

DAMASCUS CHRISTIAN JR./SR. HIGH SCHOOL ATHLETIC HANDBOOK

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Damascus Christian Jr./ Sr. High School Athletic Handbook

I. INTRODUCTION

A. TO THE PARENT

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics. Your family interest in this phase of our school program is important. We believe that participation in sports provides a wealth of opportunities and experiences for the student. It is our hope to maintain a program that is sound in purpose and will further each student's educational, physical, and spiritual maturity.

A student who participates in athletics is voluntarily making a choice of self-discipline and self-denial. Failure to comply with team or school rules of training and conduct, or failure to maintain academic requirements may mean exclusion from a squad. An expectation is that each participant will discipline his mind and body for rigorous competition. We believe God calls us to strive for excellence, and we do not want our athletes to compromise or accept mediocrity.

Parents play a key and critical role in the overall success of their student's involvement in athletics. All parents must realize the importance of their role in this area of their student's life. Many do not, and, as a result, the athlete sometimes experiences difficulty and frustration. Some key ingredients in the recipe of success in athletics need to be provided by parents.

1. Support and Cooperation

- a.** Attend every contest that is feasible. Being at the game is important to your athlete.
- b.** Try to be objective. Avoid seeing your student as the best player on the team or as faultless. All players, no matter how capable, need correction, redirection, and occasional chastisement.
- c.** Belief in and support of the coach's judgment, character, actions, strategy, and overall philosophy will help your child do the same. In contrast, criticism and constant questioning of a coach's actions and overall program will likewise lead the athlete in that way. The attitudes and ideas communicated in the home will often be carried out in the heart and mind of the athlete.
- d.** To question is not necessarily to criticize. It is all in the frame of the mind and the approach. Be tactful and positive.
- e.** Confrontation is sometimes necessary and can be healthy if timing and method are appropriate. It is better to confront an issue in love than to harbor bitterness.

f. Let your student know that you are supportive and that you believe in them regardless of the individual or team performance in a contest.

g. Be flexible whenever possible. As carefully as planning is done, changes in times and schedules sometimes need to be made.

h. Build up other team members, rather than putting them down. It is important that each athlete sees the other team members as a vital part of the team, regardless of their role or skill level.

i. Be sensitive to those around you as you watch the contest. Being a parent of an outstanding player or of a player who plays less often each holds its share of joy and pain. As a fan for DCS, it is important to be Christ-honoring both in your remarks and attitude.

2. Communication

a. If your student must miss a practice or contest for a family reason that is unavoidable, let the coach know as soon as possible.

b. If you have a valid question or comment, verbalize it to the appropriate person (most often the coach). Choose an appropriate time and do so in a positive way. Some issues are best dealt with during the off-season.

c. Remember that the coach is the designated person in charge. You may not understand or agree with some of his/her philosophies or decisions, but be willing to give the benefit of the doubt and show your support.

d. Guidelines for handling parent/coach concerns: Generally, the first responsibility is for the athlete to work with the coach. A coach appreciates communication from the athletes regarding team or individual situations. A coach will not “hold it against” an athlete for wanting to talk about a situation. If a parent wants to speak with a coach about a concern, it should be done at an appropriate time or via an appointment. If the concern still exists after the meeting with the coach, the concern should be taken to the athletic director.

Our staff has committed to meeting the following obligations and responsibility toward each participant:

- To provide adequate equipment and facilities
- To provide capable coaches
- To provide equalized contests with skilled officials

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the Athletic Department to make rules that govern the spirit of competition for the school. These rules need a broad base of support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication.

You can see how critical and important your role is in the success of your student's athletic involvement. Please take the time to carefully consider and evaluate how your attitudes and actions are presently influencing your child. Most parents desire to enhance the athletic experience for their children. This can be done with attitudes that are consistently positive.

Your efforts of support, communication, and sportsmanship are appreciated by the administration, coaching staff, and, most of all, the athletes – the chief beneficiaries of the parental involvement.

B. TO THE ATHLETE

Being a member of a Damascus Christian athletic team is the fulfillment of an early ambition for many students. This accomplishment carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad at Damascus Christian High School, you have inherited a wonderful tradition you are challenged to uphold.

