

Chinese Christian High School

Athletics



Parent-Student Handbook

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CCHS Missions Statement

The mission of Chinese Christian High School is to see students transformed through a saving knowledge of Jesus Christ and Bible-based, Christ-centered instruction so they may be thoroughly equipped to fulfill God’s perfect plan for their lives.

CHINESE CHRISTIAN HIGH SCHOOL

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Chinese Christian High School

“Transforming Lives for the Glory of God”

HIGH SCHOOL SPORTS

FALL	WINTER	SPRING
Boy’s/Girl’s Cross Country	Boy’s Basketball	Boy’s Volleyball
Boy’s Soccer		Girl’s Soccer
Girl’s Volleyball	Girl’s Basketball	Badminton
Girl’s Tennis		Track and Field
		Golf

PHILOSOPHY OF ATHLETICS

The purpose of our athletic program is to train student-athletes to manage their individual and team participation in a Christ-like manner. This program offers its participants training to build appropriate skill sets while offering competitive opportunities to strengthen character evidenced through gracious winning and losing.

It is the desire of the athletic department that every team or individual that competes at Chinese Christian High School experience the joy of rising to one’s full potential. More importantly, the goal of the athletic department is that everything that is done bring glory and honor to God.

CCHS Student-Athletes are expected to have the RAM Spirit:

<u>R</u>espects	<u>A</u>ccountable	<u>M</u>otivated
✓ God	✓ Maintaining our relationship with God	✓ Elevated the reputation of Jesus Christ
✓ Those in authority	✓ Maintaining our personal responsibility	✓ Set goals as an individual and team
✓ Team	✓ Maintaining grades ✓	✓ Develop skills
✓ Opponents	✓ Attendance to school, practices, and games	✓ Give it your all, because God expects NO less!
✓ Self		
✓ The games		

PARENT GUIDE

SHOW SUPPORT AND COOPERATION

- **Attend every contest that is feasible. Being at the game is important to your athlete. Be positive and encouraging to your child and his/her teammates without adding undue pressure and unrealistic expectations.**
- **Belief in and support of the coach's judgment, character, actions, strategy, and overall philosophy will help your child do the same. Please do not attempt to coach from the stands.**
- **Please remember that your testimony before man and God is on display while you are in the stands. Please be respectful of all those around you: coaches, referees, parents, visitors, children, etc. Be a role model for other parents and students alike.**
- **Let your child and his/her teammates know that you are supportive and believe in them regardless of individual or team performance in the contest.**

COMMUNICATION

- **If your child must miss a practice or game for family reasons that are unavoidable, please inform the coach as soon as possible.**
- **If you have a concern or question, please verbalize it to the appropriate person (most often the coach). Choose an appropriate time and do so in a positive way. Confronting a coach before or after a contest is not an appropriate time.**
- **Coaches are professionals. They make judgments based upon the best interest of the team. The coach must take into account all members of the team. Therefore, coaches will not discuss a child's placement on the team, playing time, strategies used by the coach, or other student-athletes.**

SPORTSMANSHIP FOR PARENTS AND SPECTATORS

It is important to make guests to our school activities feel welcome. All visitors should feel as though they have been treated fairly and dealt with in a sportsmanlike way. The skills of the visiting team should be recognized and appreciated. Everyone needs to work to create a positive atmosphere at CCHS. The following behavior is not acceptable at any contest: booing or jeering, mocking or taunting, yelling negative comments to officials. Never confront officials or other participants during or following a contest. If a problem occurs, inform the school administration 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 the athletic contest for unsportsmanlike behavior. The school may also deny them the privilege of attending future contests. The Bay Area Conference does not allow distracting noises during serving in volleyball or free throw attempts in basketball.

Your role as a parent and spectator is important. Support your athlete, your team and your school in a positive manner. Your efforts of support, communication, and sportsmanship are appreciated by the administration, coaching staff, and most of all, and the athletes.

STUDENT GUIDE

Being a member of a Chinese Christian High School athletic team is a privilege and not a right. By joining a team at CCHS, you are 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 result in dismissal from the team.

God calls us to strive for excellence in all that we do. Therefore, student-athletes at CCHS are expected to display Christ-likeness in all they seek to achieve. The most important responsibility an athlete has is to be a good representative of God.

Another responsibility you assume as a team member is to your school. CCHS cannot maintain its position of having an outstanding school unless you do your best in every activity in which you engage. By participating in athletics to the maximum of your ability, you are contributing positively to the reputation of the school. You can contribute greatly to school spirit and community pride. Make CCHS proud of you, and others proud of your school, by your faithful demonstration of these ideals. Be an example of Christ!!!

