



Upper 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 student athletes 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 during any season that your child participates. 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 athletics



VARSITY

The varsity athletic program seeks to refine each player's athletic skills as individuals while building the overall capability of the team as a whole. The overarching goal is to build and shape the best possible team for competition while at the same time helping each participant build on their gifts / abilities. Each player must learn how to shape and improve their skills through hard and focused effort.

Team milestones and successes are the priority at this level.

JUNIOR VARSITY

The junior varsity program seeks to develop individual skills as a priority over team specific milestones and goals. The primary focus of junior varsity is to prepare its players to ultimately play at the varsity level. Typically, junior varsity players are in 9-11th grade and while there are no restrictions for having a 12th grader play at the junior varsity level, it is discouraged. A 12th grade JV player effectively takes a spot away from a developing, younger player and is not good for the health of the Athletic program overall.

Care is taken to ensure that substitutions are carried out in a manner that will benefit the individual as well as the team; however, despite the developmental nature of junior varsity, there still may be occasions when some players do not participate in a contest.

FRESHMAN ATHLETES

Typically, DC does not sponsor freshman level teams. However, if a freshman level team were to be formed and a student participates on a freshman level team, he/she must only play at the freshman level. Once an athlete plays at the JV/V level, they relinquish the right to return to playing at the freshman level.



athletic policies eligibility



AGE

To be eligible to participate in grades 10 through 12, you must not have reached your 19th birthday by June 30 immediately preceding the school year. Where you will participate only in grades 7 and 8, you may not have reached your 15th birthday by June 30 immediately preceding the school year.

ACADEMICS

An athlete becomes academically ineligible for competition if he or she is failing two or more courses. Academic probation is reviewed and determined every week, first on Monday morning and then again on Wednesday morning. Ineligible athletes and their parents will be contacted by the Upper School Office and an administrator. Ineligibility lasts until grades are brought up to a satisfactory level and reinstatement is approved by the Upper School Office.

BEHAVIORAL

A student that is involved in athletics is expected to maintain high standards of behavior on and off the field of competition. The Discipline Committee will review all matters of behavior that do not comply with the guidelines set forth in the Student/Parent Handbook.

Coaches, the Athletic Director and the HS Discipline Committee will work together to ensure that discipline and accountability are helping student-athletes grow and mature in all areas of school life.

Athletes who are removed from a team for academic or behavioral reasons *will not be* recognized at athletic assemblies or banquets.

SPORTS 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.



athletic policies eligibility



Alumni

Practice: No Alumni, or adult visitors may participate in an in-season practice. Alumni may visit practices and address the team under the direct supervision of the head coach. School employees may participate in drills according to PIAA rules and regulations. No person, post-graduate or adult may participate in football drills.

Game Day: Alumni are always welcome back on campus and are especially welcome at sporting events. DC Athletics asks that alumni and parents respect the designated team area (sideline, dugout, bench area) during play. Alumni are encouraged to visit with coaches and players briefly before and after the game, but are prohibited from sitting with the team and coaching staff during the competition.

Two Sports, Same Season

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. However, there may be times when the Athletic Director and coaches from different teams will allow athletes to participate in two sports during the same season.

Captains

The coaching staff of each team will be allowed their own discretion in determining how captains are named. While the title of captain is an esteemed position, it is wise to remember that not all captains will lead well and not all leaders will have the title of captain. Some coaches use captains as an extension of the coaching staff, while other coaches use captains to only relay information and attend the pre-game meetings with the officials.

Team captains should have high-character, a greater sense of responsibility, a higher level of commitment and should be service minded.





athletic teams

FALL PROGRAMS

**All Upper School athletic programs begin prior to the start of school*

Varsity Football	All boys in grades 9-12 may try out for the football team. Practices and home games are held on the Upper Campus. The season runs from August through early November.
Cross Country	All boys and girls in grades 9-12 may try out for the cross country team. Practices are held on the Upper Campus while home meets are run at Rose Tree Park in Media. The cross country season runs from August through late October.
JV/Varsity Boys Soccer	All boys in grades 9-12 may try out for the soccer team. Practices and home games are held on either the Upper Campus or Lower Campus depending on weather and field conditions. The soccer season runs from August through early November.
JV/Varsity Girls Soccer	All girls in grades 9-12 may try out for the soccer team. Practices and home games are held on either the Upper Campus or Lower Campus depending on weather and field conditions. The soccer season runs from August through early November.
JV/Varsity Field Hockey	All girls in grades 9-12 may try out for the field hockey team. Practices and home games are held on the Upper Campus. The field hockey season runs from August through late October.





