

Columbia Christian School



Student Athletic Handbook

2020-2021

Athletic Director: Jared Valentine

jvalentine@columbiachristian.com

Assistant Athletic Director: Jake Kopra

jkopra@columbiachristian.com

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Letter from the Athletic Director

Dear Columbia Christian Community,

Greetings from the Columbia Christian Athletic Department! What a year 2020 has proved to be. The global pandemic has disrupted every area of our lives and the world of athletics is no different. We are all missing the fellowship of gathering for work, worship, and play, and sports are a part of that loss.

The absence of athletics has only highlighted its importance as a crucial part of our students' wellbeing and as a vehicle for learning. Students in our programs have the opportunity to learn practical skills like responsibility, hard work, and self-sacrifice. Additionally, our community is missing an important nexus of connection where we gather for shared experiences of celebration and loss. And, most importantly, athletics provides ample opportunities for spiritual growth for participants, coaches, and spectators. The crucible of competition provides a profound opportunity for our community to encounter Christ's love.

As a life-long athlete, coach, and administrator I am anticipating a return to a world where gathering together and striving for excellence on our fields and courts is a part of the rhythm of our lives. Until then, Columbia will do all we can to provide athletic experiences such as workouts and training, and if possible, we will get back to competition on our courts and fields. Currently, we are looking forward to outdoor activities like soccer, cross country, and track and field this spring. And, God willing, we will be back in the gym for volleyball and basketball soon.

The world may be turned upside down right now, but God's promises still ring true. A verse that offers me comfort comes from Romans 15:13, "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." There's no substitute for the joy, peace, and hope of Christ's love, but the return of athletics might help us all feel a bit more normal.

Sincerely,

Jared Valentine

Athletic Director, Columbia Christian School

Love the Lord your God with all your heart, with all your soul, with all your mind.
—Matthew 22:37

School Mission Statement

The mission of Columbia Christian is to provide a Christ-centered education focused on excellence in faith, character and academics.

Athletic Philosophy

The Columbia Christian athletic program exists to provide experiences that complement and enhance the educational mission at Columbia Christian. Athletics contribute to the school's mission in the following ways:

- Athletic activities provide a unique opportunity for developing virtue and learning practical life skills. Traits such as teamwork, self-sacrifice, hard work, accountability, responsibility, and self-discipline can be developed through competitive athletics.
- Spiritual growth is a core value for Columbia Christian Athletics. Students that participate in our programs are challenged to integrate spirituality into their athletic endeavors.
- Participating on athletic teams enhances school engagement and encourages a sense of belonging. A strong correlation exists between belonging and positive educational outcomes such as academic achievement, motivation, and attendance.
- Promotion of physical health and wellbeing. Participation in sports activities can improve self-image, weight management, and can foster positive relationships.

Sportsmanship Statement

Although the objective of high school athletics is competitive excellence, the purpose of athletics is the development of virtue. Therefore, the Columbia Christian Athletic Department is committed to striving for the highest standards of sportsmanship. Our athletes, coaches, parents, and fans are expected to display positivity, fair-play, honesty, humility, and respect during all athletic events and activities.

Athletic Programs

Columbia offers athletic programs for elementary, middle school and high school.

Elementary

The Columbia Christian elementary athletic program is a part of the Metro-Christian League (MCL). As a member of the MCL Columbia is able to offer volleyball (girls) and basketball (boys and girls). MCL combines 5th and 6th graders for the elementary program, but on a case-by-case basis 4th grade students may be allowed to participate. In addition, a spring soccer program is provided for students in 1st through 5th grade.

Middle School

As with the elementary, the Columbia Christian middle school athletic program is part of the MCL. As a member of the MCL Columbia is able to offer volleyball (girls), soccer (coed), basketball (boys and girls), and track and field (co-ed),. MCL combines 7th and 8th graders for the middle school program, but on a case-by-case basis 6th grade students may be allowed to participate.

High School

The Columbia Christian high school athletic program is a member of the Oregon School Activity Association (OSAA). As part of this membership, the basketball (boys and girls) and volleyball (girls) teams compete in the Northwest League, which consists of 2A schools in the northwest part of the state. The cross country (boys), soccer (co-ed), golf (boys and girls), and track and field (boys and girls) teams compete in special districts assigned by the OSAA.