STUDENT-ATHLETE CODE OF CONDUCT

All participants in the Chinese Christian High School athletics program shall agree to abide by the following Code of Conduct:

- 1. I will be a worthy representative of God, my family, CCHS, my coaches, and my team.**
 - a. I will elevate the reputation of Jesus Christ.**
 - b. I will not participate in any fight or physical confrontation. I will use physical force only in those limited circumstances where it is absolutely necessary for self-defense.**
 - c. I will not taunt, jeer, boo, or otherwise make disparaging remarks or gestures toward others.**
 - d. I will refrain from using foul, obscene, or threatening language or gestures.**

- 2. I will be a responsible, team player.**
 - a. I will attend every practice and all games unless excused by my parents and coach.**
 - b. I will support my teammates and interact with them in a positive manner, always showing mutual respect.**
 - c. I will faithfully and diligently carry my share of team responsibilities.**
 - d. I will cooperate with and submit to my coaches and those in authority.**
 - e. I will place the good of the team over my own personal achievement or aggrandizement.**
 - f. I will complete a season before moving on to a new season of sport.**

- 3. I will maintain a proper balance between my responsibilities in the areas of academics, athletics, church and home**
 - a. I will not use athletics as an excuse for not completing academic assignments.**
 - b. I will find the time to satisfy my family relationships and responsibilities.**
 - c. I will voluntarily withdraw from the athletics program if I find that I am unable to maintain my commitments in all areas of my life.**
 - d. I will meet with my coach and Athletics Advisor if I need to drop out of a sport. I understand that I may forfeit my eligibility for the next two sports seasons upon the discretion of the Athletics Advisor and/or Administration.**

REQUIREMENTS FOR PARTICIPATION

ACADEMICS

According to CIF by-law 204, a student is scholastically eligible if:

- The student is currently enrolled in at least 20 semester periods of work.
 - The student passed in at least 20 semester periods of work at the completion of the last regular marking period.
 - The student is maintaining minimum progress towards meeting the high school graduation requirements as prescribed by the governing board.
 - The student has maintained, during the previous grading period, a minimum of passing grades which is defined as a 2.0 grade point average in all enrolled courses on a 4.0 scale.
- CCHS students must additionally maintain a 2.0 GPA with no D's or F's in order to compete in interscholastic sports. The GPA is based upon the most recent grading period (spring grades will be carried over into the fall).

ACADEMIC PROBATION

1. Students earning a 2.0 GPA during the previous marking period and receiving a "D" in any class on their quarter grade will be placed on academic probation for the following quarter. Students will remain on academic probation for five (5) academic weeks of the season of sport. A student may seek for conditional eligibility (if their grades are at or above a 2.0 GPA with no D's or F's) by submitting a progress report signed by all of his/her teachers to the Athletics Advisor. Students whose 2nd semester grades from the previous academic school year which meets the 2.0 GPA standard but with a "D" grade, will be placed on academic probation in the fall season. This applies to all returning, incoming, and transfer students.
2. Students that begin their season of sport in good academic standing and then earn less than a 2.0 GPA or are on pace to receive a "D" or "F" in any class during the mid-quarter period will be placed on academic probation. After the first week of ineligibility, and with the consent of the parents, a student may appeal to the administration for conditional eligibility. If the conditional eligibility is granted, the student must submit weekly progress reports signed by all of his/her teachers to the Athletics Advisor indicating that the student has caught up in all classes and will be receiving at least a 2.0 GPA in the class. If a student falls behind in any class during this conditional period, he/she will return to ineligibility for a minimum of one week.
3. The administration may deny conditional eligibility to any student for whom, in its judgment, the benefits of extracurricular participation do not outweigh the cost of time lost from academics. In addition to the academic probation policy stated above, administration may restrict participation in, and attendance to, any school activity based on poor academic performance or student conduct.

ATTENDANCE

Students must be in attendance for at least four classes or 3.5 hrs per day or they may not be allowed to participate in any athletic activities (practice, games, etc.). Exceptions are few, but may include scheduled doctor appointments, dentist appointments, etc. If a student is too sick to attend school, then they are too sick to practice or play in a game.

