

Willamette Valley Christian School exists to provide students with a Christ-centered education building on high academic standards.

Philosophy of WVCS Athletics

Developing qualities in young people that will prepare them for success in all aspects of life. The WVCS vision for athletics is much broader than teaching a student how to play a certain sport or even winning and losing. Our goal is to build qualities in young people that will help them now and after graduation. Athletics reinforces the positive attributes – good communication, teamwork, competition, sportsmanship, respect, commitment, hard work, responsibility, and accountability – that are important as students interact with peers, teachers, family members and employers. WVCS has adopted the following core principles into every sport at every level.

WVCS Athletic Core Principles

Work Ethic

Very few people win the lottery. Everyone else who wants to be successful must work hard at it. A strong work ethic involves more than just physical conditioning. It also requires coming prepared mentally to improve each and every day. Athletes must come prepared to listen, learn and do what the coach requires.

Values

Teammates trust each other that game plans will be followed and everyone will do what is required of them before, during and after competitions.

Commitment

Each team member is important to the team. Once a decision is made to go out for a team, one becomes a part of something bigger than one person. A commitment is made to teammates, the coach and the school to become the best that one can be. More importantly, a commitment is made to set aside personal goals for the good of the team.

Sportsmanship

Many people today have poor self-esteem since they feel their value is determined by their success or disappointments. Any athletic season will have its ups and downs; however, our goal for athletes is to learn from past performance, not dwell on it. If each team member plays to win and gives maximum effort, he/she can be proud; win or lose.

~INTEGRITY~

Maintaining a lifestyle that is above reproach.

~RESPECT~

Esteeming those in properly placed authority.

~OBEDIENCE~

Demonstrating the attitude of respect.

~SELF-DISCIPLINE~

Controlling one's thoughts and actions.

~GODLY LIVING~

Exhibiting the fruit of the Spirit and fleeing from the acts of the sinful nature.

~WISDOM~

Understanding what is true from God's perspective and doing what is right.

~RESPONSIBILITY~

Being dependable and accountable in all relationships and tasks.

~THANKFULNESS~

Developing an attitude of gratefulness.

~SERVICE~

Demonstrating a spirit of humility in focusing on the needs of others.

Sports Available

High School (Grades 9 th thru 12 th)	Approximate Season Length
Boys Soccer	Start: 2 weeks prior to Labor Day End: Mid October
Girls Volleyball	Start: 2 weeks prior to Labor Day End: Late October / Early November
Boys & Girls Basketball	Start: Mid November End: Late February / Early March
Boys & Girls Track and Field	Start: Mid-Late February End: Mid-Late May

Middle School (Grades 6 th thru 8 th)	Approximate Season Length
Co-Ed Soccer	Start: 1 week prior to Labor Day End: Mid-Late October
Girls Volleyball	Start: 1 week prior to Labor Day End: Mid-Late October
Girls Basketball	Start: Late October End: December
Boys Basketball	Start: January End: February
Boys & Girls Track and Field	Start: March/April End: May

Casco League

WVCS is a member of the Casco league for high school volleyball and basketball. WVCS is classified as a 1A school.

Special Districts

WVCS is placed in Special Districts by the OSAA for track and soccer. Special districts may include teams that are outside the Casco league.

Middle School Leagues

The soccer, volleyball, basketball, and track teams generally compete against other Casco league schools, as well as other local schools of similar size.

Participation Requirements

Insurance

Athletes are required to have insurance coverage to participate in sports.

Physical Exams

Athletes are required to have physical exams every two years prior to their participation in athletics.

Parent/Student Acknowledgment of Athletic Policies

This handbook will be given to each student who wants to participate in athletics. The parents/guardians and the student will read the material and certify they understand the eligibility rules and school policies.

Concussion – Private School Informed Consent Form

This form ensures that students and families have been informed of the signs, diagnosis and return to participation with regards to concussions.

