

Columbia Christian School Athletic Handbook



2022 - 2023

CHRIST - COMMUNITY - CULTURE

Table of Contents...

School Mission Statement	2
Athletic Philosophy	2
Sportsmanship Statement	2
Athletic Programs	3
- Elementary School	
- Middle School	
- High School	
Athletic Goals	4
- Elementary	
- Middle School	
- High School	
Eligibility Requirements	5
Athletic Fees	5
Student Athlete Expectations	6
Communication	6
Athletics Grievance Policy	7
- Informal Grievance Process	
- Formal Grievance Process	
Travel Policies	8
Health of Athletes	9
- Concussion Protocol	
- Coach's Trainings	

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 Columbia Christian 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, and officials both on and off the field/court.

The 3 Core Values of the Columbia Christian Athletic Department: *The 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. The way in which we will accomplish this is 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 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.

Athletic Programs

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

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

High School

The Columbia Christian high school athletic program is a member of the 1A Classification of the Oregon School Activity Association (OSAA). We are a member of the 1A Valley10 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)
- 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 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 to participate in all high school athletic competitions:

Academic Expectations

- a. Maintain at or above a 70% in ALL classes at ALL times.
 - i. Any student that has below a 70% overall grade in any class at the end of each 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 that 70% overall mark.
 1. Students will be allowed to practice/play while on Academic Probation.
 - ii. Any student that has below a 70% overall grade in the same class(es) 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 that 70% mark in that particular class(es).
 1. Students will not be allowed to practice/play while on Academic Suspension.
- b. Students must qualify as eligible according to OSAA rules and regulations.
- c. 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.
- d. Student athletes and parents/guardians are required to sign the Student-Athlete Agreement form and to read and comply with the Athletic Handbook.
- e. 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.
- f. 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.

- \$125 for each high school sport with a student maximum of \$250 per year.
- \$75 for each middle or elementary school sport with a student maximum of \$150 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 who miss all or part of the school day may not participate in practices or games for the remainder of that day without administrator approval.
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 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 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 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.

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 (This Week in Sports).
- The athletic website hosts online registration for teams, important forms, and other information.
- The coaches will send regular messages to team members and parents through Email or text messages.
- 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 (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

- 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 one is not available, high school 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 requested from the Athletic Office.
- Middle and elementary school parents and players often carpool to events. Coaches will communicate with their teams about transportation.
- 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.
- 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. At the discretion of school administration, 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, 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

Coach's 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. Those trainings are:

- OSAA/NFHS Sport Specific Coaching Component
- Steroid and Substance Abuse
- Heat Illness Prevention
- Recognizing and Preventing Concussions