athletic teams

FALL PROGRAMS

JV/Varsity Girls Tennis	All girls in grades 9-12 may try out for the tennis team. Practices and home matches are held on tennis courts at Delaware County Community College. The season runs from August through the mid-October.
JV/Varsity Golf	All boys and girls in grades 9-12 may try out for the golf team. Golf has the earliest seasonal start of all of our fall sports, with matches starting in mid-August. Practices are held on either a local area golf course or on the Upper Campus. DC Golfers are responsible for providing their own equipment including golf clubs, bag, balls, and shoes. The season runs from August through early October.
Varsity Cheerleading	All girls in grades 9-12 may try out for the DC Cheerleading Squad. DC's cheerleaders are at the core of enhancing school spirit and generating excitement for our teams and athletes. Our cheerleading squad will provide support for all varsity football games. Practices are held on the Upper Campus or Lower Campus. There are two cheerleading seasons, one in the fall and the other in the winter. The fall season starts in August and lasts through the beginning of November.





athletic teams

WINTER PROGRAMS

Varsity Cheerleading	All girls in grades 9-12 may try out for the DC Cheerleading Squad. DC's cheerleaders are at the core of enhancing school spirit and generating excitement for our teams and athletes. There are two cheerleading seasons, one in the fall and the other in the winter. Our cheerleading squad will provide support for both the boys and girls basketball teams during the winter season. Practices are held on the Lower Campus. The winter season starts in November and runs through mid-March.
JV/Varsity Boys Basketball	All boys in grades 9-12 may try out for the basketball team. Practices are held on both the Upper and Lower campuses. The season starts in November and runs through mid-March.
JV/Varsity Girls Basketball	All girls in grades 9-12 may try out for the basketball team. Practices are held on both the Upper and Lower campuses. The season starts in November and runs through mid-March.
Boys & Girls Indoor Track	All girls and boys in grades 9-12 may participate in indoor track. Practices are held on the Upper Campus. The season runs from November through February.
Swimming	All boys and girls in grades 9-12 may try out for the swim team. The season starts in November and runs through mid-March. Practices are coordinated with our coach at a local swim club in the area. Athletes will compete in local swim meets during the season.





athletic teams

SPRING PROGRAMS

JV/Varsity Baseball	All boys in grades 9-12 may try out for the baseball team. Practices and home games are held on the Lower Campus or Upper Campus depending on weather and field conditions. The season starts in March and runs through the end of May.
JV/Varsity Softball	All girls in grades 9-12 may try out for the softball team. Practices and home games are held at Troop Field in Newtown Square. The season starts in March and runs through the end of May.
Track and Field	All boys and girls in grades 9-12 may try out for track and field. Practices are held on the Upper Campus and home meets are held at Interboro HS. The season runs from March through the end of May.
Varsity Boys Lacrosse	All boys in grades 9-12 may try out for the lacrosse team. Practices and home games are held on the Upper Campus. The season starts in March and runs through mid-May.
Varsity Girls Lacrosse	All girls in grades 9-12 may try out for the lacrosse team. All practices and home games are held on the Upper Campus. The season starts in March and runs through mid-May.



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 Upper 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 ten (10) 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.

HEAT ACCLIMATIZATION PERIOD (FOOTBALL ONLY)

Schools sponsoring high school football are recommended to institute a heat acclimatization program for five (5) consecutive days prior to the Monday starting date for the 2023 football season. DC follows this policy. The intent is to have all members of the team be present and participate in all 5 consecutive days of the heat acclimatization period, but minimally, a player must be present for 3 consecutive days of these first 5 days of heat acclimatization to satisfy the requirement. A school must have 5 consecutive days of heat acclimatization prior to their first contact drills.

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.

STUDENT TRANSPORTATION

Students who drive to school can obtain permission to drive to practices when that practice is taking place at a location other than the DC Upper Campus. In some cases, a student may be permitted to drive to a game. A permission form must be obtained from the Athletic Office and signed by that athlete's parent to obtain approval to drive. No other students are allowed to ride to practice and/or games in the car with the approved driver.



uniform policy & athletic gear



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. Some of these items may be covered in the athletics fee. Additional information will be provided by each coach at the start of their seasons.



code of conduct



SPECTATOR POLICY

Philosophically, DC views athletic contests as opportunities to bless others outside of our school community and shine brightly for Christ. We have an opportunity to be different in meaningful ways. We always want spectators and referees to feel welcome and appreciated (even if the sentiment is not always reciprocated). Here are a few reminders:

- **Verbal abuse of officials, opponents, or coaches will not be tolerated.**
- Please cheer loudly for our team, but for our team only. Do not direct comments at opposing players or fans.
- Please be shrewd about WHERE you spectate at sports contests. Please don't intentionally sit/stand in the opposing team's student/parent section.
- Do not yell at or criticize officials.
 - ◇ Officiating is not an easy job. It's important to note that there is currently a shortage of high school and middle school officials nationwide. We need to show respect to officials; they are critical to having sports contests.

