

Pullman Christian School **2019-2020 ATHLETICS HANDBOOK**

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PURPOSE

- I. Athletic competition provides a unique opportunity to express Christian values. Students, parents, faculty and fans are expected to participate with a level of character, intensity, enthusiasm and sportsmanship that is consistent with our Christian faith and honorable to our Heavenly Father. Sports are an excellent medium for Christian coaches to train children in such godly values such as discipline, dedication, determination, teamwork, respect, preparation, self-denial, self-sacrifice, sportsmanship, perseverance, and graciousness. Athletics, like other areas in life, requires willingness to give an all-out effort, showing grace under pressure and ability to embrace both victory and defeat.
- II. PCS is a member of Mountain Christian League, enjoying competition and relationship with other members of the league.
- III. Those who take part in athletics are expected to maintain high behavioral standards.

GRADE & AGE PARTICIPATION

- I. Students enrolled in grades 5-12 are eligible for participation in the athletics program.
 - A. Students must be enrolled in at least four full-time courses, inclusive of PCS approved additional academic offerings such as Running Start. Seniors may petition the administration for reduced eligibility requirements, depending on remaining graduation requirements.
 - B. Homeschool students need to be enrolled at PCS in at least one credit per year, and to demonstrate at least three more credits via home schooling to participate.
 - C. Students who have graduated are not eligible.
- II. A student must be less than 19 years old on August 31st in order to participate.
- III. Selection of team members may be based on a number of factors beyond ability including Christian character, effort, attitude, teamwork and attendance.

ELIGIBILITY

- I. Academics
 - A. Students are required to make adequate progress according to the student's course enrollments to maintain eligibility. Students enrolled in a full schedule (no study halls), who are failing more than one class will be ineligible for one month. Students enrolled in less than a full schedule (at least one study hall per week), who are failing any class will be ineligible for one month. Eligibility will be determined at the end of each month.
 - B. Students are required to fulfill additional PCS program requirements such as the completion of Bible memory.
 - C. Discipline problems or poor classroom performance, regardless of grades or grade point average, could result in ineligibility.
 - D. Students transferring to PCS must be declared eligible prior to participation.

- E. Ineligible students may participate in practices if the coach approves, but may not participate in contests, travel with the team to away contests or sit on the bench during home games.
- II. Paperwork
 - A. Before a student may participate in any sport, the following forms must be completed and on file with the PCS administration:
 - i. Documentation & Signatures Form
 - ii. Emergency Treatment Consent Form
 - iii. Physical Examination Form
 - iv. Declaration of Insurance
 - B. All paperwork will be valid for one school year, except for the physical examination, which is valid for 24 calendar months.
 - C. To resume participation following an illness or injury serious enough to require medical care, a student must present to the Athletic Director a physician's written notification clearing the student for participation.
- III. Fees
 - A. Students participating in sports will be required to pay participation fees as listed in the current fees schedule available from the PCS office.
 - B. Fees will not be refunded to students who become ineligible, who are suspended from participation or who quit.
- IV. Amateur Status & College Athletics
 - A. Students must maintain amateur status to remain eligible for participation. An amateur athlete is one who participates not for any source of financial reward.
 - B. Students may not participate on any college, junior college or university athletic team while in high school.
 - C. Students who hope to participate in NCAA or other college athletics should contact the PCS Athletic Director for information on eligibility requirements for high school graduates and for rules governing amateur status according to the NCAA.

ATTENDANCE

- I. Students will not be allowed to participate in an athletic game or practice unless they attend four or more classes on that particular school day. Students who fail to attend four classes on a Friday will not be allowed to participate in an event scheduled for Friday or Saturday. Exceptions may be granted if prior communication is given to the Athletic Director, at the discretion of the Athletic Director and/or Principal.
- II. Truancy will disqualify a student from attending any practice or game that day, and Saturday if the truancy occurs on Friday.
- III. Attendance at all practices and games is mandatory. Students are expected to arrive at all practices and games on time, dressed appropriately and ready to participate. Failure to attend practices or games will result in consequences of the

coach's choosing. Repeated absences may result in suspension or dismissal from the team.

- IV. If missing a practice or contest is unavoidable, the coach must be notified in advance.

CONDUCT

- I. Students, parents, coaches and fans must always conduct themselves in a Christ-like manner and according to school policies. The Golden Rule (Matt. 7:12 & Luke 6:31) and the Greatest Commandment (Matt. 22:37-40) are the guiding scriptures for behavior.
- II. Student athletes are expected to maintain a high standards of behavior on and off campus. Students whose behavior violates the "Standards of Conduct" section of the Pullman Christian School Handbook may face athletic program discipline in addition to the consequences a non-athlete would receive.
- III. Students may appeal discipline decisions to the PCS Steering Committee.
- IV. Coaches may impose additional team rules or regulations for their particular sport, such as dress standards, curfew, practice procedures, etc. Violations of team rules may be handled by the coach or by the PCS administration.
- V. Students who are suspended from athletics may participate in practices if the coach approves, but may not participate in games, travel with the team to away games, or sit on the bench at home games.

