

Middle School Edition

2023-2024 Academic Year



Athletic

HANDBOOK



DC
KNIGHTS

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vision, mission & values



VISION

DC Athletics focuses on the complete individual as we strive to provide premier, comprehensive, and life impacting experiences for our students through athletics.

To achieve this, DC commits to:

- Maintaining a Christ-centered, highly qualified coaching staff.
- Providing lower and middle school feeder systems for each varsity program.
- Providing quality facilities for all programs to produce optimum playing and training experiences.
- Offering high-quality performance training programs led by qualified strength coaches.
- Continually pursuing excellence as a means of worship to the Lord and striving for championships in our league, district and state.
- Cultivating multi-sport athletes.
- Teaching life lessons through our athletic programs.

MISSION

Developing Christ-like character through the pursuit of competitive greatness.

Competitive greatness demands commitment, places team before self, accepts reality, yet pursues daily improvement for the glory of God.

VALUES

- *Honoring God*
- *Developing Christ-Like Character*
- *Pursuing Excellence*



MOTO

Everyday Excellence | Championship Character

athletic department
& booster
information



ATHLETIC OFFICE

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DC ATHLETIC BOOSTER CLUB

The dictionary defines the term Booster as, “a keen promoter of a person, organization, or cause” and “an important source of help or encouragement”. At DC, we view the parents of our athletes as the best and finest of our teams’ supporters. You are the true Boosters of DC Athletics. It truly takes a village to provide a premier athletic experience for our children and to achieve that goal, we ask each family serve in some capacity over the course of the school year. The Booster Club is directly involved with but not limited to the following: Concessions, Gate Coverage and Receipts, Pictures, Videos, School Spirit, Special Events, etc.

Beyond serving at the various sporting contests, parents can also volunteer to serve on the Booster Executive Committee (when there is a vacancy) by expressing interest to the Athletic Director. The Booster Executive Committee is responsible for identifying and preparing a list of volunteer opportunities at the beginning of each season and distributing those event lists to DC’s parent community for sign-ups. The Executive Committee also makes decisions on the disbursement of any funds raised based on Athletic Department recommendations.



philosophy of ms athletics



MIDDLE SCHOOL ATHLETICS PHILOSOPHY

Our middle school athletic programs are designed to develop athletes to play at the Upper School level while teaching life lessons through sports. This is accomplished through encouraged participation, skill development and working to develop Christ-like character as part of an athletic team.

We encourage all students in our middle school to participate on one or more of our athletic teams. We desire to impact our athletes to grow in their physical development, skill development, and their Christ-like character.

Our coaches will provide all middle school athletes with opportunities to develop a greater knowledge of their sport and improve their skill level. Every coach at DC desires to impact student athletes through teachable moments and mentor relationships. Being a part of a team and experiencing the ups and downs of a season can lead to moments of growth in every athlete. Our coaches will work to exemplify Christ through their behavior, attitude, and love for their athletes.

MIDDLE SCHOOL TEAMS

Athletes will be placed on A and B teams based on the coaching staff's assessment of them during the first practices of the season. Cuts may be necessary depending on the number of students who tryout for a team in order to maintain a healthy roster. We desire every athlete to have a meaningful sports experience through practice time and playing time in contests. "A" teams will be structured to compete at a high level and to help the more mature athlete become well rounded so to be prepared to play at the high school level. "B" teams will provide basic skill development along with meaningful playing experiences to continue to help athletes grow in their knowledge and love for their sport and as a teammate. As a general rule, playing time at the "B" level is distributed more evenly.



philosophy of ms athletics



COMMITMENT

Middle school athletes who are part of a team are asked to be committed to their sport for the entire season. Athletes are expected to attend all practices and games. For those athletes playing on additional club or non-school sponsored team, it is expected that the DC team will be the player's priority. Practices are held after school Monday through Thursday (and occasionally Fridays) and can occur anytime between 3:15 – 6:30pm. Games will usually start around 3:30pm with A teams typically playing first followed by our B teams. Saturday contests are rare, unless it is for a special occasion such as a tournament or sports day.



ms athletic policies eligibility



GRADES AND BEHAVIOR

A student's eligibility is determined by the middle school administration and is based on grades and behavior. In the event of ineligibility, administrators will notify the both the athlete and his or her parents as well as the athletic office. The student will remain ineligible for the following week. Grades are assessed on the next Friday to determine eligibility for the following week. Any student failing two major subjects or more will be ineligible for games during that week. After the second week of ineligibility, the athlete may be removed from the team.