Violation of the aforementioned expectations will result in removal from the site of competition and may result in a season ban for future DC sporting events.



code of conduct



PARENTS

DC values the role that each of our parents play in supporting their athletes 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



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

PROGRAMMING

In-season teams train 1-2 days per week during regular practice times.

Out-of-season athletes have the option to train Monday through Thursday. Athletes train under the watchful eye of a DC performance coach and follow the PLT4M program.





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.

awards individual



JV / VARSITY INDIVIDUAL AWARDS

**XC, Golf, Baseball, Softball
Basketball, Tennis, Cheerleading,
Swimming, Indoor Track** *Everyday Excellence Award
Top Performer Award
Most Improved Award*

**Soccer, Field Hockey, 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)*

All AWARD CRITERIA

Everyday Excellence Award
*Positive Christian Testimony
Leadership
Sportsmanship
Commitment
Consistency
Responsibility*

Top Performer Award
*Positive Christian Testimony
Team's Top Performer
Leadership
Athletic Ability
Industriousness
Team Player*

Most Improved Player

*Positive Christian Testimony
Showed most improvement of any player on the team throughout the season (may include off-season development when considering candidate for award).*

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



ANNE BERKE and CARL BOWEN AWARDS

These special awards are given at the end of each athletic year in honor of Anne Berke, DC's first P.E. Instructor and girl's athletic coach, and in memory of Carl Bowen (Class of 1973). The award is given both to the most outstanding female and male senior athlete at DC. The athletes selected for this award must first be nominated by a DC coach and selected by the entire DC coaching staff via voting procedure. This award must be earned decisively and, therefore, does not have to be awarded annually.

CRITERIA

- The athlete must have been enrolled at DC the past two years.
- The athlete must have received recognition such as all-league, MVP, or Everyday Excellence Award.
- The athlete must have received six varsity letters.
- The athlete must have been an industrious player.
- The athlete must have been a team player.
- The athlete must have demonstrated a positive Christian character on the athletic field, in the classroom and in the community.
- The athlete must have demonstrated a growth in his/her Christian testimony in at least his or her senior year.

NOTE: Coaches will nominate athletes for the major awards. The athletic director will compile the nominations, and the coaches will vote to determine winners.

GEORGE HUSMANN SPORTSMANSHIP AWARD

The Chester County Officials Association initiated this award in 1983 and it is given at the end of each athletic year in honor of George Husmann, DC's first athletic director. The Husmann Award is given to one girl and one boy in the junior or senior class who have participated, to some degree, in DC athletic programs. The athletes selected for this award must first be nominated by a DC coach and selected by the entire DC coaching staff via voting procedure. Should no athlete qualify per the listed criteria, no award will be given.

CRITERIA

- The athletes shall have demonstrated an ability to set a leadership tone on the team through all-around good sportsmanship.
- The athletes will be committed to excellence but that outcome will be secondary to the manner in which the goal is achieved.
- The athletes will have shown a consistent, respectful spirit for the leadership and goals of the coach or coaching staff. Any responsibilities given to the athlete by the coach will have been handled diligently.
- The athletes will display a respectful attitude toward fellow members on the team and will set a high tone of commitment to them, as well as to the overall school program.
- The athletes will have demonstrated a courteous and respectful spirit toward the officials who direct the activities.

NOTE: Coaches will nominate athletes for the major awards. The athletic director will compile the nominations, and the coaches will vote to determine winners.

affiliations



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

Each season the NFHS prints a rulebook for all the sanctioned sports for our school. The rulebook is intended to promote and preserve the sound traditions of the sport and minimize the risk to participants. This is a model interpretation of the rules of the game. www.nfhs.org

National Federation of State
High School Associations



PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION (PIAA)

We are members of the PIAA, specifically District I (<https://www.piaad1.org>).

A DC coach NEEDS to be well informed of the rules and regulations set by the state pertaining to his/her sport. Before the start of each season, a coach will attend a local rules interpretation meeting (see AD for details) and visit www.piaa.org for new rules and points of emphasis.



BICENTENNIAL ATHLETIC CONFERENCE (BAL)

Delaware County Christian School is one of 16 schools that compete in the BAL.

This conference was established in 1975 to create competition among schools of comparable size and to determine a champion. The BAL has its own constitution, policies, and moreover it sets its own schedules.