Athletic Fees

- High School Fees Per Student
 - \$100 - First Sport
 - \$50 - Second Sport
 - \$0 - Third Sport
- Middle School Fees are \$50 per student, per sport

*****Paperwork and athletic fees must be turned in before the end of the first week of practice*****

OSAA Eligibility Requirements

Academic Standards

WVCS follows the academic standards set forth by the OSAA. Additionally, the school has adopted the [Academic Policy](#) page 9.

Graduation

Students become ineligible upon graduation from high school. After entering the 9th grade, students may participate in athletics for 4 consecutive years (8 semesters). Students below 9th grade will not participate with/on high school teams.

Age

Students who become 19 before August 15 are ineligible for athletics. Students who become 19 on or after August 15 remain eligible for the entire school year. Some exceptions do apply.

Pay for Play

Students may not accept monetary compensation in recognition of athletic ability, participation, and/or achievement. Students may accept non-monetary compensation (T-shirts, gift certificates, coupons, etc.) in recognition of athletic ability, participation, and/or achievement if the value does not exceed \$300 in any school year.

Transfer Students

Transfer rules are established to prevent and deter athletes from transferring to schools exclusively for athletic purposes. It is also considered undue pressure if any contact is initiated by a coach or other school representative with a student from another school for the purpose of athletic recruitment. All the transfer rules and exceptions are too complicated to list here. If a student transfers to WVCS during or after the 9th grade year, and is interested in participating in athletics, please contact the Athletic Director.

Foreign Exchange

Students from a foreign country, who are on a CSIET approved program, are eligible for one year from the date of enrollment if certain criteria are met. If a foreign-exchange student has specifically requested to attend WVCS, the school will need to file an exception request with the OSAA.

Home School

Students who homeschool are eligible to participate in athletics in the school district in which they live. Students living in the Gervais School District would be eligible to participate in athletics at either WVCS or Gervais. Homeschool students who participate would be expected to adhere to the same standards as WVCS students. Additionally, homeschool students should be aware of other rules that apply through the OSAA.

If you have questions or need clarification on any of the participation requirements please contact the Athletic Director.

Knowing the Rules

Oregon School Activities Association (OSAA)

OSAA establishes statewide rules that all Oregon schools must follow, including those related to student eligibility, length and number of contests in a sports season and appropriate conduct. See the OSAA website/handbook for additional information: www.OSAA.org

National Federation of State High School Associations (NFHS)

Specific rules for soccer, volleyball, basketball and track are set by the NFHS. See the NFHS website for additional information: www.NFHS.org

Casco League

Leagues are responsible for setting any additional rules for schools in their league and hosting league playoff events.

In addition to following school and athletic department rules, students should be aware of any special rules their coach has for the team. A coach's rules will not conflict with any other rules that have been identified.

Sportsmanship

Athletes, coaches, parents and all other spectators are expected to model good sportsmanship at all times.

Athletes

All athletes will abide by a code of ethics, which will earn them the honor and respect of competitors and spectators. Any conduct that results in dishonor to the athlete, team, or the school will not be tolerated.

WVCS athletes should be diligent in preparation, relentless in effort, disciplined by nature, respectful in actions, self-controlled with words, humble in spirit, and aggressive in the pursuit of excellence, without regard to the score, opponent, time or officials.

SPORTSMANSHIP
Allowing PLAYERS to PLAY
Allowing COACHES to COACH
Allowing OFFICIALS to OFFICIATE
SPECTATORS encouraging EVERYONE

Parents and Spectators

It is important to make guests feel welcome. All visitors should feel as if they have been treated fairly and dealt with in a sportsman-like way. The skills of the visiting team should be recognized and appreciated. Everyone needs to work to create a positive atmosphere at WVCS.

The following behavior is not acceptable at any contest: booing or jeering, mocking or taunting or yelling negative comments at players or officials. Officials should never be approached before, during or following a contest. If a problem occurs, inform the school administration (coach/athletic director) and allow them to deal with the situation. A game official or school administrator (or their designee) has the authority to remove any person from an athletic contest for unsportsmanlike behavior, or upon a request from an official.