PHYSICALS

Students are required to obtain medical physicals for participation during the current school year. Physicals must be obtained prior to participation in athletics, including preseason activity. The PIAA physical form must be used and uploaded to Magnus Health.

Only one physical is required per school year regardless of the number of sports in which a student participates. A student must obtain his or her physical after May 31st in order to adhere to PIAA requirements. The Athletic Director or his/her designee will approve/reject physicals and notify families and coaches about athletes' statuses.





ms athletic teams

FALL PROGRAMS

**All Middle School athletic programs begin the first week of school*

MS Flag Football	All boys in grades 6-8 may participate in flag football. Practices are held on the Upper Campus. The season begins the first week of September and will finish by the end of October. Practices are held on the Upper Campus and all games are played away.
MS Cross Country	All boys and girls in grades 6-8 may try out for the cross country team. season begins the first week of September and will finish by the end of October. Practices are held on the Upper Campus. The
MS Boys Soccer	All boys in grade 6- 8 are welcome to tryout for the soccer team. The season begins the first week of September and will finish by the end of October. Practices are held on the Upper and Lower campuses, and games are held on the Lower Campus.
MS Girls Soccer	All girls in grade 6 - 8 are welcome to try out for the soccer team. The season begins the first week of September and will finish by the end of October. Practices are held on the Upper and Lower campuses, and games are held on the Lower Campus.
MS Field Hockey	All girls grades 6 - 8 are welcome to try out for the field hockey team. The season begins the first week of September and will finish by the end of October. Practices are held on the Upper and Lower campuses, and games are held on the Lower Campus.





ms athletic teams

WINTER PROGRAMS

MS Cheerleading	All girls in grades 6 - 8 are welcome to tryout for the cheer team. The season starts in the beginning of November and ends in February. Practices are held on the Lower Campus.
MS Boys Basketball	All boys in grades 6-8 are welcome to tryout for the basketball team. The season starts at the end of October and ends in December. Practices are held on the Upper and Lower campuses.
MS Girls Basketball	All girls in grades 6-8 are welcome to tryout for the basketball team. The season starts at the beginning of December and ends early February. Practices are held on the Upper and Lower campuses.





ms athletic teams

SPRING PROGRAMS

MS Baseball	All boys in grades 6-8 are welcome to try out for the baseball team. The season begins in the middle of March and ends in the middle of May. Practices and home games are held at Gable Field in Newtown Square.
MS Softball	All girls in grades 6-8 are welcome to try out for the softball team. The season begins in the middle of March and ends in the middle of May. All practices and home games are held on the Upper Campus.
MS Track and Field	All girls and boys in grades 6-8 are welcome to tryout for track and field. The season begins in the middle of March and ends in the middle of May. All practices and home meets are held on the Upper Campus.





ms athletic teams

SPRING PROGRAMS

MS Boys Lacrosse	All boys in grades 6-8 are welcome to try out for lacrosse. The season begins in the middle of March and ends in the middle of May. Practices and home games are held on the Upper and Lower campuses.
MS Girls Lacrosse	All girls in grades 6-8 are welcome to try out for lacrosse. The season begins in the middle of March and ends in the middle of May. Practices and home games are held on the Lower Campus.



athletic policies commitment



ATTENDANCE

Before joining a team, parents and athletes should understand what commitment to a team entails. After joining the team, each athlete is responsible to fulfill this commitment by attending all team practices, contests, and required team functions.

The Athletic Department works with the Middle School office to limit conflicts between athletic commitments and other DC related school functions. If you foresee a conflict, please communicate these situations to your coach as early as possible. Unexcused absences will be addressed by the head coach.

