

Columbia Christian School Athletic Handbook



2025-2026

CHRIST - COMMUNITY - CULTURE

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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 Department strives to promote positive, Christ-centered connections between student-athletes, parents, and coaches. Through the lens of interscholastic athletics, Columbia aims to fulfill the school mission of pursuing excellence in Faith, Character, and Academics. Furthermore, the Athletic Department coaches and staff will strive to model our 3 Core Values of Columbia Athletics (see below) to all of our student-athletes, parents, fans, spectators, and officials both on and off the field/court.

The 3 Core Values of the Columbia Christian Athletic Department:

Triple C Mindset

Christ	Represent Christ in all that we do in the classroom, at home, and on the court.
Community	Represent our community and build on the legacy of Columbia athletics.
Culture	Build a culture of positive energy, passion, commitment, and discipline.

Vision

The goal for our Athletic Department is to develop a community that will always be proud to be Knights. We will accomplish this by narrowly focusing our attention on our youth programs. We stand firm in the belief that any success at the high school level must begin with careful development and coaching at the earliest stages. We are committed to providing coaches, experiences, and development opportunities that will allow all of our Columbia student-athletes to grow as competitors, while also learning Biblical truths.

Sportsmanship Statement

Although the objective of high school athletics is competitive excellence, the purpose of athletics in general is the development of virtues. 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.

While we fully expect our school community to uphold these standards, in the rare case that they don't, violators will be asked to leave and will be escorted if they do not leave on their own accord. If the behavior is especially inappropriate, they may lose attendance privileges for future events.

Athletic Programs

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

Elementary School

The Columbia Christian elementary school athletic program is a part of the Metro-Christian League (MCL). As a member of the MCL, Columbia is able to offer the following programs:

- 5th-8th Boys and Girls Cross Country (Fall)
- 5th/6th Girls Volleyball (Fall)
- 5th/6th Girls Basketball (Winter)
- 5th/6th Boys Basketball (Winter)
- 5th-8th Track and Field (Spring)

Aside from these team sports, we also host a variety of youth camps and skill development clinics for 1st-4th graders throughout the school year.

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 the following programs:

- 5th-8th Boys and Girls Cross Country (Fall)
- 6th-8th Coed Soccer (Fall)
- 7th/8th Girls Volleyball (Fall)
- 7th/8th Girls Basketball (Winter)
- 7th/8th Boys Basketball (Winter)
- 5th-8th Boys and Girls Track and Field (Spring)

High School

The Columbia Christian high school athletic program is a member of the 2A Classification of the Oregon School Activity Association (OSAA). We are a member of the 2A Northwest League for Volleyball and Basketball, and are assigned Special Districts for Cross Country, Soccer, and Track and Field. We offer the following high school athletic programs:

- Boys and Girls Cross Country (Fall)
- Coed Soccer (Fall)
- Girls Volleyball (Fall)
- Boys Basketball (Winter)
- Girls Basketball (Winter)
- Boys and Girls Track and Field (Spring)

Athletic Goals

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

Elementary School

The elementary school athletic programs focus on the development of fundamental skills and an enjoyment for the sport. The aim is to help 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 every game, although the amount of playing time is not always equal. Coaches will determine playing time based on a combination of the athlete's skill, 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 to a student's participation on all high school athletic teams:

1. 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-Athlete Agreement form and to read and comply with the Athletic Handbook.
4. Middle and 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.

Academic Eligibility Requirements

Students are expected to maintain at or above a 60% in ALL classes and a cumulative GPA of 2.0 at all times. Grades will be checked by the athletic department each week.

1. Any student that has below a 60% overall grade in 1 or more classes, or has a cumulative GPA under 2.0 at the end of the week (Friday), will be placed on *Academic Probation* and will be required to participate in Study Halls the following week, until all classes are at or above the 60% overall mark and meet the 2.0 cumulative GPA requirement. (Students on probation may fully participate with their team during the probationary period of 1 week.)
2. Any student that stays below a 60% overall grade in a class or classes, or stays under the cumulative 2.0 GPA requirement for two consecutive weeks will be placed on *Academic Suspension* and will be held out of all practices and/or games until at or above the 60% mark in all classes and the cumulative GPA of 2.0 standards are met.

Athletic Fees

Athletic fees are necessary to subsidize the costs of running Columbia's athletic programs. An athletic fee must be paid for each **season** in which an athlete participates. The participation fee for each high school sport season is \$200 and each elementary or middle school sport season is \$150.

Uniform fees are assigned for missing or damaged items at the conclusion of the sport season. Uniforms are due back to the athletic office within 3 business days of a season

ending. If not returned in good condition within that timeframe, a uniform fee of \$75 per uniform piece will be billed to the athlete's family's account.

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 who miss three or more class periods due to an excused absence may not participate in practices or games for the remainder of that day without administrator approval. Students who are absent even one period unexcused will not be allowed to participate in games or practices.
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 illegal substances such as tobacco, vape, alcohol, or recreational drugs is not allowed. Students found to be in violation of this policy will be subject to disciplinary action.
5. Student athletes who 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 and 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 related 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.

Scholar Athlete Recognition

This recognition is given to seniors at graduation who have lettered in a varsity sport and maintained a 3.5 GPA (weighted or unweighted).

Communication

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

1. The Columbia Christian administrative team sends regular emails that provide important school information including athletic updates (*This Week in Sports*).
2. The athletic website hosts online registration for teams and required forms for participation. (Physical Form and Concussion Informed Consent Form)
3. The coaches will send regular messages to team members and parents through email, text messages, or Team Snap.
4. 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.
<https://www.osaa.org/schools/75>

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 (AD). 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

Student athletes are expected to adhere to all Columbia Christian behavioral expectations while traveling with a 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.

Middle and elementary school parents and players often carpool to events. Coaches will communicate with their teams about transportation.

High school coaches and athletes are expected to use the bus provided by Columbia Christian to travel to and from athletic events. In circumstances when a bus is not available, high school teams may carpool to events. The only exceptions to this policy are as follows:

1. At the discretion of the coach and AD, parents may transport their athletes from an event. In such cases, the parent must sign a transportation release form, found with each coach. Students are required to sign out with a coach if they are traveling home with a parent.
2. A transportation waiver form can be utilized to allow a specific athlete to travel home with a specific adult. This form can be requested from the Athletic Office and must be signed and turned in at a minimum of 3 hours before the event start time.

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.

On some occasions, student athletes may experience long travel times and late night arrivals back to campus during the school week (typically after 11:30 pm). At the discretion of school administration, student athletes may be granted a late arrival option for the following day (10:00 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, the student-athlete must be evaluated by a qualified medical professional.
 - i. 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

Coaches' Training

All high school coaches are required to complete four NFHS Training Courses that educate them on how to handle certain sport-related and health-related complications. Trainings include:

1. OSAA/NFHS Sport Specific Coaching Component
2. Steroid and Substance Abuse
3. Heat Illness Prevention
4. Recognizing and Preventing Concussions

Additionally, coaches will receive school-based training in mission, vision, and importance of Biblical Worldview in the informal curriculum (sports).