Parent's Code of Ethics

As a parent of a student athlete we ask that you support and enhance the athletic experience. Please remember the following:

- Always be positive and supportive with every athlete, without adding undue pressure and unrealistic expectations.
- Allow your child to speak for him/herself. It is their learning experience.
- Respect the judgment and integrity of each coach.
- Model the highest standards of conduct and sportsmanship. Support your team by cheering for them, not by cheering against the opponent or the officials.
- Encourage your child to work hard and to compete at a level appropriate with their ability and development.

Academic Policy

Each student athlete should strive to achieve the highest academic GPA possible. However, to participate as a student athlete at WVCS, the minimum academic standards for participation are 2.5 GPA, no more than two D's, and no F's. If a student athlete does not meet the minimum academic standards either prior to or during the season, the following process will occur:

- The student will meet with the academic advisor and develop a contract including a list of written objectives to be met within a specified time. A copy will be sent home for the student and parent/guardian to sign and return to the academic advisor on the next school day. Copies will be given to the coach and athletic director.
- During the probation period, the student must take responsibility to obtain weekly progress reports from teachers according to the contract requirements. These must be delivered to the academic advisor at the end of each week. Failure to fulfill this requirement may result in suspension of practices and/or games.
- At the end of the scheduled probation period, the academic advisor will meet with the student for evaluation of the academic progress and discuss the following options:
 - Release from contract
 - Extend contract period
 - Suspension from practices and/or games
 - Termination from the sports program (no refund of athletic fee)
 - The Academic Review Committee will determine the final decision.

If at any time you desire a meeting to discuss your student's academic progress, please call the school's academic advisor.

School Attendance Policy

Any missed portion of a school day must be an excused absence according to the criteria of the WVCS handbook, in order for the athlete to participate in practices or games. Failure to comply will result in one of the following:

Unexcused School Absence

1. First offense: Player will be suspended from that day's event, or the closest event to the day the violation was committed.
2. Second offense: The athlete will attend all practices, but be suspended from events for one week. The athlete will sit on the bench at home events. The athlete will not travel with the team to away events.
3. Third offense: Participation privileges will be terminated for the remainder of the season.

Excused School Absence

Examples of excused absences include doctor's appointments that could not be arranged for any other time, family emergency, death in the family, etc.

Extracurricular Activity Attendance Policy

Students must be in attendance at school if they wish to practice, play or participate in any activity, performance or game. Students with a pre-arranged absence must attend 50% to practice or participate in any game or performance. Students absent due to illness any part of the day may not participate in practice, games, performances or other student activities. Prearranged absences may be approved by the administration.

Other Athletic Policies

Admission / Season Passes

Admission is generally charged for high school athletic games. Discounted season passes for regular-season home games may be available to purchase for one sport or all sports. Admission is not charged for middle school games.

Conflicts in Extracurricular Activities

Inevitably in a school situation, scheduling conflicts will arise between athletic events and other school activities. When the athletic schedule is produced, care will be taken by the athletic director to avoid conflicts, if possible. In some instances, a student will have to choose prior to the season between such things as playing on an athletic team or taking part in a drama production. A student who is participating on an athletic team is expected to attend all regularly scheduled practices and contests and should not expect to miss practice to try out or practice for another activity.

Conflict Resolution

Before or after a game is not an appropriate time for a parent to approach a coach to discuss a conflict. Concerns or questions regarding policy or action taken by school personnel may be addressed by the following procedures:

1. Consider the reasons for all rules and policies.
2. Consider that a child's report may be emotionally biased and lacking all the information and facts.
3. In all grievances follow the Matthew 18 principle:
 - a. Keep the matter confidential (Proverbs 11:9).
 - b. Athlete communicates concern to the WVCS staff member directly involved.
 - c. Parent communicates concern to the WVCS staff member directly involved.
 - d. Be straightforward, tell them your concern.
 - e. Be forgiving (Galatians 6:1).
 - f. If resolution is not achieved at this first level, make an appointment with the next level of leadership.
 - i. Athletic Director
 - g. If resolution is not achieved at this level, make an appointment with the administrator at the next level of leadership.
 - i. Vice Principal
 - ii. Dean of Students
 - h. If resolution is not achieved at this level, communicate with the school administrator.
 - i. If resolution is not achieved contact the Board of Trustees Chair.