Each team member must be in attendance at school on the day of a contest in order to participate that day. The athlete must sign in at the office and be in school by 10:00 am. In special circumstances, a student with an excused absence may be allowed to participate in an Athletic Contest if he or she has obtained prior approval from the Upper School Office.



athletic policies commitment



MINIMUM NUMBER OF PRACTICES

For the health and safety of student-athletes, each team member must practice a minimum of five (5) times (only one per day is counted) prior to the first contest. If a player is transitioning from one season to the next within the same school year, that player must practice a minimum of five (5) times.

QUITTING A TEAM

Quitting a team is not an acceptable outcome in DC's athletic programs and we believe it is harmful to both the individual and the team. Any athlete who quits his or her team in-season without cause will not be eligible to participate on any other team in the same season (I Cor. 9:24-27, II Timothy 4: 7-8).



athletic policies communication



COMMUNICATON

dccs.org and thedcknights.com

The athletic page on the DC website is the landing page and includes DC's coaching staff, individual and team accomplishments, facilities, other information, and a link to thedcknights.com website. Thedcknights.com website is the most common location for people to find information concerning DC athletics. The website includes schedules, rosters, and announcements. Each calendar item contains even more details (dismissal, departure and directions) when users click the event. This website has the capacity to send its users alerts via email or text.

Twitter.com/thedcknights

This site is most useful as an app on smart phones. Twitter users may follow @thedcknights and receive the most up-to-date information, announcements, live scores and updates. This website will send all tweets to a user's phone as text messages for those who sign up for text alerts.

Instagram.com/thedcknights

This site is most useful as an app on smart phones. Instagram users may follow @thedcknights and view images that promote, capture or celebrate coaches and athletes.

Email

The Athletic Department will disseminate important information about upcoming special events through email. Coaches are encouraged to email weekly updates to their teams in addition to communicating changes directly to athletes and parents.



transportation & facilities



PRACTICES AND HOME GAMES

Transportation will be provided to and from home games that are held at off-campus locations. Transportation will also be provided for practices held off-campus, however, each athlete will need to be promptly picked up at that off-campus site at the end of practice. Parents should plan on picking up their athletes promptly at the end of games or practices. In situations where a parent is late arriving, please communicate with your team's coach via phone / text/ email, if possible. Coaches will wait with any athlete who hasn't been picked up until his or her ride arrives.

AWAY GAMES

Transportation will be provided for all athletes to and from away games by bus or van. Athletes are required to ride to games with their teams using the provided transportation. If parents would like to take their student home after an away game, they may do so after informing the coach. If a parent would like another parent to take his or her student home from an away game, the former parent must communicate this to the coach.



uniform policy, athletic gear, photos & awards

UNIFORM POLICY

Students are responsible for their uniforms, warm-ups and any other team equipment. Therefore, a replacement cost will be assessed if these items are not returned or are damaged in any way. Uniforms may cost up to \$200, a cost that will be applied to a student's school bill. Uniforms should be returned to the head coach at the end of that specific sports season.

ATHLETIC GEAR

Each team will be tasked with opening a team store with a designated approved vendor at the start of each athletic season. Items available on that team store will include mandatory purchase items as dictated by that team's coach, other branded DC gear and unbranded DC items. Additional information will be provided by each coach at the start of their seasons.

MS AWARDS CHAPELS

Middle school athletes are honored at a sports awards chapel after each season is completed. Parents are welcome and encouraged to attend.



code of conduct

ATHLETES

Athletics is a visible entity of our school and it is vital that our athletes represent the Lord and DC in a distinctive way. Hence, athletes are expected to conduct themselves properly.

- The use of alcohol, tobacco, or any harmful drug is strictly forbidden.
- Verbal abuse of officials, opponents, or coaches will not be tolerated.
- Athletes are expected to respect DC faculty, staff, students, parents and property.