Our tradition has been to glorify God by winning with honor and losing with grace. We desire to win, but only if in so doing we honor God. Such a tradition is worthy of the best efforts of all concerned. It will not be easy to contribute to such a fine athletic tradition. When you wear the "Maroon and Gold" of your school, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contribution you make should be a satisfying accomplishment to you and your family, also.

1. RESPONSIBILITIES TO GOD

Christians are Ambassadors for Christ and the Light of the World. As a member of an athletic squad from a Christian school, the most important responsibility an athlete has is to be a good representative of God.

2. RESPONSIBILITIES TO YOURSELF

You have a responsibility to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your academic studies, your participation in other extracurricular activities as well as sports, help to prepare you for your life as an adult.

3. RESPONSIBILITIES TO YOUR SCHOOL

Another responsibility you assume as a squad member is to your school. Damascus Christian cannot maintain its position of having an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing positively to the reputation of your school. You assume a leadership role when you are on an athletic squad. You are on stage with the community and the other communities judge our school by your conduct and attitudes, both on and off the court. Because of this leadership role, you can contribute greatly to school spirit and community pride. Make Damascus Christian proud of you, and others proud of your school, by faithful exemplification of these ideals.

4. RESPONSIBILITIES TO OTHERS

As a squad member, you also bear a responsibility to your family, team, friends, and others around you. As a high school athlete, the younger students will watch you and will copy you in many ways. Work hard to set a good example for them.

C. SPORTS PROGRAM

1. High School

Girls

Fall

Junior Varsity Volleyball
Varsity Volleyball

Fall to Winter

Cheerleading

Winter

Junior Varsity Basketball
Varsity Basketball

Spring

Track

Boys

Fall

Co-ed Outdoor Soccer

Winter

Junior Varsity Basketball
Varsity Basketball

Spring

Track

2. Junior High

Girls

Fall

Volleyball
Co-ed soccer

Boys

Fall

Co-ed soccer

Junior High Continued

Girls

Winter

Basketball

Spring

Track

Boys

Winter

Basketball

Spring

Track

High school cheerleading is open to all students that meet the same academic and behavioral standards as required in all sports at DCS.

Our squad will compete at the OSAA State Cheerleading Championships which occurs the first Saturday in February.

II. PHILOSOPHY OF ATHLETICS AT DAMASCUS CHRISTIAN

Damascus Christian School's mission is to assist Christian parents in the Biblical training of their children spiritually, academically, socially, emotionally and physically, to help prepare them to be faithful followers of Jesus Christ for the God's glory and the building of His Kingdom.

One major area of activity at DCS is the athletic program. The challenge before the coaches, athletes, and fans is to understand how God's Word applies to this area of life and to learn how to apply the Biblical principles in a practical, life-changing manner.

Athletics play a big role in much of today's society. Multiple hours of television coverage make sports viewing available at any time. The emphasis heard most often is the importance of winning. What does it mean to win or lose? The world's view of winning and losing is very simple. Score more points than your opponent and you win – score fewer points and you lose. Simple and to the point – get it done any way you can.

Another perspective on winning and losing is presented by Wes Neal in his booklet, *Total Release Performance*. He defines winning as the total release of all that you are toward becoming like Jesus Christ in each situation. Conversely, losing is not releasing your entire self toward becoming like Jesus Christ in each situation. He uses two Bible passages together in an athletic paraphrase to illustrate how God sees winning.

“Conduct yourself in word and action the same way as Jesus Christ would conduct Himself (Col. 3:17). Do whatever you do with a TOTAL RELEASE of your mental and physical abilities and your emotional energies toward performing like Jesus. Have in mind that He is your only audience (Col. 3:23).”

Some might ask if this concept makes winning on the scoreboard of no importance. The answer is no, it just puts it in the proper perspective. If the objective of a contest is to defeat the other team, it would not be honoring to God as an athlete to enter that contest and not give one's best to try to win. The responsibility of coaches is to provide the proper balance at each level of competition. For example, one objective for coaches coaching below the varsity level is to provide game experience for each participant.

Another way to look at competition and the perspectives of winning and losing is to divide the objectives into two categories: goals and desires. A goal would be defined as something for which one strives and over which they control whether the objective can be accomplished. A desire is something to be strived for but over which one does not control the results.