Athletic Goals

In line with the mission statement and athletic philosophy, each age group has goals appropriate to its level.

Elementary

The elementary athletic programs focus on the development of fundamental skills and an enjoyment for the sport. The aim is to help the students have a fun experience as they learn the skills and the joys of hard work, sportsmanship, and being part of a team. At this level, all athletes receive approximately equal playing time.

Middle School

The middle school athletic programs carry forward the focus on the development of fundamental skills and an enjoyment for the game. The goal is to enhance these skills and introduce more complex sport tactics while focusing on a fun experience for the athletes. Again, the coaches have an intentional aim to help the athletes experience the value of hard work, sportsmanship and being part of a team. At this level, all athletes receive playing time in each and every game, although the amount of playing time is not always equal for each athlete. Coaches will determine playing time based on a combination of the athlete's skill, athletic ability, work ethic, and attitude. When numbers allow, an effort will be made to add a second team for a sport.

High School

Along with the goals of developing skills and implementing complex sport tactics, the high school athletic programs are focused on helping athletes and teams achieve excellence. Excellence is defined as achieving individual and team potential in all sport practices and competitions. The development of Christian character and life skills is of utmost importance. At the high school level, a sport may have both a varsity and junior varsity team, based on the number of participants. Coaches will determine the placement of players on each team. At times, an athlete may "swing" between junior varsity and varsity teams during a season. Playing time at the varsity level depends on the skill and experience of the participant and how those attributes will support the team during competition. Junior varsity athletes can expect to receive playing time in every competition. Please note that questions about playing time are appropriate between an athlete and a coach as a means to help a player improve. However, coaches are not expected to discuss playing time with parents.

Eligibility Requirements

In line with Columbia's mission statement and athletic philosophy, the following eligibility requirements apply for participation in all high school athletic competitions:

1. Academic requirements:
 - a. At quarterly reports, each student is required to maintain at least a 2.0 GPA, and to be actively passing (D or above) each class.
 - b. Students must qualify as eligible according to OSAA rules and regulations.

2. Student athletes are required to be in good standing with Columbia Christian behavioral standards, and must comply with all team rules as established by the athletic director and the coaches.
3. Student athletes and parents/guardians are required to sign the Student Activity Agreement form and to read and comply with the athletic handbook.
4. High school student-athletes are required to complete a physical exam every two years and have it on file at the school office prior to participation in a sport. The OSAA approved physical form is available online and must be used.
5. Any fees associated with the athletic program must be paid prior to the first day of practice.

Athletic Fees

Athletic fees are necessary to subsidize the costs of running our programs. An athletic fee will be charged for each sport in which an athlete participates.

- \$75 for each high school sport up to a maximum of \$125 per year. Fee includes one competition quality face mask per athlete.
- \$25 for each middle school or elementary sport up to a maximum of \$50 per year

Student Athlete Expectations

All student athletes are expected to comply with the rules and regulations outlined in the Student and Parent Handbook. In addition, the Athletic Department maintains the following expectations:

- 1) Attendance at games and practices is mandatory. The athlete is responsible for notifying the coach if there will be an absence.
- 2) Students that miss all or part of the school day due to illness or another unexcused absence, may not participate in practices or games for the remainder of that day.
- 3) Participation in games sometimes requires missing classes. Students are expected to communicate with teachers in advance of any missed class and are responsible to complete all missed work, assignments, and tests.
- 4) The use or distribution of alcohol or other intoxicating substances is not allowed. Students found to be in violation of this policy will be subject to disciplinary action.
- 5) Student athletes that violate the sportsmanship expectations in practice or games will be subject to disciplinary action.

- 6) Student athletes are expected to follow the school dress code while traveling or while representing the team in any capacity.
- 7) Student athletes are responsible for their content and conduct on social media. Students found to be in violation of school policy relating to social media are subject to disciplinary action.
- 8) Athletes are responsible for the care of all school uniforms and equipment in their possession. Families will be responsible to pay for lost or damaged uniforms and equipment.