If athletes' actions violate this code, the following procedures will be followed:

- The use of alcohol, tobacco, or drugs shall result in the immediate termination of the athlete's privilege to participate in the active sport for the remainder of that season. The athlete may only return to action if they receive explicit approval from the Head of School, Head of Middle School, Athletic Director and their current coach.
- Penalties as a result of verbal violations, the destruction of property, or the disrespect of individuals will be governed by player's head coach. However, the athletic director reserves the right to start the disciplinary process for any athletes that have violations in any of the aforementioned areas.
- Athletes are required to abide by school rules, regulations, and guidelines. If an athlete violates any of these school codes, he/she may be dismissed from participation.



code of conduct



PARENTS

DC values the role that each of our parents play in supporting their children and by extension, our teams. DC's parents are the best and finest of our teams' supporters.

The following is the standard by which we expect DC's parent supporters to operate:

- Parents are expected to partner with school staff and coaches to speak and act as representatives of the Lord and DC. We are living testimonies of our faith and beliefs through our actions and words. It is expected that players, coaches and officials be treated in a way consistent with how the Lord informs us to treat others.
- Parents are expected to support not only their children but also the team as a whole.
- Parents should not be verbally abusive to any person at a contest.
- Gossiping and backbiting highly discouraged. Those actions go against Biblical principals and are contrary to what Lord teaches in his Word. Parents are encouraged to deal with concerns and conflicts directly with the person involved before sharing their concerns with others.
- Parents are expected to help their children learn dependability, promptness, and accountability by helping them to be aware of the practice and game schedule. Give them ownership and help them to be responsible for their own actions.
- Parents are asked to allow DC's coaches to coach their children. During contests, please refrain from giving instruction to athletes.



code of conduct

Social Media

DC Athletics recognizes the influence and popularity of social media among our students, teams and families. DC has specific language and guidelines related to the use of social media in the Student-Parent handbook. There are also very specific social media guidelines and expectations as laid out by the Bicentennial Athletic League, in which almost all of our teams compete. Here are some basic guidelines that should be followed by our athletes and their families:

- DC's Athletes who use social media represent the Lord, DC, their team, our league and their families. Every athlete should consider this while using social media outlets.
- Consider social media communications as public at all times even if created with private intentions. If athletes are going to use social media in any form, consider any communication may be read by anyone at any time. Nothing shared through social media should ever be considered private.
- Use social media to promote your team and DC in a positive light and with a general feeling of pride. Avoid negative commentary online.
- Remember the ethical restrictions that apply to any form of public speech also apply to social media. It is inappropriate to communicate specifics about teammates, opponents, game situations, and so on using any form of social media.
- Posts on any of the social media outlets that are derogatory, threatening or otherwise inappropriate should be reported to the your coach or the Athletic Director immediately.
- Under no circumstances should athletes get involved in back and forth negative communications over social media. Be part of the solution, not part of the problem.
- Remember that many forms of direct electronic communication can be made public without the knowledge of the original message creator.
- Be mindful that social media sites are monitored by prospective colleges and employers.
- Be very sparing in the sharing of personal information, including photos.



performance training



PROGRAMMING

Performance Training is offered to all middle school students in the spring. There will be an orientation for students to learn the lifts and movements. Students entering grades 6-8 have the opportunity to participate in summer performance training in preparation for their high school career.

PURPOSE

To equip and protect our athletes as they strive to reach their full physical potential for the honor and glory of Jesus Christ.

MISSION

To TEACH, TRAIN, TEST, and TRANSFORM

STRATEGY

- **Teach** proper form and technique
- **Train** athletes to reach their full potential for the honor and glory of Jesus Christ in a safe fun environment.
- **Test** the athlete's progress through 8-week training sessions.
- **Transform** each athlete's mind, body, and spirit

BENEFITS

- Injury prevention/concussion prevention
- Performance enhancement (strength, speed, agility)
- Character development





sports medicine

A certified athletic trainer (LAT/ATC) is a healthcare professional who works to enhance athletic performance. Athletic trainers work to provide excellent medical care to all athletes. Athletic training encompasses the prevention, diagnosis and intervention of emergency, acute and chronic medical conditions. Athletic trainers work under the direction of physicians, and require a state licensure and certification. Certified athletic trainers are trained in the prevention, recognition, management and rehabilitation of injuries that result from athletic activity.