Winning games does not fit under the category of a goal as defined above. For a Christian, the purpose in life involves a relationship with God, resulting in God's glory reflecting through one's own life. A single, all encompassing goal then is to honor and glorify God through athletic participation. The accomplishing of the goal is left in the hands of the athlete. The athlete is the one in control of his/her relationship to God. Effort, teamwork, enthusiasm, compassion, and humility are all positive reflections of God working through one's life.

If one's goal is to honor God, what kind of effort will that person give in practice and games? What will the reaction be to an incorrect call by an official or an unkind action by a teammate, or an unfair decision by a coach? What will the reaction be to lack of playing time or a tough loss? These are the areas over which the athlete has control – effort, reaction, and attitude

Winning fits under the category of a desire as defined above. Circumstances beyond one's control can prevent the best team from defeating another in some situations. The desire to win is very strong. Winning games, league championships, and state titles should be the desire of every athlete. Individual success at the team, league, and state level is a dream of most athletes. As long as all of the desires involved with athletic competition are brought under the umbrella of the goal – to honor and glorify God – then they are kept in proper perspective. A balance is there which allows the athlete to compete at his/her best.

It is the desire of the athletic department that every team or individual that competes for Damascus Christian experiences the thrill of winning games and of rising to one's full potential. More importantly, however, the goal of the athletic department is that everything that is done be honoring and glorifying to God.

III. GOVERNANCE

A. DAMASCUS CHRISTIAN SCHOOL

1. The DCC Elder Council gives indirect oversight to the DCS ministry. The formulation and delegation of DCS Ministry is carried out by the school staff and administration.
2. The day-to-day responsibility for overseeing the athletic program is assigned to the athletic director. Each participant is directly responsible to his/her own coach who is responsible to the athletic director who in turn reports to the principal.

B. OREGON SCHOOL ACTIVITIES ASSOCIATION (OSAA)

All member schools voluntarily join the Oregon School Activities Association and compete only with other member schools. As a member school, Damascus Christian School agrees to abide by and enforce all rules regarding individual eligibility including attendance, grades, age, awards, school representation, and transfers between schools which all schools must follow.

The primary role of the OSAA is to maintain rules and regulations that ensure equity in competition for the student athletes and a balance with other educational programs. The OSAA solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations. The OSAA attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner. The OSAA is also responsible for all state playoffs and tournaments beyond district play for athletics and activities.

1. **Academics** – Details described in IV-A
2. **Graduation** – A student becomes ineligible thereafter upon graduation from high school. Following initial enrollment, a student may participate in the interscholastic program for four consecutive years (eight semesters) after entering the ninth grade. Students below the ninth grade level may not participate on high school teams.
3. **Age** – a student who becomes nineteen before August 15 shall become ineligible for interscholastic competition. A student who becomes nineteen on or after August 15 shall remain eligible for that entire school year.
4. **Monetary Compensation** – A student may not accept monetary compensation on recognition of athletic ability, participation, and/or achievement. A student may not accept non-monetary compensation or items of value solely in recognition of athletic ability, participation, and/or achievement if the total value of such non-monetary compensation or items of value, including the actual value of any discounts, coupons, etc. does not exceed \$300 in any association year. Should there ever be a

question, contact the athletic director immediately, since eligibility is at stake.

5. Transfer – Transfer rules are established to prevent and deter athletes from transferring 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. When all transcripts and documents are in place, a transfer certificate is signed by the principal and submitted to the OSAA, and the student is eligible. Each student is granted one transfer to or from a private school with the approval of the sending principal. Again, when all transcripts and documents are in place and a transfer certificate is signed and submitted by the principal, the student is eligible. There are many other possibilities, such as mid-year transfers, just as there are also exceptions to the rules, which may be appealed to the OSAA.

Any questions should be directed to the athletic director. The OSAA deals only through school administration and not directly with parents.

C. THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

The National Federation consists of the fifty individual state high school athletic and/or activities associations, and its purpose is to coordinate the work of all of its members. The National Federation is both a service and a regulatory agency. Cooperation between state associations and the National Federation ensures some degree of teamwork on the part of more than 20,000 schools, and enables them to formulate policies for the improvement of interscholastic activities. The National Federation also publishes rulebooks for all high school sports.

