

JUDAH CHRISTIAN SCHOOL

ATHLETICS HANDBOOK



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ORGANIZATIONAL COMPLIANCE

School policies, procedures, and protocols are in general compliance with the following agencies, organizations, codes, as well as applicable statutory and case law:

- Illinois School Code [105 ILCS 5]
- Plyler v Doe, 457 U.S.202, 102 S Ct 2382 (1982)
- 23 Ill Adm. Code Part 425
- Illinois State Board of Education
- Association of Christian Schools International

SCHOOL PHILOSOPHY

Our Tag Line

Academically Excellent, Christ-Centered

Our Mission

To partner with families, and the local church, in providing an academically-excellent, Bible-based education, preparing students for a Christ-honoring life of service.

Our Vision

To provide life-transforming experiences through authentic relationships in a Christ-centered, family-friendly, and vibrant learning environment.

Our Core Values

1. Academic Excellence - We are committed to providing an excellent educational experience for each individual learner through a relational model that is rooted in

God's Word.

2. Spiritual Formation - We are committed to creating a learning environment where a passionate relationship with Jesus Christ is evidenced in each student through discipleship, fellowship, and service.
3. Growing Relationships - We are committed to fostering and growing authentic relationships with, and between, all members of the Judah Christian School family.
4. Leadership Development - We are committed to developing the next generation of Christian leaders to have an eternal impact on their families, society, and God's kingdom.

Statement of Faith

1. We believe the Bible is the only written Word of God; it is inspired by Him and is wholly trustworthy and authoritative. (2 Tim. 3:15-16)
2. We believe in one God, eternally manifested and existent as Father, Son, and Holy Spirit. (Matt. 28:19, John 10:30, John 16:13-15)
3. We believe in the deity of our Lord Jesus Christ (John 1: 1, 14), in His virgin birth (Isaiah 7:14, Luke 1:34-35), in His miracles (John 2:11, Acts 10:38), in His vicarious and atoning death (I Cor. 15:3, Heb. 2:9, Heb. 10:10, 14), in His bodily resurrection (I Cor. 15:4, John 2:21-22, Luke 24:6), in His ascension to the right hand of the Father (Acts 1:9, Eph. 1:20, Col. 3:1), and in His personal, future return to the earth in power and glory. (Mk 13:26, Matt. 16:27)
4. We believe in the necessity of regeneration by the Holy Spirit because of man's sinful nature inherited from Adam; we believe that man is justified only through God's grace by personal repentance and faith in Jesus Christ and His shed blood. (John 3:16-19, Rom. 3:23-24, Rom. 5:8-9, Eph. 2:8-10, Titus 3:5)
5. We believe in the resurrection of all persons; those who are saved unto the resurrection of life, and those who are lost unto the resurrection of damnation. (John 5:28-29)
6. We believe in the spiritual unity of believers in our Lord Jesus Christ. (Rom. 8:9, I Cor. 12:12-13, Gal. 3:28-28)
7. We believe in the present, active ministry of the Holy Spirit by whose indwelling the believer receives sanctification and the power to live a Godly life. (Rom. 8:13-14, I Cor. 3:16, I Cor. 6:19-20, Eph. 5:18, Eph. 4:30)
8. We believe that God wonderfully and immutably creates each person as male and female. These two distinct, complementary genders together reflect the image and nature of God (Gen. 1:26-27). Rejection of one's biological sex is a rejection of the image of God within that person.
9. We believe that the term "marriage" has only one meaning: the uniting of one man and one woman in a single, exclusive union, as delineated in Scripture. (Gen. 2:18-25)
10. We believe that any form of sexual immorality (including adultery, fornication, homosexual behavior, bisexual conduct, bestiality, incest, and use of pornography) is sinful and offensive to God. (Matt. 15:18-20; I Cor. 6:9-10)

Non-Discriminatory and Lifestyle Policy

Judah Christian School admits students of any race, color, nationality, and ethnic origin with all the rights, privileges, programs and activities generally accorded or made available to JCS students. We do not discriminate on the basis of sex, race, color, national or ethnic origin in the administration of our educational policies, admission procedure, scholarship awards, athletic and other school-administered programs. We do, however, reserve the right to deny

admission or continued attendance to any individual who cannot benefit from enrollment based on academic achievement, disqualifying handicap, or whose personal or family lifestyle is not in harmony with the stated philosophy and purpose of Judah Christian School.