EARLY RELEASE FROM CLASS

It is the responsibility of athletes to communicate with their teachers before they depart because of an athletic contest. Teachers will receive a team roster with the names of all team members at the beginning of a season (their roster will be updated as needed). Athletes with an early release time should remind their teacher of this before class on the day of the event. Students are responsible for any and all work and tests missed due to an early release time. It is an athlete's choice and privilege to leave school early to participate in athletics

VACATION

Vacations by athletic team members during a sport season are discouraged. In the event an absence due to a vacation is unavoidable, an athlete must:

- **Contact the head coach prior to the absence.**
- **Be willing to assume the responsibilities and consequences of missing tryouts, practices, and games. Consequences will be at the discretion of the head coach; vacation policies will be reviewed by the head coach at the beginning of each season.**

ADDITIONAL ELIGIBILITY REQUIREMENTS

Submission of the following forms to the Athletic Department or coach prior to the first day of practice/participation:

- **Completed physical examination form (good for one calendar year, high school only)**
- **Signed Parent Consent form**
- **Signed NCS ejection policy (high school athletes only)**
- **Attendance with one parent/guardian at the Sportsmanship/Coaches Meeting scheduled by the Athletics Advisor**
- **A completely signed athletic participation contract**
- **AGE LIMIT (CIF 201)**

No student whose nineteenth birthday is attained prior to June 15th shall participate or practice on any team in the following year. A student whose nineteenth (19th) birthday is on or before June 14th is ineligible.

CHANGE SCHOOLS - TRANSFERS

A student may have transfer eligibility provided the student is compelled to move from any school to a CIF school due to a bona fide change of residence from one school attendance area to the attendance area of the new school by the parent(s) or legal guardian(s) with whom the student was living when the student established residential eligibility at the prior school.

Students who enter CCHS after the first day of the tenth grade should talk to the Athletics Advisor to determine eligibility.

COMPETITION ON AN OUTSIDE TEAM

A student on a high school team becomes ineligible if the student competes in a contest on an “outside” team in the same sport during the student’s high school season of sport. This includes club teams.

CONFLICTS WITH OUTSIDE CLUB TEAMS

Participation on your high school athletic team takes precedence over all other outside athletic activities. If conflict occurs, the high school event will come first. Athletes need to make sure that their participation in outside club sports in no way negatively affects the high school team on which they are participating, or they may be asked to leave that team.

ADDITIONAL RULES

Supervisors of co-curricular activities have the right to make rules tailored to their activity. Such rules must be submitted to the Athletics Advisor and the Principal before they are given to the students. This must be done at the beginning of the activity. Any disciplinary action above the minimums may be appealed to the administration. Any and all disciplinary action stemming from breaking training or eligibility rules must be reported to the Athletics Advisor and the Principal as soon as possible.

FINANCIAL OBLIGATIONS AND EQUIPMENT

• Athletic Fees

***High School - \$225 for 1st Sport, \$200 for 2nd Sport, and \$175 for 3rd Sport.**

Please note that athletic fees will not be pro-rated for a season. Students who are dismissed from the team, quit, or are on academic probation during their season will not have their fees refunded.

- Uniforms – 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 or as designated by the coach.**
- Equipment/Practice gear – Athletes are responsible for the proper care and security of equipment issued to them. All equipment not returned in good condition at the time requested at the end of the season will be subject to financial penalty and forfeiture of future participation.**

CUT POLICY

When a student tries out for a team he or she may be faced with the cut system. By this we mean that only a certain number of players can make a team. If we cut a person, they are welcome to try out for another sport or try out again the following year.

VARSITY LETTERING

A Chinese Christian High School varsity letter can be earned in the following ways:

- Participating in a minimum of 50% of the contests in the season at the varsity level**
- If the team competes in league playoffs or NCS Championships**
- If the player is selected as an All-League Player, any level**
- At the discretion of the coach and/or Athletics Advisor**

MINIMUM PARTICIPATION

In individual sports, an athlete must have participated for his/her school of enrollment in more than one-half (1/2) of the CIF/NCS permissible maximum individual points of the sport in order to participate in the CIFNCS championship tournament in the sports of cross country, tennis, wrestling, track and field and swimming. League and conference may have additional requirements.

STUDENT AWARD LIMITATIONS

A high school student may not receive an athletic award for CIF high school competition of a combined total of more than one hundred dollars (\$100) in value, from all sources. The total athletic award may be two hundred fifty dollars (\$250) for league, section, or state championships. When a student participates in other than CIF competition in a CIF-approved sport, at any time other than the high school season of sport, the student is governed by the award rules of the amateur governing body for that sport.

TRANSPORTATION

A student must ride to all contests with the team on school provided transportation; but, may return from a contest with his/her parents or someone of the parents choosing, if prior written approval is obtained from the parent and approved by the principal and presented to the coach/advisor. A student may drive to a contest only if written permission is obtained from a parent prior to leaving campus and there is a valid reason for the student to drive. Verbal permission will not be accepted. A student may not stay overnight after a contest/game and meet the team the next day for the next contest. If the team does not stay overnight, all come home.