GAME CONDUCT

- I. Students, parents, and fans should NOT approach coaches or players during games. This is to help insure that the coaches have the full attention of their players and that coaches are paying attention to the game to help support their players.
- II. If something needs to be communicated with a coach or player, please seek out the Athletic Director (Jamie Gleason).

EQUIPMENT

- I. A uniform will be issued to each student for the season. A uniform will be given to the student before each game and returned afterward for washing at the school. Any damage that has occurred to the uniform should be reported to the Athletic Director.
- II. Students may be required to provide additional uniform components such as PE shorts, socks, shoes, etc.
- III. Students are required to wear clothing and uniforms designated by the coaching staff or PCS administration to all practices and games.
- IV. Students may not wear PCS athletic uniforms at non-school events unless approved by the coaching staff or PCS administration.
- V. Loss of equipment or damage to equipment will be the student's financial obligation.

- VI. If a student damages PCS or LFF property as a result of negligence or misuse as distinguished from normal wear and tear, the student must repair or replace the damaged property.

TRAVEL

- I. All students must travel to and from games with the team and in transportation provided for this purpose.
 - A. A student who misses the team transportation will not be allowed to participate in that game even if they travel with a parent or guardian.
 - B. Only upon pre-arranged written request by a parent or guardian will this be waived to allow a student to travel separate from the team, and then only with an adult.
- II. Each team member will remain with the team and under the supervision of the coaching staff when attending games.
- III. In some cases, spectator students may be allowed to ride with the team to attend away games. A permission slip is required, and the student will have no special considerations for classes missed. There must be a supervising adult other than the coaching staff willing to assume legal responsibility for the student.

MEDICATION

- I. Except for asthma medication and epi-pens, no student may self-administer, nor may any coach staff member administer any medications, prescription or over-the-counter, without written, dated and signed physician authorization.
- II. If a student needs to take medication during athletics events, an "Authorization for Administration of Medication at School" form must be completed and turned-in to the school office, as described in the Parent-Student Handbook.
 - A. Except for asthma medication and epi-pens, all other medications must be checked-in to the school office in its original container with the original label and are not allowed to remain in lockers or backpacks.
 - B. Students who suffer from motion sickness are advised to take appropriate precautionary action to reduce the symptoms while traveling.

AWARDS

- I. Scholar Athlete
 - A. At the end of each sports season, the school will review a progress report reflecting the student's grades in all current classes.
 - B. Students whose current class GPA is 3.70 or higher will receive a Scholar Athlete Certificate recognizing excellence in academics while participating in athletics.
- II. Athletics letters
 - A. Athletic letters will only be presented to a student who completes the entire season for a given sport, unless the participant started but was unable to complete a season due to illness or injury.

- B. Athletic letters will be presented only to varsity-level participants who are enrolled in high school classes.
 - C. Coaches will announce the requirements for lettering at the beginning of the season.
 - D. Coaches have the right to recommend that any student receive or not receive an award for reasons separate from the general requirements.
- III. PCS awards letter certificates and activity pins. Pins may be obtained at the school office if desired. Students may purchase a designated PCS chenille letter or letter jacket if desired.
- IV. Upon voluntarily dropping out of an activity or being dropped from the squad for disciplinary reasons, a student automatically forfeits any awards for that activity.

CREDIT

- I. PCS offers health and fitness credit for participation in varsity athletics.
- II. Students may earn $\frac{1}{2}$ credit (pass/fail) for lettering in two sports seasons.
- III. Students are responsible for notifying the school office when they receive a letter for participation in a sport at another school.

ASSUMPTION OF RISK

It is Pullman Christian School's intent for each student to have a positive experience when participating in athletics and activities. However, PCS cannot eliminate all risks involved with such participation. A negative experience, such as an accidental injury, is always possible.

This warning and assumption of risk form is designed to provide PCS with a degree of protection. It is not designed to deny the rights of an injured student. PCS does not provide catastrophic medical insurance coverage to participating students. Participation in interscholastic athletics and activities is completely voluntary and extracurricular. As a condition to participation in these activities, students and parents or guardians must understand the risks involved in these kinds of activities.

WARNING

Participation in any athletic activity may involve injury of some type to either yourself or your fellow student. Such injury can include direct physical and potentially crippling injury to your body, and the possibility of emotional injury experienced as a result of witnessing or actually inflicting injury to another. The severity of such injury can range from minor to catastrophic, including paralysis or death, with the possibility of affecting your future ability to earn a living, to engage in other business, to participate in social and recreational activities, and generally to enjoy life.