JCS Honor Code

At Judah Christian School, we recognize the importance that every follower of Christ live in a manner worthy of the calling to which he or she has been called (Ephesians 4:1-3). Each one of us is to be a person of integrity which means we live a life of honor and purity whether we are in front of others or by ourselves (Proverbs 11:3). We are to have godly character, which means we reflect the character of Christ (1 Corinthians 11:1; Romans 8:29). Godly character means we are honest, truthful, self-disciplined, and respectful at all times, in all places. Further, love for others means we will call other believers to live out this high calling and actively challenge one another to repent when we fall into sin (Hebrews 10:24; Galatians 6:1; Matthew 18:15-17). We cannot passively ignore when a brother or sister in Christ is dishonoring God in word or behavior (James 4:17; 5:19-20). To this end, we ask each student to personally accept and, by God's grace, follow these Christian responsibilities:

1. I will consistently seek to honor God in my thoughts, words, and actions (Deuteronomy 26:17).
2. I will honor, respect, and submit to all those whom God has placed in authority over me without complaining or arguing (Romans 13:1-2).
3. I will not lie, cheat, or steal, nor will I tolerate such activity when others do; but instead, I will be honest and trustworthy and call others to be honest and trustworthy. (2 Corinthians 8:21).
4. I will seek to be unselfish, responsible, courteous, and edifying towards teachers and my fellow students (Philippians 4:8).
5. I will strive to be obedient from the heart rather than trying to only appear righteous when teachers or others are watching (Matthew 15:8; Mark 7:15, 20-23).
6. I will do all of my own schoolwork with no unauthorized help (i.e. without teacher and/or special needs coordinator approval). This includes not copying homework, not having notes or the textbook visible during a quiz or test, and not reading condensed versions (Cliff notes, et. al.) **instead of** reading the original work or book (Hebrews 13:18).
7. I will refrain from plagiarism or turning any work that is not totally mine unless properly cited (Proverbs 4:25-27; 12:22).
8. I will refrain from other dishonorable acts including, but not limited to, tobacco and tobacco products, vaping, marijuana, illegal drugs, unauthorized use of legal drugs, illegal use of alcohol, sexual immorality, pornography, sexting, inappropriate or abusive language, bullying, hazing, discrimination, disrespect of others, gossip, vandalism, skipping classes/school, or any other inappropriate actions that bring reproach to the name of Christ and JCS.

As a student of JCS, this Honor Code reflects a God-honoring character and is therefore in effect for the full 12 months of the year, at school, at school activities, outside of school, and at home.

INTRODUCTION

The Athletic Department

The Athletic Director works alongside the rest of the Administration to ensure that the athletic program is able to function at a high level. Staff and parental support is critical in running our program. Parents work with the coaches and Athletic Director to coordinate concessions, ticket taking, and other practice and game-day responsibilities that allow our sports to run smoothly. An Administrator is present at every home game to assure sportsmanship of all fans. The Athletic Director has primary responsibility for facilities, personnel, officials, game supervision, scheduling, transportation, budget, equipment, eligibility, team photos, awards, and communications (including news and media).

Athletic Program Objectives

The major objective of the Judah Christian School athletic program is to provide wholesome opportunities for students to develop physically and spiritually from their relational experiences. It is our mission to develop and implement an excellent athletic program with the purpose of training young men and women within an environment that promotes the standards and faith taught in a Christ-centered home. Our measurement of the success of each individual sport's program will not be in terms of the tangible evidence of the win/loss record, but in the intangible personality development factors that are an outgrowth of the major objectives of the athletic program. Our vision is to see Judah students, teachers, parents, and all others who are influenced by Judah Christian School affected positively for Christ through the presence of our athletes and coaches.

The athletic program shall always be in conformity with the general objectives of the school, and the athletic administration shall be in line with the general policies of the institution. At no time should the athletic program place the total education curriculum secondary in emphasis. Instead, the program should function as a part of the whole curriculum and should constantly strive for the development of a well-rounded individual, capable of influencing his or her world for Christ.

Judah Christian School seeks to provide a program of interscholastic athletics from which participating students can derive all the benefits that participation in competitive sports confers. The goal of the athletic program is the same as that of the school's academic programs: excellence. In this context, excellence includes:

1. A Christ-like conduct that brings glory to the Lord, credit to Judah Christian School, and is a source of pride and enthusiasm for all members of the Judah Community.
2. A commitment to the physical and emotional well-being, and the social development of student-athletes.
3. Development of the student-athlete's sense of citizenship.
4. A dedication to sportsmanship and fair play.
5. The development of individual and team skills.
6. ... and the will to win.

Judah's interscholastic athletic programs shall be composed of regionally and state-recognized sports that satisfy the following criteria:

1. Provide Judah's abilities to provide Christ-like examples to many communities.
2. Meet the needs, interests, and abilities of both male and female students.