Communication

Parents and athletes can find schedules, activities, and team information through the following means:

- The Columbia Christian administrative team sends regular emails that provide important school information including athletic updates.
- The athletic website hosts online registration for teams, important forms, and other important information
- The coaches will send regular messages to team members and parents through email, text, and apps.
- The OSAA website provides team rosters, schedules and results for our high school teams, as well as for all other high school teams in the state.

Athletics Grievance Policy

This policy describes the process available to student athletes or parents believing that unfair, inappropriate, or unprofessional conduct has occurred while participating on a Columbia Christian athletic team. The “Athletics Grievance Policy” is designed to address issues that are appropriately resolved within the framework of the athletics department, and are not covered by another school process or policy. Therefore, certain matters brought to the attention of the Athletics Department will be referred to the appropriate institutional person or process.

In general, concerns about coaching strategy and the playing time of athletes are not issues to be addressed through this policy. Discussions about playing time are most effectively managed in the relationship between coaches and players.

Informal Grievance Process

1. In most cases, informal communication between students, parents, and/or coaches is sufficient to resolve issues. Whenever possible, this communication should not occur during practice or during and immediately after games.
2. If an informal discussion between parties fails to resolve the issue, or if the issue is sensitive in nature and direct communication is difficult, then student athletes and/or parents should communicate their concerns directly with the Athletic Director. The AD will pursue resolution through a variety of means, such as facilitating a conversation between the parties involved.

Formal Grievance Process

1. In some cases, the issue reported by a student or parent may require an investigation by the AD. In such instances, the AD may interview the parties involved and/or use other investigative methods.
2. At the conclusion of the AD's investigation, a report will be produced and a decision rendered. The report will include a rationale for the decision and any supporting evidence. The AD's decision is final.

Travel Policies

1. Coaches and athletes are expected to use the bus provided by Columbia Christian to travel to and from athletic events. In rare circumstances teams may carpool to events. The only exceptions to this policy are as follows:
 - a. At the discretion of the coach, parents may transport their athletes from an event. In such cases, the parent must communicate directly with the coach. Students are not permitted to tell a coach that he/she is traveling home with a parent.
 - b. A transportation waiver form can be utilized to allow a specific athlete to travel home with a specific adult. This form can be found on the main athletic page of the school website.
2. Student athletes are expected to adhere to all Columbia Christian behavioral expectations while traveling with the team. Students found responsible for violations of school policy will be subject to disciplinary action. Additionally, the bus driver and other authorities on the bus may establish rules related to cleaning and safety that must be followed.

3. Due to the nature of athletic events and travel, pick-up times will be variable. Students are expected to notify their parents of approximate arrival times, and parents are expected to arrange for a timely pick-up.
4. On some occasions, student athletes may experience long travel times and late night arrivals back to campus during the school week. At the discretion of the Athletic Director, student athletes may be granted a late arrival option for the following day (10 am). In such cases, student athletes are still responsible to complete all missed school work.

Health of Athletes

The health of all athletes is a fundamental priority of Columbia Christian athletics. Columbia recognizes the parent as the primary medical support person for athletes. Parents have the final decision on the source of diagnosis and the treatment of injuries. During a typical sports season, almost every athlete experiences some type of pain. Distinguishing between normal soreness and a more serious injury that needs medical care is a common yet important decision that is best resolved through excellent communication involving the parents, head coach, and outside medical support. Parents should never hesitate to seek diagnosis, treatment, or medical care for their athletes with the doctor, therapist or specialist of their choosing.

Concussion Protocol

1. If a coach or administrator suspects that one of our student athletes has sustained a concussion, they will be removed from play for observation. If the observation reveals potential concussion symptoms, then the student athlete must be evaluated by a qualified medical professional.
 - a. Potential concussion symptoms include but are not limited to: loss of consciousness, memory loss, confusion, headache, nausea, dizziness, sensitivity to light or noise, confusion, and concentration problems.
2. In order to return to play, student athletes must wait a minimum of 24 hours and must be cleared by a medical professional.
3. The return to play process will be managed by a medical professional, but will generally follow these guidelines:
 - a. Step 1: Light exercise
 - b. Step 2: Moderate exercise
 - c. Step 3: Non-contact training drills
 - d. Step 4: Full contact practice or training
 - e. Step 5: Full game play