DRUGS, ALCOHOL, TOBACCO, STEROIDS

If, while on or off campus and participating in a school or non-school activity, a student-athlete uses, sells, distributes, or is in possession of illegal drugs, alcohol, tobacco products, or steroids (that was not prescribed by a physician to treat a medical condition), he/she will be suspended from participating in athletics for the remainder of the school year, losing all rights and privileges, including awards and post season recognition. The student may also face discipline measures as stated in the CCHS Student Handbook. It is the responsibility of the athlete/participant to report any citation/conviction of a violation of the alcohol/drug sections to the school.

DRESS

Students representing the school on activity trips must be dressed in a manner reflecting credit on themselves and the school. This means, no less appropriate attire than that required of students during regular school hours. The judgment will be made by the coach/advisor.

UNDUE INFLUENCE- RECRUITMENT OF ATHLETES

The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both parents/guardians of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the CIF.

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

All student-athletes expecting to play NCAA Division I & II athletics must meet freshman eligibility standards established by the NCAA Initial- Eligibility Clearinghouse. Playing in college can be a very rewarding experience. It can also be a very challenging one where the students involved must be extremely responsible and pro-active in gathering the information they need to try out and participate. In order to participate in athletics in college, especially a Division I or II school, you need to fill out a core class worksheet and register with the NCAA clearinghouse online @ www.NCAA.clearinghouse.net .

ADDITIONAL RESOURCES:

BAY AREA CONFERENCE <http://www.bacbcl.org/>

CIF-NCS <http://cifncs.org/>

CIF-STATE <http://www.cifstate.org/>



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ATHLETE/PARENT CONTRACT

The following is the Athlete/Parent contract provided to each Athlete and his/her parents by the Athletic Department.

Parents/guardians and the athlete have read this contract and agree to each of the following statements. I also agree to obey all regulations and rules set by Chinese Christian High School, the Bay Area Conference (BAC), the North Coast Section (NCS), and the California Interscholastic Federation (CIF).

- 1. I have read the Parent/Student Handbook and agree to support Chinese Christian High School's philosophy of athletics.**
- 2. I agree to check our personal family schedules to insure that my child demonstrates responsibility and commitment by attending all scheduled practices and games. If the student athlete must miss a practice or game for family reasons that are unavoidable, I will let the coach know as soon as possible.**
- 3. If any problems or conflicts arise, I agree to direct my concerns to the coach first. If the situation is not resolved, I will then contact the following individuals in order until the conflict is resolved: Athletics Advisor(s), High School Principal, and Superintendent.**
- 4. I understand that I must attend a sportsmanship and coaches meeting at the beginning of each season as scheduled by the Athletics Advisor. My attendance at this meeting will qualify my child to become eligible in sports. Failure to attend these meetings will make my child ineligible to participate until a meeting with the Athletics Advisor can be completed.**

Print Name of Student Athlete

Signature of Athlete

Date

Print Name of Parent/Guardian

Signature of Parent/Guardian

Date



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PARENT CONSENT FOR PARTICIPATION INTERSCHOLASTIC ATHLETICS

Student's Name: _____

Address: _____

I (We) realize there is possibility that a child may suffer injury, including permanent paralysis or death, as a result of participation in athletic activities. I further understand that the school disclaims any financial responsibility for the costs of medical treatment, hospitals, ambulances, or paramedics, etc., arising out of or by virtue of an injury to my (our) child while participating in such interscholastic competition or preparation thereof.

Permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, x-ray examination and immunizations for the above named student. In the event of an emergency arising out of serious illness, the need for major surgery, or significant accidental injury, I understand that an attempt will be made by the attending physician to contact me in the most expeditious way possible. If the said physician is not able to communicate with me, the treatment necessary for the best interest of the above-named student may be given.

My (Our) above named child has my (our) approval to participate in the following interscholastic sports. (Please use an X).

Sports Allowed: Unlimited _____ Restricted _____

I (We) acknowledge that before my child can participate in such school-sponsored sport(s) this consent must be executed by me (us) and filed at the school, together with the result of the physical examination indicating that my child is physically fit to participate in such school-sponsored activity.

I also understand that there will be athletics fees: High School (\$225 for the 1st sport, \$200 for the 2nd sport and \$175 for the 3rd sport). Athletic fees help defray the cost incurred for my child to participate. CCHS reserves the right to cancel a program due to lack of interest or resources.