3. Reflects the athletic traditions of Judah Christian School as well as the development of future programs.

Goals

The goals of the Judah Christian School athletic program are to:

1. Hire high-quality coaches who positively influence our students for Christ, as well as prepare them for life through the platform of sports.
2. Develop and maintain high-quality facilities and equipment for all athletes and sports so that our athletes and programs may grow and compete at the highest level possible.
3. Create and maintain funding for salaries, equipment, uniforms, travel, etc. so that the athletic program may grow and develop in a way that is competitive with our opponents.
4. Increase the amount of parent and volunteer involvement with the school.
5. Develop a positive image and awareness within the school, throughout the school family, within the local community, and throughout the state.
6. Develop highly-competitive athletes and teams with a progressive system within each sport to help prepare students for the next level of competition.
7. Maintain a positive representation of the school on and off the playing field by the athletic teams.
8. Become an integrated part of the educational excellence that is emphasized at Judah Christian School.
9. Increase the number of sports and opportunities for participation for our student body.
10. Increase the number of students who enroll at Judah Christian School.
11. Create a fun and exciting atmosphere for the student-athletes, parents, fans, and visiting teams.
12. Use the forum of athletics for Christian evangelism.
13. Develop and nurture high-quality athletes who develop as individuals and begin to influence others for Christ both on and off the field of play.
14. Develop and maintain athletic programs that always strive for excellence and which develop to their full potential.
15. Instill the values of integrity, service, teamwork, and excellence that are promoted through athletics.

JCS ATHLETICS – IMPORTANT INFORMATION

Athletic Governance

Judah Christian School is a proud member of the Illinois Elementary School Association and the Illinois High School Association. These two associations are the governing bodies of interscholastic athletics in the state of Illinois. As a member, Judah Christian School is under obligation to follow the guidelines and by-laws of each and to be in full compliance in all aspects of athletic-department function.

In addition, Judah Christian School is also a member of the Illini Conference (Junior High) and the East Central Illinois Conference (High School). All members of these conferences agree to follow the guidelines stated within the policies of each conference and to participate with each other in as many sports as the other schools offer.

Athletic Trainer

The Athletic Trainer will attend all home high school athletic events of specific high impact sport teams (i.e. boys' and girls' soccer, volleyball, boys' basketball, track and field, and baseball) to be the medical representative on site. Any injured athlete should report their injury to the coach. It is the coach's responsibility to contact the trainer for consultation and/or treatment options. It is each student's responsibility to report all injuries they suffer to their head coach so that these injuries may be treated properly. The coach must be notified of any injuries so that the athletic trainer and the coach can work out the best way to treat the injury. There may be additional forms to be filled out.

Regular Season Awards

At the end of each sport season, an awards night is presented by the Judah Christian School Athletic Department. Certificates, letters, numerals, and pins are presented to athletes at this event.

A high school athlete (grades 9-12) will receive a 6-inch letter 'J', numerals for their graduating year, and a pin identifying the sport in which they participate at the conclusion of the first season in which the athlete plays in 80% of the scheduled varsity interscholastic contests and tournaments. For each subsequent season that an athlete qualifies for a letter, they will receive a pin for that sport. Athletes will only receive 1 letter and 1 set of numerals throughout their high school career. However, an athlete may receive up to 4 pins per sport.

Athletes who were on the varsity roster for a minimum of 2 years but did not meet the requirements necessary to letter will receive a letter at the end of their senior year. Special consideration may be made for athletes who "would have earned a letter," were it not for injury or other special circumstances. Ineligibility is not considered a special circumstance.

All athletes who participated in a sport will receive a participation certificate (grades 5-12). However, letters and pins are awarded to grades 9-12 only.

Christian Athlete of the Year

Every high-school level team will nominate a person to receive the Christian Athlete of the Year Award for their particular sport each year. This nominee may be a varsity or a junior varsity player and can be in any grade level from 9-12. The process for selecting the individual sport's recipient is at the coach's discretion, but the athlete must meet the following criteria:

1. Christ-like attitude both on and off the field
2. Christian witness
3. Leadership ability
4. Positive relationships with other players
5. Evidence of the Fruit of the Spirit

Nominees from each individual sport will be placed on a ballot prior to the Judah Awards Ceremony in May. The ballots will be distributed to the high-school teachers. Each teacher will vote for 1 male and 1 female athlete based on the criteria listed above. In the event of a tie, the high school principal will cast the deciding vote. The award recipients will have their names engraved on an award that is kept at the school.

Dual Sport/Same Season Participation Policy (7th-12th Grade Only)

If a JCS student-athlete desires to participate in 2 sports, they must agree to and meet the following requirements:

1. The student-athlete must be in 7th-12th grade.
2. Approval of the parent/guardian is required for the student-athlete to participate in 2 sports in the same season.
3. The JCS Director of Athletics will oversee the dual-sport participation and be the final authority in all matters related to a student-athlete's involvement with both sports.
4. A "primary" sport must be determined.
5. Team sports (i.e. soccer, volleyball, basketball, baseball, etc.) take precedent over individual sports (i.e. cross country, cheer, golf, etc.). The team sports will be the "primary" sport. In the case of an athlete participating in 2 team sports, 1 of the sports must be designated as the "primary," with the other being the secondary. After conferring with the coach of the secondary sport, the coach of the primary sport will provide the athlete and secondary-sport coach with the schedule of practices and events the athlete will attend.
6. The head coach of both sports involved must give their approval before participation begins:
 - a. A mandatory meeting will be held with the individual coach, Athletic Director, student-athlete, and parent(s).
 - b. Approval of participation of and each set of team guidelines is to be written and signed by the coaches, Athletic Director, student-athlete, and parent(s).
7. Dual-sport student-athletes must maintain their academic work according to JCS Athletic Policy. Any ineligibility in 1 sport will automatically signal ineligibility in the other sport. Further, an athlete who becomes ineligible or suspended for any reason, including behavior problems at school, will have suspensions/penalties affect both sports.
8. A student-athlete who is removed from a team due to disciplinary reasons will also be removed from any other team they are participating on for the remainder of that season.
9. A dual-sport student-athlete who quits one/both of their teams will not have the option to participate in any dual sports for the remainder of the school year.
10. The athletic fee for a dual-sport student-athlete, regardless of the level of participation in the secondary sport, will be an additional \$75 for the secondary sport.

It is our goal to have continuous communication between the student-athlete, coaching staff, and athletic department to avoid putting the athlete in a difficult situation. Dual sporting may not be the best situation for all students. For this reason, the meeting between all parties involved is paramount.

Admissions

Admissions to Judah Christian School is based upon submission of an application, entrance test, references, interview with the administration, and a signed statement from the student that he/she will abide by the standards of the school. This entire process has nothing to do with athletics and athletic ability, and participation shall have no bearing on the admission of any student. Recruiting of student-athletes (as outlined in the IHSA by-laws, section 3.070) is expressly prohibited. Any person involved with Judah Christian School that is caught breaking these by-laws will be brought to the attention of the School Board.

Academics

High academic standards are expected of all students engaged in interscholastic sports at Judah Christian School. Athletes are required to be students first and foremost. Any student with **more than 2 "D's"** on their weekly report of quarter grades is deemed ineligible for athletic participation. Similarly, any student with **1 "F"** on their weekly report of quarter grades

is deemed ineligible for athletic participation. (*Note: The first week of academic ineligibility will result in the student not being able to participate in games. The following weeks of ineligibility result in the student not being able to participate in both games and practices until grades are raised, and they meet eligibility requirements.)

A student-athlete must pass 25 credit hours of high school work per week. Generally, 25 credit hours is the equivalent of five .5 credit courses: 2.5 full credits.

A student-athlete must have passed and received credit towards graduation for 25 credit hours of high-school work for the entire previous semester to be eligible at all during the ensuing semester.

For more information about eligibility, please review the following links:

http://www.ihsa.org/documents/forms/current/elg_rules_lg.pdf

<https://www.iesa.org/documents/handbook/IESA-Handbook.pdf>

Academic-Eligibility Reports will be calculated beginning the Friday following the first full week of class and will continue throughout the school year, except for Thanksgiving, Christmas, and Spring Break. Every attempt will be made to run the report at approximately 9:00 AM.

The period of ineligibility takes effect on the following Monday after the report is processed and continues through the following Sunday. If a student is deemed academically ineligible the Friday prior to a break, they will remain ineligible for all contests until the next Academic Eligibility Report is calculated, which will be the Friday of the first week after returning from the break.

If the student raises his/her grade during the week of ineligibility, they will remain ineligible to participate until the following Monday, pending the next Academic Eligibility Report. The Athletic Director will inform the parent(s), head coach, and student-athlete of any ineligibility.

Sports Information Packet

In order to participate in any of the sports offered during the school year and summer season at Judah Christian School, each participant must complete a Sports Information Packet and turn in:

- 1. Athletic Enrollment Form:**

The athletic enrollment form contains information that is relevant to interscholastic athletics. It has sections for parents to offer consent for medical treatment and has a place for students and parents to sign the concussion information required. The enrollment form is also where the student will indicate the sports they intend to participate in—essentially, signing up for sports for the current academic year. Students will not be able to participate in any sports-related activities until this form has been completely filled out and turned in.

- 2. Physical Exam:**

Each participant must have a yearly physical prior to his/her participation in sports. This portion of the IHSA/IESA Pre-Participation Exam must be signed by his/her physician indicating that the student is physically able to participate. No student will be allowed to participate in any sports-related activities during the season and or summer until this form is completed and submitted to the Athletic Office.

3. **IHSA Sports Medicine Acknowledgment and Consent Form:**

This form is required by the IHSA and IESA for all 5th-12th graders participating in sports. It includes sections concerning concussions and testing policies for performance-enhancing substances and steroids. Elementary, junior high, and high school student-athletes and their parents must sign the form. If the student needs and can self-administer asthma medication, the bottom section must be completed by a physician and a parent.

4. **Athletic Fee:**

Each participant must pay the current athletic fee for each sport that they participate in. For the current school year, the athletic fees are \$150 for HS students and \$125 for elementary/JH-school students. This fee can be paid in advance, or it will be automatically billed to your Judah account.