D. THE CASCO LEAGUE

Damascus Christian High School is a member of the Casco League Conference for volleyball and basketball, which consists of Class 1A schools assigned by the OSAA to District #1. In Oregon, 1A schools have a student population of 1-115 in grades 9-10-11-12. League membership facilitates the arranging of schedules, equalizing of competition, conducting of league meets, and determining of league championships. The league provides DCS with the opportunity for competition with schools of similar size and programs. Membership implies abiding by league rules and regulations. The other participating schools are

NORTH

Damascus Christian

Jewell

Columbia Christian

North Clackamas Christian

SOUTH

Tualatin Valley Jr. Academy

Country Christian

Perrydale

Willamette Valley Christian

Life Christian	St. Paul
Open Door	Open Bible
Southwest Christian	C.S. Lewis Academy
Heritage	SW Christian
Portland Waldorf	

If Damascus Christian School does not offer a sport that a student wants to participate in he/she may participate in that sport at the public high school in the district in which they live. (eg. football, lacrosse, golf)

E. SPECIAL DISTRICTS

Damascus Christian High School is, for Track, and Soccer placed in Special Districts by the OSAA. These districts change periodically depending on new schools and locations of schools. These special districts usually consist of combined 1A and 2A classifications schools.

F. JR. HIGH LEAGUES

The volleyball, basketball and track teams at Damascus Christian compete with other private schools in the Metro-Christian League.

IV. BASIC ATHLETIC DEPARTMENT POLICIES

A. REQUIREMENTS FOR PARTICIPATION

1. A Summary of the Minimum Requirements of the OSAA

The Oregon School Activities Association (OSAA), of which we are a member, requires that any student-athlete must have passed five credits (non-elective classes) of work in the semester immediately preceding the semester of participation. An “F” (in any required class) must be made up by the following fall for a student to be eligible to compete in fall sports (see p. 21 in the parent-student handbook for further credit recovery information). All participants must also be maintaining consistent forward progress toward graduation in the normal four-year time span.

2. Minimum requirements of Damascus Christian School

a. Academics –DCS requires that all student-athletes meet these additional standards:

1. All current classes must be at or above 70% (C- and above) by Monday morning (or the first day of classes), beginning the third week of school and each week thereafter. Eligibility/Ineligibility for extracurricular activities will begin on the day the report is issued. Activities scheduled for that day are affected by the eligibility report. A grade report will be issued to students who fall below the 70%

mark. It is the student’s responsibility to present the report to their parents/guardians to be signed and returned to the office the next school day. Failure to do so will result in suspension from practice/event participation that day and each day until the report is returned to the school office.

2. Ineligibility will end only on the day an eligibility report is issued. Ineligibility will not end on a day between two eligibility reports. Eligibility/Ineligibility is “rolling;” it is done each and every week throughout the semester, beginning the third week of school.
 - a. The Eligibility/Ineligibility cycle (see below) may begin on the first class day of any week throughout the semester beginning the third week of school.
 - b. Ineligibility is progressive in nature and consequences follow the cycle (see chart)
 - c. Each Monday (or the first day of classes) by 1 PM, all teachers, athletic director, all current-season coaches, guidance counselor and office staff will be given a master list of students who fall below the 70% mark.

<i>Week</i>	<i>If Below 70%</i>	<i>OK To Do</i>	<i>May NOT Do</i>
1	Grace Week	No Limits, OK to practice and play in games	
2	On Probation	OK to practice	No participation in or traveling to events with team
3	On Probation	Stay home and study	No practice or participation in or traveling to events with team
4	Off team for rest of season and required to turn in uniform		

Teachers must record at least two grades each week. When a student raises his/her grades to or above the 70% mark, they are removed from probation but will be checked each week. Probation weeks are accumulative for each sport.

For another sport offered in a different quarter, the previous week’s grades will be used to determine eligibility for the new

sport season. I.e., Monday prior to the beginning of practice for the new sport will determine eligibility. The above chart will then be followed.

Eligibility for 4th-6th grade students will be determined by parent-teacher agreement.