Detention

If an athlete must at any time serve a detention, the following will occur:

- a. The athlete will be required to serve his/her detention on the next WVCS scheduled detention date. The athlete will be able to participate in all events, including practices and games, until the scheduled detention date.
- b. If the athlete does not serve detention on the next WVCS scheduled detention date, the athlete will not be allowed to participate in any practices or games until the detention has been served. The athlete will not be able to dress down for a game; however, it is expected he/she will be on the bench with the team.

Dropping a Sport

Quitting a sport after the season has begun may create problems for the entire program. On occasion, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the athlete is to consult with their coach and also the athletic director. Athletic fees are not refundable.

Equipment

School equipment checked out to the athlete becomes his/her responsibility. The athlete is expected to keep it clean and in good condition. Equipment, practice gear, warm-ups, and uniforms are to be used only in practices or contests, or as directed by the coach. Uniforms, practice gear and warm-ups are not to be worn in PE classes or at other times unless directed by the coach. Loss or unreturned equipment is the financial obligation of the athlete up to the full replacement value. No athlete will be allowed to participate in a sport until all previously issued athletic equipment has been returned or proper restitution is made. If equipment is not returned timely, a late charge may be incurred or grades/diploma may be delayed.

Facilities

On occasion, WVCS may rent or use another facility for its practices or games. There is a high demand for these gyms and fields, so there may be times where practices or game sites may vary. Our privilege to use these facilities could be revoked at any time if we don't properly care for them. We should attempt to leave the facilities in equal or better condition than we found them.

Injuries

All injuries that occur while participating in athletics must be reported to the coach. The coach or athletic director may request that an injured student, wishing to return to participate, be cleared by a physician.

Missing Practices/Contests

When an athlete joins a team, a commitment is made not only by the athlete but also by the parents. It is hard work scheduling around an athlete's scheduled practices. If an athlete is going to miss a practice or contest, the coach should be consulted as far ahead as possible. If a family finds it necessary to be gone for an extended time during the season, it is important to work with the coach so he/she can plan. Missing a practice or contest will generally result in some consequence.

Generally, if a player misses practice the day before a game for any reason other than an excused absence, he/she will NOT participate in that event.

Release from Class

If a student misses a class because of an athletic contest, it is the responsibility of the student to turn in all work due that day BEFORE leaving school. Scheduled tests and quizzes must be taken BEFORE leaving unless other arrangements have been made with the teacher. The student is responsible to get notes or handouts before departure, or as agreed upon by the teacher.

Squad Selection / Playing Time

In accordance with WVCS philosophy of athletics and the school's desire to see many students participate, coaches are encouraged to keep as many students on a team as they can without compromising the integrity of their sport. Time, space, facilities, equipment, coach's preference, and other factors may place limitations on the squad size for any particular sport.

Typically, no limitations are put on the number of participants in track. Volleyball and basketball usually are the most limited, because of team size and indoor space limitations. It is the coach's decision to determine the number of players to be named to a team in a given season.

Students who make a team will not necessarily see equal playing time. No amount of playing time is guaranteed to any athlete. Playing time depends on the skill and experience of the athlete and how those attributes blend with the rest of the team and the level of competition.

Travel

All athletes are expected to travel to away contests in transportation coordinated by the school. Any exceptions must be pre-arranged with the athletic director. Athletes are also expected to ride home in the same vehicle. However, if a parent/guardian is at the site of the contest, following the game he/she may take his/her student home after checking with the coach. Any other arrangements must be pre-arranged with the athletic director at least one day prior to the contest. Athletes will not be allowed to ride home with other student drivers.

When at away events, the coach may decide to stop at a restaurant before or after an event. Appropriate dress and behavior are expected.

An expected return time will be communicated. If a student calls a parent from a certain distance away, please ensure transportation will be there shortly. Most coaches should have their duties completed within 10 minutes after return and be able to go home too.

Volunteers

Parents are needed in every sport to assist with fundraising, transportation to away games and helping at home games. Coaches will provide volunteer sign-up sheets at the beginning of the season for parents to complete.