Homeschool Students

Judah Christian School welcomes homeschool students to participate in our athletic programs. However, due to state-association affiliations that certain sports at Judah are aligned with, participation may be limited or not allowed. Judah Christian School's policies also differ based on the grade level and sport which the homeschool student desires to participate in. Specific homeschool policies are outlined below:

1. **High School (9th-12th Grade):** Homeschool students **will be** allowed to participate according to IHSA policy (by-law 3.011). All homeschool students that wish to participate in sports must be enrolled at Judah Christian School and be taking a minimum of at least 5 courses at/through JCS or in a program approved and supervised by JCS. Additionally, homeschool students must pay applicable tuition and fees and also have their grades checked on a weekly basis during their sports season for eligibility purposes. Parents must also report on 12.5 PIP hours (*Note: PIP hours are outlined in the Judah Christian School's Secondary Handbook). For more information, see the IHSA Homeschool Fact Sheet: [IHSA Homeschool Fact Sheet](#)
2. **Elementary and Jr. High (5th-8th Grade):** Homeschool students **cannot** participate with a private school whose athletic team is **categorized as an IESA sport** according to IESA policy (by-law 2.034). Homeschool students **will be** allowed to participate in all other sports **not governed** by the IESA (i.e. JH soccer, 5th and 6th grade boys' basketball, 5th and 6th grade girls' volleyball, and JH archery) if the optimum number of roster spots has not been filled by current Judah students.

If tryouts are necessary to meet the optimum number of participants, a homeschool student cannot be placed ahead of a full-time Judah student. If space is available, the student must complete Judah's activities-only application, submit the application fee, complete a family interview with the appropriate Principal, and then be charged the applicable sport's fee. If a student desires to play in subsequent years, this process must be completed annually.

Participation Philosophy by Grade Level

In order to create excellent programming in sports at Judah Christian School, each level ensures an opportunity to develop each participant on a spiritual and athletic manner.

1. High School (9th-12th Grade): This is a competitive level of athletics. Playing time in any game is not guaranteed, and the coaches of the individual teams have complete discretion on playing time. Judah Christian School strives for excellence in interscholastic competition, and the coaches and players at this level are expected to strive towards the highest level of athletic, competitive excellence possible, while keeping in mind the welfare and character development of the athletes.
2. Jr. High (7th-8th Grade): While this is an instructional level, we strive for excellence in interscholastic competition. The amount of playing time will be determined by the coaches. Equal playing time is not guaranteed. However, every effort should be made to allow participation by all roster players in all games. Coaches have the right to eliminate playing time in the event of disciplinary problems, dress-code violations, poor practice attendance, and lack of cooperation or interest on the part of the student athlete. Coaches and players at this level are expected to strive toward athletic, competitive excellence, while keeping in mind the welfare and character development of the athletes.
3. Elementary (5th-6th Grade): This is a fundamental level of play. Every effort is to be made to provide each participant with equal playing time. Coaches have the right to limit playing time in the event of disciplinary problems, dress-code violations, poor practice attendance, and lack of cooperation or interest on the part of the participant. The goal of this level is to develop basic fundamentals, incorporated with regular participation and character development, which will culminate in increased fundamental skills and a desire to continue participating in athletics.

Practices

All members of any Judah athletic team are expected to attend every practice session. In the event of a family conflict, proper notification of the head coach must be arranged prior to a student missing a practice. Also, there are certain guidelines that Judah abides by regarding athletic practice sessions. These are outlined below:

1. High School (9th-12th Grade): Judah Christian High School sports comply with IHSA regulations in terms of practice dates and quantities. In addition to IHSA policies, all Judah Christian High School sports will end practice by 6:00 PM on Wednesday and will be prohibited from practicing on Sundays. All Wednesday games are prohibited unless required by IHSA, conference-tournament play, or a tournament/invitation that Judah has been invited to participate in. The maximum number of games per year is determined by the IHSA per sport.
2. Jr. High (7th-8th Grade): Judah Christian Jr. High sports (except for soccer) comply with IESA regulations in terms of practice and game dates and quantities. In addition to IESA policies, all Judah Christian School Jr. High sports will limit their practice time to 90 minutes per session. Also, the combination of practices and games is limited to 5 per week. This limitation may be extended if a tournament is interposed during a week.

Teams will not practice on Wednesdays unless in extreme circumstances—this must be allowed by the Athletic Director. In the event of a Wednesday practice, the practice session will not last beyond 6:00 PM. Sunday practices are prohibited, and Wednesday games are prohibited unless required for IESA, conference-tournament play, or a

tournament/invitation that Judah has been invited to participate in. The maximum number of games per year is determined by the IESA per sport.

3. Elementary (5th-6th Grade): All practices at this level will be no longer than 90 minutes. The combination of practices and games is limited to 5 per week. Teams will not practice or play on Wednesdays.