Eligibility for 7th-8th grade students will follow high school requirements.

b. Guideline for NILD Eligibility: (Elementary Age)

If a student with a diagnosed learning difficulty experiences below average grades in a subject, he/she can experience sports eligibility based on attitude (respect to authority), effort (assignments turned in), and demonstration of measures to improve the grade (self-advocating, seeking assistance or tutoring, or displaying effort in some other appropriate way). If it appears that a student is not meeting these criteria, a team meeting will be called (involving teacher, parents and therapist).

c. Physical Examination – Student athletes must have physical exams updated every two years. Mandatory at 5th-7th 9th & 11th grades. Forms are filed in the office. Any athlete who is not updated on physicals will not be allowed to participate in games (OSAA forms only).

d. Parental Acknowledgment of Athletic Policies – Annually a copy of this handbook will be handed out to each student trying out for an athletic team. Each parent/guardian shall read the material and certify that they understand the athletic eligibility rules and policies of the school. The signed document is required to be on file with the medical and participation forms before participation.

e. Insurance – The school does not carry insurance to cover student athletic injuries. Through DCS, one can purchase a limited Sports accident policy.

f. Risk of Participation – All athletes and parents must realize the risk of serious injury that can result from athletic participation. Damascus Christian School will use the following safeguards to make every effort to eliminate injury.

1. Conduct a parent/athlete meeting prior to the start of each season to fully explain the athletic policies and to advise, caution, and warn parents/athletes of the potential for injury.
2. Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
3. Instruct all athletes about the dangers of participation in the particular sport.
4. All parents and athletes must sign a waiver form prior to practices and contests.

g. Financial Obligations and Equipment

1. A sport fee of \$50 for elementary, \$65 for junior high, and \$75 for high school athletes will be assessed per season.
2. In several sports, athletes will be required to purchase a portion of the game uniform, which will become their property. School-issued uniforms are to be worn only for games/competition or as designated by the coach. Athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn or used **only** for contests and practices. All equipment not returned in good condition at the time requested at the end of the season will be subject to a financial penalty no higher than replacement value.

B. ATHLETIC CODES OF CONDUCT FOR SPORTSMANSHIP

a. Athletes – All athletes shall abide by a code of ethics which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. A DCS athlete should be diligent in preparation, relentless in effort, disciplined by nature, respectful in actions, self-controlled with words, humble in spirit, and aggressive in pursuit of excellence, without regard to the score, opponent, time, referee, etc. As Christian athletes display these characteristics, good things usually happen: teams are successful, players are motivated, prospective athletes want to participate, and, very often, non-believers are drawn to Christ.

2. Parents and Spectators – It is important to make our guests feel welcome. All visitors should feel as though 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 Damascus Christian. The following behavior is not acceptable at any contest: booing or jeering, mocking or taunting or yelling negative comments to other players or referees. Never confront referees or other participants 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 the confines of an athletic contest for un-sportsmanlike behavior.

C. PARTICIPATION

Generally, an athlete may participate in only one sport per season. If one desires to participate in two sports during the same season, the athlete must have the support of the coaches of both sports, and work through the athletic director to coordinate practices, meets or games in order to gain approval for dual participation.

D. DROPPING OR TRANSFERRING SPORTS

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 immediate coach and also the athletic director. If an athlete drops a sport before the first contest has been held, no sport fee will be charged.

If an athlete wishes to change sports (drop one and begin another) during the same season, he/she must consult with the coaches of each sport concerned and with the athletic director.

E. EQUIPMENT

School equipment checked out to the student/athlete becomes his/her responsibility. The athlete is expected to keep it clean and in good condition. Equipment, practice gear, and uniforms are to be used only in practice, or contests, or as directed by the coach. **It is not to be worn in PE classes or at other times unless directed by the coach.** Loss of any equipment is the financial obligation of the athlete up to the full replacement value. Fees may be charged for late return of equipment. No athlete will be allowed to participate in a sport until all previously issued athletic equipment has been returned or proper restitution is made.

F. MISSING PRACTICES/CONTESTS – REMOVAL FROM A TEAM

When an athlete joins a team, a commitment is made not only by the athlete but by the parents as well. 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.

At times, parents may deem it necessary to remove their student from an athletic team on a temporary or permanent basis. It must be realized that these actions penalize the entire team in addition to the removed athlete. It is suggested that this course of action be viewed as a last resort and used when other disciplinary

methods have been exhausted. Regular consultation should be maintained with the coach and athletic director if removal from the team is a consideration.