At Delaware County Christian School, the LAT/ATC is responsible for the medical care of all athletes. The LAT/ATC is trained to evaluate injuries, develop treatment plans and initiate rehabilitation programs so that all athletes are able to compete at the safest, most optimum level. An LAT/ATC will be available at the school each day from 12:00pm until all practices/games have concluded for the day. . In the event of an injury, the LAT/ATC will evaluate and treat the injured athlete. If an athlete should sustain an injury, the LAT/ATC is also trained to design and implement specific rehabilitation programs so that athletes can return to activity in the safest, most efficient way possible.

WHEN AN ATHLETE IS INJURED

An athlete who is injured should see the ATC as soon as possible to obtain an accurate assessment of the injury. The LAT/ATC will outline a treatment program (stretching, therapeutic exercises, etc.) that can be used to specifically target the injury and initiate healing. The LAT/ATC will also communicate with the coaching staff and parents with regards to the severity of the injury, treatment plan and expected return-to-play date. The LAT/ATC will communicate with the athlete and coaching staff on a daily basis for re-evaluation of symptoms.

RETURN TO PLAY

In order for an athlete to return to activity following an injury, he or she must be able to pass a series of sport specific functional tests without any pain or limitation related to the injury. Some examples of functional tests include the following: jogging, sprinting, cutting, jumping, throwing, defensive slides, karaoke drills, ball dribbling, etc. If an athlete is under the care of a physician for a sports-related injury, a clearance note from the doctor must be given to the ATC before the athlete returns to activity.

CONCUSSIONS

A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Athletes at your age are particularly vulnerable to the effects of concussions. Once considered little more than a minor "ding" on the head, it is now understood that a concussion has the potential to result in death or short- and/or long-term changes in brain function.

If a sports official removes you from a Contest because you have exhibited signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, and/or balance problems) you may not return to participating in Practices, Inter-School Practices, Scrimmages, and/or Contests until cleared by a licensed physician of medicine or osteopathic medicine who is sufficiently familiar with current concussion management.

Every athlete participating in a contact sport is required to take an impact test prior to the first contest. An athlete who sustains a concussion will be required to take the impact test 24-48 hours following the head injury. After the test is taken and reviewed, a thorough evaluation of all signs and symptoms associated with the head injury will take place. The ATC will then communicate with the coaching staff and parents regarding the treatment protocol that will be followed.

ms awards

MIDDLE SCHOOL INDIVIDUAL AWARDS

The selection of award winners is an important, yet difficult task as awards mean a great deal to athletes and carry a certain amount of prestige. The coach is obligated to be fair, accurate, and impartial in making such selections. The coach is solely responsible for selection of such awards.

AWARD OVERVIEW BY TEAM

XC, Golf, Baseball, Softball, Basketball, Cheerleading

Everyday Excellence Award

Top Performer Award

Most Improved Award

Soccer, Field Hockey, Flag Football & Lacrosse

Everyday Excellence Award

Top Performer Award

(defensive, offensive)

Most Improved Award

Track & Field

Everyday Excellence Award

(boy and girl)

Top Performer Award [Runner]

(boy and girl)

Top Performer Award [Field]

(boy and girl)

Most Improved Award

(boy and girl)

Responsibility Team Player



ms awards

All AWARD CRITERIA

Everyday Excellence Award Top Performer Award

Positive Christian Testimony Positive Christian Testimony

Leadership Team's Top Performer

Sportsmanship Leadership

Commitment Athletic Ability

Consistency Industriousness

Responsibility Team Player

Most Improved Player

Improvement of a player throughout the season, which may include consideration of off-season development.

NOTE: An athlete who no longer participates due to academic and/or behavior-al problems is not eligible to receive recognition or awards at athletic assemblies or banquets. This also includes those athletes who quit a sport.

