

Adventure Christian School
Athletic Handbook



2024- 2025

Word from the Athletic Director

Dear Students, Parents, and Guardians,

Welcome to Adventure Christian School Athletics! We are thrilled to embark on a new season filled with excitement, growth, and teamwork. Whether you're a returning athlete or joining us for the first time, we are delighted to have you as part of our athletic family.

Adventure Christian School Athletics is more than just sports; it's a community where students learn valuable life skills, develop lasting friendships, and grow both on and off the field. We believe that athletics play a crucial role in shaping well-rounded individuals, teaching teamwork, perseverance, and sportsmanship.

As a member of Adventure Christian School Athletics, you are not just representing a team; you are representing our Savior first and foremost and also our entire school community. We take pride in our values of respect, integrity, and excellence, and we expect all our athletes to embody these principles both during practices and competitions and in their everyday lives.

Our coaches are dedicated to providing a positive and supportive environment where each athlete can thrive. They will guide you through skill development, strategy, and character-building lessons that extend far beyond the game. We encourage open communication, so please don't hesitate to reach out to your coaches or the athletic department if you have any questions or concerns.

To our parents and guardians, thank you for entrusting us with your child's athletic journey. Your support is invaluable, and we appreciate your involvement in cheering on our teams, volunteering, and being positive role models for our athletes.

As we embark on this adventure together, let's remember that success is not only measured by wins and losses but also by the growth and development of each individual. Let's strive for excellence, support one another, and create lasting memories that will shape our lives.

Here's to a fantastic season of Adventure Christian School Athletics! Let's make it one to remember.

Go Warriors!!

Sincerely,

Jakob Blackwell

Athletic Director

Adventure Christian School

Mission Statement

Adventure Christian School's athletic program is dedicated to developing character, integrity, and sportsmanship in student-athletes. Our mission is to provide a positive and competitive environment where students can grow physically, emotionally, and spiritually through sports. We aim to foster teamwork, discipline, and a strong work ethic, preparing our athletes for success both on and off the field.

A guiding scripture for the ACS athletics department is Colossians 3:23: "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."

Philosophy of Athletics:

1. Faith-Based Foundation:
 - a. Emphasize the importance of faith in all aspects of life, including athletics.
 - b. Encourage athletes to use their talents to honor God and be a positive example to others.
 - c. Integrate prayer and devotionals into the program to promote spiritual growth.
2. Character Development:
 - a. Prioritize the development of virtues such as integrity, humility, perseverance, and respect.
 - b. Teach athletes to win with grace and lose with dignity, understanding that their character is more important than the outcome of a game.
 - c. Encourage acts of service and giving back to the community as part of the athletic experience.
3. Academic Excellence:
 - a. Stress the importance of academic achievement alongside athletic success.
 - b. Support student-athletes in balancing their academic responsibilities with their athletic commitments.
 - c. Highlight the correlation between discipline in academics and athletics, preparing students for success beyond high school.
4. Excellence on the Field of Play:
 - a. Cultivate discipline in training, adhering to schedules and routines.
 - b. Teach athletes to stay focused during games, maintaining composure under pressure.
 - c. Strive for excellence in skill development, teamwork, and on the field performance.
5. Sportsmanship and Respect:
 - a. Instill a culture of sportsmanship where athletes respect opponents, officials, and teammates.
 - b. Discourage behavior such as taunting, showboating, and unsportsmanlike conduct.
 - c. Celebrate acts of teamwork, and selflessness on and off the field.
 - d. Educate athletes on the importance of caring for their bodies as temples of the Holy Spirit.
 - e. Promote healthy habits such as proper nutrition, hydration, rest, and injury prevention.

6. Leadership Development:
 - a. Equip student-athletes with leadership skills they can apply both on and off the field.
 - b. Encourage captains and team leaders to lead by example, serving as role models for their peers.
 - c. Provide opportunities for leadership training, mentorship, and growth within the athletic program.
7. Parent and Community Involvement:
 - a. Engage parents and guardians as partners in the development of student-athletes, emphasizing the shared responsibility of nurturing young people.
 - b. Foster a strong connection between the athletic program and the broader community, inviting support and participation in events and activities.
 - c. Communicate openly and transparently with parents, keeping them informed about the program's values, goals, and expectations.
8. Goal Setting and Accountability:
 - a. Encourage athletes to set personal and team goals aligned with the program's values.
 - b. Hold athletes accountable for their actions, both on and off the field, reinforcing the principles of responsibility and integrity.
 - c. Celebrate achievements and growth, recognizing progress and effort as much as outcomes.
9. Continuous Improvement:
 - a. Strive for continuous improvement in all aspects of the athletic program.
 - b. Seek feedback from athletes, coaches, parents, and stakeholders to identify areas for growth.
 - c. Adapt and evolve the program to meet the changing needs of student-athletes and the community.

CALIFORNIA INTERSCHOLASTIC FEDERATION

Adventure Christian Schools sports program offers students the opportunity to participate in athletic competition with other schools. We are a member of the California Interscholastic Federation (CIF) Sac-San Joaquin Section for High School Athletics. The following is the CIF Code of Ethics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game -- not a matter of life and death for player, coach, school, official, fan, community, state, or nation.