Activity injuries can result from the incorrect or correct performance of playing techniques used in tryouts, practices, warm-ups, games, drills, exercises, and other similar undertakings. Injury can also result from failing to follow game, training, safety or other team rules. Injury can also result from the use of transportation provided or arranged by PCS to and from activities.

Therefore, the purpose of this warning is to aid you in making an informed decision as to whether you should participate in these activities. In addition, its purpose is to make you aware that as a student participant, or as the parent or guardian of a student participant, it is your responsibility to learn about and inquire of coaches, physicians, or other knowledgeable persons about any concerns that you might have at any time regarding safety.

CONCUSSION INFORMATION

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Repeating same question/comments

Signs observed by coaches, athletes or parents may include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or awkwardly
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Change in typical behavior or personality
- Loses consciousness

Continuing to play with the signs and symptoms of a concussion leaves a young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, **without medical clearance**. Close observation of the athlete should continue for several hours. The “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time” and “...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.”

You should also inform your child’s coach if you think that your child may have a concussion. When in doubt, the athlete sits out.

*Adapted from the CDC and the 3rd International Conference on Concussion in Sport
For current information on concussions, visit <https://www.cdc.gov/headsup/youthsports/index.html>*

SUDDEN CARDIAC ARREST

Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of sudden death in young athletes during sports. It is usually caused by a structural or electrical disorder in the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely to occur during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. Some heart conditions that could lead to SCA can be detected by a thorough heart screening.

If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain during exercise
- Excessive shortness of breath during exercise
- Heart racing or palpitation for no reason
- Unexplained seizures
- Family history of early onset heart disease
- Family history of sudden cardiac arrest

SCA can be treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AED’s are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm. To save a life: recognize SCA, call 9-1-1, and use an AED as soon as possible.

*Adapted from the Sudden Cardiac Arrest Information Sheet
For current information on Sudden Cardiac Arrest, visit <https://www.sca-aware.org/about-sca>*

SAFETY GUIDELINES

When a person is involved in any activity, an injury can occur, especially in a contact sport. The purpose of this document is to inform the athlete of proper techniques and the inherent dangers involved in sports such as basketball, soccer, and volleyball. Not all potential injury possibilities in these sports are listed, nor are all possible recommendations to reduce the risk of injury, but athletes should recognize that awareness of their surroundings, proper fundamentals, application of coaching and properly fitting equipment are important to the safety and enjoyment of the activity.

1. General fitness is required for successful participation throughout a season. Fitness includes adequate cardiovascular strength, cardiovascular endurance, muscular strength, muscular endurance and flexibility. Attention to adequate nutrition and sleep are also important. An athlete cannot perform well unless the body is well-rested, well-nourished, adequately hydrated and generally fit. Weight loss is strongly discouraged unless supervised by a medical doctor.
2. Research shows that cold muscles are more prone to injury. Proper warm-up and cool-down is essential before and after strenuous activity takes place. Stretch properly before and after every practice and contest.
3. Wear padding to protect yourself from injury when you fall or dive. Knee and elbow pads are recommended, and additional padding of any joint or muscle can be helpful.
4. Wear properly fitting shoes that provide good ankle and arch support and shock absorption.
5. Wear a mouthguard to reduce the chance of dental injury.
6. Perform those skills and techniques as instructed or supervised by your coach.
7. Play with proper technique, without holding, blocking, pushing, tripping, undercutting, or otherwise endangering yourself or other players. Be aware of the danger of other players endangering you with improper technique and other actions.
8. Be aware of the danger of colliding with surrounding objects. Injuries can occur from uneven footing, wet floors, walls, bleachers, edges of flooring, basket supports, basket or net entanglement, doorframes, other athletes, spectators, sharp objects, etc.
9. Be aware of the danger of thrown or kicked balls from other parts of the gym. Balls can travel at speeds fast enough to cause serious injury, especially to the nose and face.
10. Be aware of the danger of balls rolling around under the feet of athletes.
11. Be aware of the danger of leg and ankle injuries from landing on an object or other person's foot. Ankle braces or athletic taping can reduce the risk of injury and are recommended.
12. Be aware of posted safety procedures for every facility.
13. Inform the coach immediately if injured.

TRAVEL PERMISSION

Throughout the season, the various PCS teams will be traveling to other locations for practices and for interscholastic contests. Game schedules are available that list opponents, locations, and departure and return times for the players during away-games. Occasionally, departure and return times may change due to road conditions or facility needs. Athletes who do not arrive on time may be left behind. The schedule is posted on the school website as part of the PCS calendar. The coaching staff or PCS administration will announce any specifics or additions depending on the nature of the particular trip.