G. TRAVEL

1. All athletes are expected to travel to away contests in transportation provided by the school. Any exceptions must be pre-arranged with the athletic director. Athletes are also expected to ride home with the same transportation. However, if a parent/guardian is at the site of the contest, following the game they may take their student 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 students.
2. When at away events, the coach may decide to stop at a restaurant before or after an event. Appropriate dress and behavior are expected.
3. The estimated return time for trips is listed on the schedule. Arrange to pick up your child in a timely manner. A coach must wait with the students until all have rides; so, when the team returns late at night, it is important to arrange transportation on time. When parents wait at home for a phone call before picking up their student, it does not work if the parents are twenty or more minutes away. Arrange for the students to call from the away school, a restaurant, or a cell phone. Most coaches should have their duties completed ten minutes after return and be able to go home, too.
4. Coaches are not to drive students of the opposite sex home. If in the event both parents are present in the vehicle during transport it is permissible.

H. COLLEGE RECRUITMENT

It needs to be understood that a very small percentage of high school students in the state of Oregon will gain a “full ride” athletic scholarship. The purpose of athletics at Damascus Christian is not to prepare athletes for the college level. Preparation for college athletics is a byproduct of participation in high school athletics. It is important for an athlete to work with their coach, who will aide in making contacts with college programs.

I. 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. Typical conflicts may involve musical performances/competitions with athletic practices or events. A student who is participating on an athletic team is expected to attend

all regularly scheduled practices and should not expect to miss practice to try out for another activity such as cheerleading or drama.

For students participating in a number of activities, scheduling conflicts will occur. It is important that the student keeps a calendar of activities and, if a conflict is found, immediately informs all sponsors or coaches involved. In order to deal with each participant fairly, a consistent policy is necessary. If such matters are left unresolved, the athlete is often placed in a difficult position between the athletic coach and the activity sponsor. The student may feel pressured by both sides wanting his or her talents and abilities. The decisions are difficult, but the following guidelines are presented as the method for dealing with activity schedule conflicts:

- Priority 1** Precedence is based on the sanctioning of the activity by the OSAA,
- Priority 2** Contests that are a criteria for advancement to a higher level of competition, such as a state tournament,
- Priority 3** Major competitions and performances, including contests or tournaments determining conference and district championships,
- Priority 4** Including regular scheduled games, contests, and major performances, an event previously scheduled and placed on the school calendar will take precedence over a rescheduled event or addition to the calendar,
- Priority 5** Importance of the student's participation to the success of the group's performance.

If, after utilizing the prioritized criteria, all items remain equal, the final decision must be made by the student in consultation with the principal. [NO PENALTY CAN BE ASSESSED TO THE PARTICIPANT.]

J. 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, handouts, etc. before departure or as agreed upon by the teacher.

K. SQUAD SELECTION/PLAYING TIME

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program at Damascus Christian, coaches are encouraged to keep as many students on a team as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment,

personal preference, and other factors will place limitations on the most effective 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 decision of the coach regarding 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 an 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. At all levels below high school varsity, it is generally expected that an athlete will participate in each competition, but there may be occasions when this does not happen.

One exception in junior high may include post-season tournaments/playoffs. The coach may opt to use a more limited rotation of players during the post season, and will notify squad members of the tentative plan.

L. COACHES' POLICIES

Each coach may establish other rules or standards, unique to that sport or program in which they work, which go beyond those listed in this handbook. The policies will be consistent with and not contradict other school practices and policies. The coach will file a copy of the rules with the athletic director.

M. CONFLICT RESOLUTION

If a conflict or perception of a conflict arises with a coach or other staff person, the first responsibility is for the athlete to discuss the situation with the coach. This should occur before the parent speaks with the coach. If no resolution is found, the next two steps of appeal are to the athletic director and then the principal, in that order. Before or after a game is usually not an appropriate time for a parent to approach a coach to discuss a situation.

N. SPECIALIZATION

The tendency for many athletes in schools today is to specialize in only one sport in high school. Some think that it will help their grades. It is the recommendation of the coaching staff at Damascus Christian that athletes not limit their participation to one sport if they have the ability/capability of playing in two or three sports per year. If an athlete is truly a "blue chip" participant, it may be to their advantage to specialize. However, for 99% of high school athletes, the most important thing to concentrate on in high school athletics is hard work and fun. Many college coaches prefer athletes that are multi-sport participants in high

school. Studies show that multi-sport athletes maintain higher grades in high school.

O. REPORTING OF INJURY

All injuries that occur while participating in athletics must be reported to the coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed by the coach.