Tryouts, Skill Assessment, and Rosters

Coaches for teams where the roster is limited in number (grades 7-12) and exceeded by the number of participants shall establish an evaluation (or "tryout") period. Prior to the first practice or tryout in sports for 7th-12th grades, the coach and Athletic Director shall determine a minimum participant skill-level. This shall be established to ensure the safety of the participants and to meet general standards of play. The coaching staff shall critique the players based upon their performance during various skill and conditioning drills, evaluating not only their athletic skills and techniques, but also their attitude, cooperation, desire, and team spirit.

At the conclusion of the tryout period, the coach shall select the players who he/she believes will comprise the most competitive and manageable team, and which will honor the goals and principles of Judah Christian School. Athletes who do not qualify shall be encouraged to develop their skills and return the next season for another assessment.

Rosters

1. High School (9th-12th Grade): Each high-school team may have both a varsity and a junior-varsity team, provided that there are enough players. Varsity and JV are 2 separate teams, although they may practice together. Teams will be reduced to optimum numbers if there is more than the optimum on the first day of practice.

Tryouts (if necessary) will be conducted during the first week of practice. Tryouts will only be necessary should a team exceed the number of permissible athletes as stated below. Coaches with incomplete rosters shall not be required to fill them with players who do not pass the assessment of minimum required skills. At the conclusion of the tryout period, the coach shall select the players who they believe will comprise the team that will best honor the goals and principles of Judah Christian School.

The optimum sizes of team rosters for high school are as follows:

- a. girls' volleyball – 12 for varsity; 12 for JV
 - b. boys' and girls' golf – 6 for varsity; 6 for JV
 - c. boys' and girls' soccer – 25 for varsity; 25 for JV
 - d. boys' and girls' basketball – 15 for varsity; 15 for JV
 - e. baseball – 16 for varsity; 16 for JV
2. Jr. High (7th-8th Grade): Jr. High teams will be separated by class for boys' and girls' basketball, and girls' volleyball. 7th and 8th grade will comprise of 2 separate teams unless the number of students participating requires the teams to be reduced to 1 team. If this is the case, the participants will participate as 1 collective team of both 7th and 8th grade students for the entire season, including post-season play. Tryouts will only be necessary should a team exceed the number of permissible athletes as stated below.

No homeschool student would be eligible to participate on a particular team in which tryouts are necessary. 7th grade students may play on an 8th grade team in order to fill the 8th grade roster. In extreme circumstances, when 7th and 8th grade numbers are low, and only with the approval of the Athletic Director, 6th grade students may be brought up and play on the 7th grade team to assist in meeting the optimized size of team rosters.

The optimum sizes of team rosters for the Jr. High are as follows –

- a. girls' volleyball – 12 for the 7th grade; 12 for the 8th grade
- b. boys' and girls' golf – 6 for boys; 6 for girls
- c. boys' and girls' basketball – 15 for the 7th grade; 15 for the 8th grade
- d. baseball – 18
- e. soccer – 25

A few Jr. High teams will not be separated by class but will comprise of 5th-8th graders or 6th-8th graders (i.e. cross country, track and field, baseball, soccer, golf, and archery). In these sports, the participants will participate as one collective team for the entire season, including post-season play. Tryouts will only be necessary should a team exceed the number of permissible athletes as stated below. No homeschool student would be eligible to participate on a particular team in which tryouts are necessary. In extreme circumstances, when 6th-8th grade Jr. High sport teams' numbers are low, and only with the approval of the Athletic Director, 5th grade students may be brought up to participate.

3. Elementary (5th-6th Grade): Teams will be separated by class. There will be no tryouts and no limit on team sizes. 5th and 6th grade will comprise of 2 separate teams, unless the number of students participating requires the teams to be reduced to 1 team, in which case they will participate the entire season as 1 team. 5th grade students may play on the 6th grade team. In extreme circumstances, when 5th and 6th grade numbers are low, and only with the approval of the Athletic Director, 4th grade students may be permitted to play on the 5th grade team.

Sportsmanship

Good sportsmanship is expected at all games from everyone involved with Judah Athletics. All representatives of Judah Christian School are expected to behave in a manner that demonstrates Christ-like sportsmanship and to act in ways that are not detrimental to the reputation of the team or Judah Christian School. This includes:

1. take a defeat without complaint
2. a victory without gloating
3. to treat opponents with fairness, courtesy, and respect
4. respect for other teams, their fans, and the officials
5. using appropriate language at all times

Sports Offered

The sports listed below are offered during the course of the school year at Judah Christian School. Although a sport is listed, it does not mean that a sport will occur every season. The number of participants dictates how many sports we offer and how many teams we offer per sport.