In an emergency, if the parents cannot be reached, notify:

_____ Phone _____

Emergency Contact

Print Name of Parent or Guardian

Telephone Number

Signature - Parent or Guardian



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INTERSCHOLASTIC ATHLETIC MEDICAL FORM

TO BE COMPLETED BY THE STUDENT

Name of Sport _____

Name _____
Last, First – Please Print

Year in High School 9th 10th 11th 12th (circle one)

Birth Date _____ Place of Birth _____ State _____

School Attended Last Year _____ Sex: M F (circle one)

Name of Physician _____ Physician's Phone Number _____

Physician's Address _____

Insurance Company: _____ Policy No.: _____

I hereby apply to participate in Interscholastic Athletics at Chinese Christian High School. I agree to abide by the Constitution, Rules, and By-Laws of the California Interscholastic Federation, the North Coast Section, and the Bay Area Conference. CIF rules require that athletes have a physical form on file that is current. A physical is good for one calendar year. If your doctor gives physicals every two years, a form with a current date and physician signature must accompany a copy of the original physical form.

Student's Signature

TO BE COMPLETED BY THE PHYSICIAN

Name of Student/Patient _____ Height _____ Weight _____

Disease History: Allergies _____
Seizures _____

Comments: _____

Sports Allowed: Unlimited _____ Restricted _____

I hereby certify that I have examined the above named student and there appears to be no medical reason why he/she is not physically able to compete in supervised athletic activities at Chinese Christian High School.

Doctor's Signature _____ Date _____
Please use hand stamp with signature

Date of Actual Physical _____
(if different from above)



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CIF Steroid Policy

Dear Parent/Guardian:

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 524).

By signing below, both the participating student-athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.

We also recognize that that under CIF Bylaw 200.D., there could be penalties for false or fraudulent information. We also understand Chinese Christian High School's policy regarding this may result in discipline against him/her, including, but not limited to, restriction from athletics, suspension, or expulsion.

Print Name of Student-Athlete

Signature of Athlete

Date

Signature of Parent/Caregiver

Date



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ATHLETE/COACH EJECTION POLICY NOTIFICATION FORM (North Coast Section Ejection Policy)

The following rules and minimum penalties are applicable to players and coaches as adopted by the NCS Board of Managers. This policy will be in effect during non-league, league, invitational tournaments/events, post-season, league, section or state playoffs, etc).

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.

Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.).

2. Ejection of coaches, assistant coaches and/or coaching representatives for unsportsmanlike conduct as defined in sport specific NCS Ejection Policy rules summaries.

Penalty: The coach, assistant coach and/or coaching representative will immediately remove themselves from their coaching responsibilities in accordance with National Federation or sport governing rules for the respective sport. The coach, assistant coach and/or coaching representative must leave the vicinity of the playing area immediately and is prohibited from any contact, direct or indirect, with the team players and other team personnel during the remainder of the game. If there is no other coaching representative who is certified by the school in accordance to CIF bylaw 506, the game shall be terminated and declared a forfeit. The offending coach's school will be credited with a loss and the opposing school shall be credited with a win. The ejected coach, assistant coach and/or coaching representative will be prohibited from coaching or attending the next interscholastic contest for that team or any other team in the same sport prior to serving the penalty.

3. Illegal participation in the next contest by a player or coach ejected in a previous contest.

Penalty: The contest shall be forfeited and the ineligible player or coach shall be ineligible for the next contest.

4. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.

Penalty: The player shall be ineligible for the remainder of the season (includes pre-season, league season and post-season play). The coach, assistant coach and/or coaching representative are employees of the school. The NCS does not have the authority to terminate employment of school employees, which would be the effect of a balance of the season suspension. Therefore, the penalty for a second ejection for a coach, assistant coach and/or coaching representative shall be that the coach, assistant coach and/or coaching representative shall be prohibited from coaching or attending the next two interscholastic contests for that team and shall also be prohibited from coaching or attending any NCS post-season contests for which the team qualifies.

5. When one or more players leave the bench to begin or participate in an altercation.

Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.).

6. Coaches are responsible for determining the cause of ejection for any of their players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy (either prohibition from participation or forfeiture) should a student who is in violation of the Ejection Policy play in a subsequent contest. (BOM 10/24/97)

I have read and understand the rules and regulations of the Ejection Policy. Athletes may not participate in any contest until this document is filed with the school.

Coach's/Athlete's Signature _____ Date _____

SPORT _____ VAR JV FS Fr (Circle one)