P. VEHICULAR ACCIDENT – Parent/Coach

Procedure for reporting vehicular accident:

1. In case of a vehicle accident, care must be taken to ensure the safety and wellbeing of all participants
 - a. immediately assess damage and possible injuries
 - b. stabilize injured as best you can
 - c. contact emergency services via 911
 - d. do not make any declarations of responsibility to other party, if applicable. Say, “We’ll report this to the insurance company. They will be in contact with you.
 - e. exchange information (driver’s license number, insurance company name and number, etc.)
 - f. if there are injuries requiring hospitalization, be sure you know where the injured party is being taken
2. Contact athletic director with details. The A.D. will then contact parents and school administrator
3. Be sure driver/adult fills out and submits *Incident Report Form* to school office and/or business administrator

Q. LOCKER ROOMS

Locks and lockers will be assigned to students who are enrolled in a physical education class. Lockers are to be kept locked. Roughhousing or throwing towels and other objects is not allowed. Showers are to be turned off after use. Spiked or cleated shoes are to be put on and taken off outside of the locker room and the gym. No metal or hard-plastic spikes or cleats are ever allowed in the locker room or any part of the school.

R. SPORTS SEASONS/PRACTICE TIMES

1. High School – OSAA Regulations

Season	Event	Official Day
Fall	First Practice	3 rd Monday prior to first playing date
	First Contest	1 st Tuesday after

		Labor Day
Winter	First Practice	Monday of 1 st football playoff week
	First Contest	Monday following Thanksgiving
Spring	First Practice	1 st Monday after 4A girls basketball cutoff date
	First Contest	1 st Monday following 4A boys basketball tournament

*For actual dates refer to yearly Sports Calendar

2. Junior High

Volleyball practice last week of August. Games are in September and October.

Basketball practice begins the first Monday in November. Games are played in December through February.

3. Practice Times

As a general rule, high school practices will last a maximum of two hours and junior high practices a maximum of one and one half hours on school days. “Daily Doubles” schedules prior to school for fall sports will be determined by each coach. Basketball practice schedules will vary according to game schedule and gym availability. Practices will usually be held for some teams during vacation time or days when school is not in session. Weekend practices will not generally be held.

S. ADMISSION/SEASON PASSES

Typically, no admission charges are made for junior high contests. Usually, admission charges are only made for lower level High School activities when tied in with a varsity contest. Casco League admission prices will range from \$4 for adults and \$2 for students. Students at Damascus Christian get in free to all home games. Admission is charged for all league playoff or championship level contests. DCS offers season passes for home contests at a highly discounted rate. If DCS hosts a first round playoff game for basketball the admission fee is \$6 for adults and \$4 for students per OSAA.

V. ATHLETIC AWARDS POLICY

A. VARSITY LETTER REQUIREMENTS

The varsity award shall be presented to an athlete who satisfies the participation requirements as listed below, completes all team obligations, and receives the

recommendation of the coach. The coach may recommend a waiver of these requirements under an unusual circumstance.

1. Specific Sport Requirements

a. Basketball – play in one-third of the number of total quarters during the regular season.

b. Cheerleading – meet 90% of contest and practice requirements.

c. Track – earn thirty points and have no more than one unexcused absence.

d. Volleyball – participate in one-third of the total number of games played during the regular season

2. Junior Varsity, Freshman, and Junior High Awards are given on the recommendation of the coach to all athletes that complete the season.

3. Manager Awards will parallel the regular awards system if they manage for the entire season.

4. Twelve Sport Award – are given to those athletes that letter as an athlete in three sports per year for four years.

B. LETTERING CRITERIA THAT PERTAINS TO ALL SPORTS

1. An athlete who moves from one level of competition to another will receive their award at the higher level provided the athlete has met the combined requirements.

2. A coach will have the prerogative to letter a senior who has not met the seasonal requirements for lettering.

3. Any athlete who plays regularly but was injured may be awarded a letter, if, in the coach's judgment, the athlete would have met the lettering requirements.

4. If an athlete moves to varsity during state competition and plays in the competition, that athlete may letter regardless of other lettering criteria.

5. An athlete must complete the season in good standing with the school and coach.

C. AWARDS

1. Varsity Awards

a. 1st award will be chenille letter, certificate, and sport emblem.

b. 2nd and subsequent varsity letters earned will be a certificate and a bar for second, third and fourth years.

c. Stars will be awarded all state qualifiers/participants.

2. All other athletes will be awarded a participant certificate.