General Athletic Department Policies & Procedures

Academic Eligibility

All athletes will be expected to maintain a 2.5 GPA. If a student fails to meet these requirements, he or she will be removed from the team and all practices until the grade is brought to an acceptable grade in accordance with the 2.5 GPA requirement. Grade checks will be made monthly throughout the year by the Athletic Director.

Students who miss schoolwork due to games must obtain that work and turn it in on time. Student-athletes are expected to represent the highest of standards here at ACS.

Playing Time

While it is our desire that everyone would get to play the same amount, we realize that this is not always possible. Our coaches will not be required to play everyone during the game. Playing time is not just earned during games, it is also earned in showing up and putting 100% effort in practices every time you have an opportunity to be on the court.

Athlete Expectations:

Sportsmanship:

- Respect coaches, teammates, opponents, officials, and fans.
- Accept decisions with grace and avoid arguing with officials or opposing players.
- Display integrity both on and off the field, representing Adventure Christian School positively.

Commitment:

- Attend all practices, games, and team events unless excused by a coach.
- Arrive on time and ready to give full effort in every practice and game.
- Communicate with coaches regarding any scheduling conflicts or issues.

Work Ethic:

- Strive for personal improvement in skills, fitness, and understanding of the game.
- Support teammates and encourage a positive team atmosphere.
- Give 100% effort in every practice and game, regardless of the opponent.

Academic Responsibility:

- Maintain good academic standing (2.5 gpa) and prioritize schoolwork alongside athletics.
- Attend study hall sessions or tutoring if required by coaches or school administration.
- Understand that academic success is a priority and reflects on the entire athletic program.

Represent Adventure Christian School:

- Wear uniforms with pride and adhere to the school's dress code during games and events.
- Be aware that actions on and off the field reflect not only on oneself but also on the entire school community.
- Be an ambassador for Adventure Christian School's values and mission.

Coach's Expectations:

Lead by Example:

- Coaches are expected to demonstrate the highest level of sportsmanship, respect, and integrity at all times.
- Uphold the values and mission of Adventure Christian School in interactions with players, parents, officials, and opponents.

Player Development:

- Create an environment that promotes skill development, teamwork, and personal growth.
- Provide fair and equal opportunities for all team members to improve and contribute (this doesn't mean equal playing time)
- Encourage a positive attitude, effort, and dedication from every athlete.

Communication:

- Maintain open and clear communication with players, parents, and school administration.
- Keep athletes and families informed about schedules, expectations, and any changes to plans.
- Address concerns or issues promptly and professionally.

Safety and Wellness:

- Prioritize the safety and well-being of all athletes.
- Ensure proper warm-up, conditioning, and injury prevention strategies are implemented.
- Follow school and league guidelines for equipment and facilities.

Character Development:

- Teach and model values such as respect, perseverance, and teamwork.
- Use challenges and victories as opportunities to instill life lessons and build character.
- Encourage academic excellence and balance between sports and academics.

Parent Expectations

We love to see parents involved in the lives of their kids. You are the greatest role model that they can have and we want to be an extension of you. If you would like to volunteer to help please let the athletic director know as soon as possible. We expect the parents of our student athletes to:

- Attend informational meeting announced by the coach or AD
- Pray and encourage your child daily
- Work with school personnel to assure proper academic progress
- Ensure that your child attends all scheduled practices and athletic contests
- Acknowledge the authority of the coach

- Exhibit and promote sportsmanlike behavior

Parents are expected as spectators to:

- Offer encouragement to both teams and coaches
- Show respect for the officials and their decisions. Refrain from booing, yelling, or any interaction with the game officials. It is the Coaches responsibility to interact or advocate to officials.
- Respect fans, coaches and participants from opposing schools
- Support the team in prayer
- Follow the rules set forth by the host site
- Avoid criticizing the decisions made by the athletes or coaches

The athletic administration and school administration at ACS will hold all spectators at our athletic events to the highest of ideals of good sportsmanship. Spectators who are unable to follow the guidelines set forth above may be subject to some or all of the following actions.

- Verbal reminder
- Removal from the site for the remainder of the contest
- Meeting with ACS administration
- Permanent banning from ACS contests
- Child being removed from the team

Conflict Resolution

Students and/or parents who have a concern involving athletics should follow the following procedures in conflict resolution:

1. Student-athlete approaches the coach and asks for a time to meet and discuss the issue.
2. If resolution is not reached, the parent or guardian shall request a meeting with the coach.
3. In the rare case that this issue is not resolved, the parent shall contact the Athletic Director and ask for a meeting with the coach, the student athlete, and the athletic director.
4. Other administration will be involved only to discuss the athletic director's handling of the situation.
5. In the case of a game-related concern, ACS will enforce a 24-hour "cooling off" period before addressing a coach.

Facilities

It is our goal that we take care of the things in which God has blessed us with. We strongly believe that God has called us to be good stewards of the things around us. With that in mind, we want to make sure that we take care of all equipment, athletic facilities and fields. No student will be able to use the gym or fields without proper supervision from the coach or staff member.