Elementary Sports (5th and 6th Grade Students)

<u>FALL SEASON</u>	<u>WINTER SEASON</u>	<u>SPRING SEASON</u>
<ul style="list-style-type: none"> • Co-Ed Cross Country (5th and 6th Graders) • Co-Ed Golf (6th Graders <u>only</u>) • Girls' Basketball (5th and 6th Graders) • Co-Ed Soccer (6th Graders <u>only</u>) • Baseball Coop (5th and 6th Graders) 	<ul style="list-style-type: none"> • Boys' Basketball (5th and 6th Graders) • Girls' Volleyball (5th and 6th Graders) • Co-Ed Archery Club (6th Graders <u>only</u>) 	<ul style="list-style-type: none"> • Co-Ed Track (5th and 6th Graders)

Junior High Sports (7th and 8th Grade Students)

<u>FALL SEASON</u>	<u>WINTER SEASON</u>	<u>SPRING SEASON</u>
<ul style="list-style-type: none"> • Co-Ed Cross Country • Co-Ed Golf • Girls' Basketball • Co-Ed Soccer • Baseball Coop 	<ul style="list-style-type: none"> • Boys' Basketball • Girls' Volleyball • Co-Ed Archery Club 	<ul style="list-style-type: none"> • Co-Ed Track

High School Sports (9th-12th Grade Students)

<u>FALL SEASON</u>	<u>WINTER SEASON</u>	<u>SPRING SEASON</u>
<ul style="list-style-type: none"> • Co-Ed Cross Country • Co-Ed Golf • 8-Man Football • Boys' Soccer • Cheerleading (FB) • Girls' Volleyball 	<ul style="list-style-type: none"> • Boys' Basketball • Girls' Basketball • Cheerleading (BB) • Boys' Wrestling • Co-Ed Archery Club 	<ul style="list-style-type: none"> • Co-Ed Track • Girls' Soccer • Boys' Baseball

Uniforms

Judah Christian School provides uniforms for each team. The head coach, upon the Athletic Director receiving the final roster, will distribute the uniforms. Each athlete is responsible for their game attire (i.e. washed, and kept in an appropriate manner that represents Judah well). At the end of each season, the athlete must return the uniform washed and clean within 30 days. If the uniform is not returned, a replacement fee of \$150 per uniform-set will be charged to your account. If the bill is not paid in 60 days from the end of the season, the athlete will be suspended from all athletic events. Uniforms should not be worn during the school day, and athletes should change out of them immediately after their game.

REGULATIONS, PROCEDURES, AND GUIDELINES**Announcements**

All game results should be reported to the Athletic Director by 8:00 AM on the date following the game for record keeping and for morning announcements. It is also the responsibility of high-school coaches to report their scores (and stats, if applicable) to the local newspapers following each contest.

Anti-Fraternization Policy

Coaches are expected to adhere to the following Anti-Fraternization Policy:

Judah Christian School is committed to fostering a positive learning and working environment for all students and staff in order to promote educational excellence. Judah's Anti-Fraternization Policy shall serve as a statement on appropriate conduct and relationships between students and staff of the school. The spirit and intent of this policy is meant to help both staff and students understand and appreciate the delicate balance that exists between them and to better define the boundaries that their respective roles dictate.

For purposes of this policy, "staff" refers to all Judah Christian School employees, contracted service personnel, and any volunteers working on school property. For purposes of this policy, "student" refers to all Judah Christian School individuals in grades from kindergarten through twelfth.

All staff must be aware that students of all ages and intellect are susceptible to influence by both staff and fellow peers. While this influence most often yields positive educational results, it can also be used in a manner that is entirely inappropriate. Accordingly, staff must be cognizant of their appropriate roles and professional duties in the development of students. Similarly, staff must be cognizant of the imbalance of power that exists in relationships between staff and student. This imbalance of power can remain long after the student has graduated from Judah Christian School. Due to this imbalance of power, students are vulnerable and cannot always make proper decisions with regard to interactions with staff. Thus, it is the school's expectation that staff will recognize and respect this vulnerability when interacting with students.

Accordingly, it is the responsibility of staff not to take advantage of or otherwise exploit this imbalance of power to further any non-educational, personal, or inappropriate objective. In particular, staff members are prohibited from engaging in any romantic, sexual, or physical relationship with students. Staff members are responsible for appropriate and professional conduct in all settings and in all forms of communication, including, but not limited to, verbal communication/speech, written communications, internet and email communications, physical gestures, motions or any other form of interaction. Personal relationships with students that are not related to legitimate educational purposes may also violate this policy depending upon the circumstances. However, it is understood that many personal relationships between staff and students are entirely appropriate and develop through mutual interest, family, or neighborhood interactions. So long as these relationships maintain the essential and appropriate professional boundaries, they shall not be deemed in violation of this policy.

Regardless of the student's advances, gestures, or comments, it is the staff's responsibility to terminate any relationship that would otherwise violate this policy. As such, it is the staff's responsibility to ensure that such relationships continue along and within the appropriate boundaries. Failure to adhere to the requirements of this policy may result in severe consequences, up to and including termination.