Fundraising

We have truly been blessed here at ACS to be able to not have to do a lot of required fundraisers. However, throughout the course of the season, we may offer opportunities for the student-athletes to participate in fundraisers to help build and strengthen our athletic program.

Informed Consent

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

Students and parents/guardians must assess the risks involved in such participation and make their choice to participate in spite of those risks. By granting permission to compete in athletic competition, a parent/guardian acknowledges the fact that there is a risk for injury.

Participation Fee

The athletic fee will be \$175 per middle school player and \$200 per high school player, that fee includes the following sports:

- **Fall:** MS Flag Football, MS and HS Girls Volleyball, MS and HS Cross Country
- **Winter** MS and HS Girls Basketball, MS and HS Boys Basketball
- **Spring:** MS and HS Track, MS and HS Soccer, MS and HS Boys Volleyball
- **Full Year:** Cheerleading (cost be higher than \$175, due to it being a year-round sport)

***If any additional sport is added in the future we will communicate and update the fees for all athletes.

All payments for athletics will need to be paid in full no later than the first game. Failure to pay will result in the student-athlete not being able to practice or play until the payment is made. All payments should be turned into the school office and marked for each specific sport your child is involved in. The fee set forth for each sport helps to offset the cost of Coaches, Uniforms, Officials, Facility rental, Awards, Equipment, Equipment repair, Tournament Fees, League Fees, and Coaches' Education.

Practice Sessions

All practices will be closed to parents/spectators. Coaches may open a portion of a practice to parents at their discretion. Oftentimes the presence of parents puts undue pressure on student athletes and could potentially serve as a distraction to the coaching process. Mandatory practices may not be held on Sundays.

Transportation

ACS does not provide transportation services. For liability purposes, all teams will follow a "Meet you at the Game Policy", with parents responsible to transport their child or arrange transportation/carpools. Coaches and Athletic Directors are not permitted to arrange transportation for student athletes.

Uniforms/Equipment

Uniforms and any equipment issued to a player must be returned in good condition. "Good condition" is defined as usable for the next season. Uniforms should not have any holes, rips, tears or discoloration. Players who do not return their uniforms in a timely manner will not be able to participate in the next sport until it is returned or paid for.

Social Media

Student athletes are held to the highest standard when it comes to what they post on social media and how they interact with others electronically. No videos or live feeds will be allowed in any locker room or game setting.

Signups and Tryouts

Many athletic teams have a limited number of participants, and it is therefore given that not every student who wishes to participate will make a team. For teams that hold tryouts, participants will be notified as quickly as possible after the tryout of their status on the team.

Commitment to the Team

Please remember that if you make the team, that you are taking a spot from someone else. Therefore, please make sure that you are not committed to anything else that will interfere with the sport. If you are unable to attend games or practices, it is very likely you will be removed from the team. Missing a game or practices makes it hard on your coach but also extremely hard for your teammates.

School Attendance on Game Days

In order for a student to participate in his/her game, they must be in attendance for ½ of the school day.

Quitting the Team

To emphasize the importance and great degree of commitment asked of the ACS athlete: any student who quits a team once they have been selected for the team, may not join another ACS sport that academic year. This rule may be waived at the sole discretion of the athletic director and administrators.

Starting Dates

Start dates will be posted on the school website and announced via email.

Adventure Christian School Athletic Handbook Contract

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

The Parent(s) agree to:

1. Abide by the Athletic Handbook at all athletic events involving Adventure Christian School
2. Know and understand the information covered in the Athletic Handbook
3. Encourage good sportsmanship by personally demonstrating Christ-like support for all players, coaches, fans, and game officials
4. Respect the decisions made by the coaches, Athletic Director and Administrator
5. Promise to employ the Biblical model for resolving conflicts

I/we, the parent(s) or guardian of the student athlete, acknowledge that I/we have read the terms of the Athletic Contract and Athletic Handbook.

I/we also understand and agree that any violation of the Athletic Handbook will be cause for suspension, or permanent expulsion from future athletic contests. I have read, understand, and agree to uphold the Adventure Christian School Athletic Handbook.

- Parent/Guardian Name (Printed) _____
- Signature _____
- Parent/Guardian Name (Printed) _____
- Signature _____

The Athlete agrees to:

1. Abide by the Athletic Handbook at all athletic events involving Adventure Christian School
2. Know and understand the information covered in the Athletic Handbook
3. Encourage good sportsmanship by personally demonstrating Christ-like support for all players, coaches, fans, and game officials
4. Respect the decisions made by the coaches, Athletic Director and Administrator
5. Promise to employ the Biblical model for resolving conflicts

I acknowledge that I have read the terms of the Athletic Contract and Athletic Handbook. I also understand and agree that any violation of the Athletic Handbook may be cause for suspension, or permanent expulsion from my team.

I have read, understand, and agree to uphold the Adventure Christian School Athletic Manual.

Student-Athlete (Printed) _____

Signature _____ Date _____