This policy does not preclude legitimate, non-sexual, physical conduct such as the use of necessary restraints to avoid physical harm to persons or property, or conduct otherwise necessary to respond to, or otherwise address, legitimate educational situations or objectives. Staff shall not conduct activities, which are not directly related to school functions, on a group or one-on-one basis outside of school with students. Similarly, staff shall not single out students from the general student population for special treatment (e.g. gifts, dinners, and rides)

without prior consent of the student's parent and/or advance notice to the school. Judah Christian School must approve all staff activities with students occurring outside of the classroom or without an educational purpose or objective. Any question by staff as to the appropriateness of an activity, relationship, or interaction with a student should be directed to the Principal or designee. All inquiries into the appropriateness of an activity or relationship will be confidential to the fullest extent appropriate. All staff that suspect an inappropriate relationship exists between a staff member and student are required to immediately notify, orally or in writing, the Principal or designee. Submission of a good faith report of a suspected violation of this policy will not adversely affect the reporting individual's employment.

The staff of the Judah Christian School must understand that this Anti-Fraternization Policy is a condition of employment. As a condition of employment, Judah Christian School reserves the right to at any time, without advance notice to staff, to monitor, access, investigate and/or review the appropriateness of any activity or relationship between staff and students in order to protect the health, welfare, and safety of the school, its staff, and students.

Banners

Athletic banners will be awarded and displayed in the gymnasium to athletic teams who achieve a Regional, Sectional, or State Championship in their sport. All additions to the athletic banners will be made in chronological order and will be displayed before the recognized sport's following season.

Conflict Resolution

Should a conflict arise with a coach or student athlete, please use the Biblical method of conflict resolution as described in Matthew 18:15-17. Specifically, you should go directly and privately to the person in question. Do not share your concerns with others. If at the end of this meeting all concerns have not been resolved, you are encouraged to share your concerns with the Athletic Director. If at the end of this meeting you feel things are still not resolved, you are encouraged to talk with the Superintendent of the school and finally the Judah Christian School Board. Please do not take things out of order. Give the teacher/staff member a chance to explain and correct any problems before moving up the chain of command. If we all work to follow these simple guidelines from God's Word, we will see unity and harmony reign, and Judah Christian School will grow to be all the Lord would have it to be.

Communication Procedures

1. Coach to Student-Athlete

Coaches are expected to communicate their expectations to student-athletes and their parents clearly and consistently. It is recommended that coaches document their expectations and place a copy on file with the Athletic Director's office. Coaches should encourage student-athletes to approach them if they have any issue about their experience on an interscholastic team. The athletic experience at Judah Christian School provides for the opportunity for young people to develop communication skills with adults and those in positions of authority. The student-athlete and coach must develop a mutual respect and understanding that allows them to discuss issues openly and honestly while striving to gain a better understanding of each other's roles, responsibilities, and perspectives.

2. Coach to Parent

Coaches are expected to communicate with parents. Coaches should encourage parents to schedule meetings or phone calls to discuss important matters to enable each person to be prepared for the discussion.

- a. **Topics that are appropriate to discuss with parents**
 - i. The treatment of their child, mentally and physically
 - ii. Ways to help their child improve individually and as a team member
 - iii. Concerns about their child's behavior or academic status
- b. **Topics that are not appropriate to discuss with parents:**
 - i. Playing time
 - ii. Team strategy
 - iii. Play calling
 - iv. Other student-athletes
 - v. Coach's skill and knowledge of the game

3. **Student-Athlete or Parent to Coach**

If a problem arises with a coach or another student during the athletic season, the following protocol should be followed:

- a. Make an appointment with the coach at a time outside of practice or a game. Please allow at least 24 hours after an incident occurs to approach the coach about a meeting. Most problems can be resolved at this level.
- b. If there is no resolution, the student/parent should then contact the Athletic Director to discuss and/or mediate the situation. Additional appointments may be needed to resolve misunderstanding or difficulties.
- c. A parent/student has the right to contact the Superintendent or eventually the school board; however, this contact should be made only after the previous steps have been completed.

Unresolved issues should be appealed based on the established Chain of Command.

<u>Communication Order</u>	<u>High School</u>	<u>Jr. High/Elementary</u>
1	Assistant Coaches	Assistant Coaches
2	Head Coach	Head Coach
3	Athletic Director	Athletic Director
4	Superintendent	Superintendent
5	School Board	School Board

Discipline

All student-athletes at Judah Christian School will abide by school policies and regulations regardless of age, when on school district property or when participating in any school approved activity. Judah Christian School has adopted a discipline policy that is described in both the elementary and secondary handbooks. All student-athletes are subject to this policy at all times while on school property, at a school-sponsored event, or representing the school.

Athletic Discipline Rules

For all athletic teams:

- 1. Benching of a student-athlete by a coach for disciplinary reasons.

- a. If a student-athlete is to be benched for any violation of school or team policies, then the coach must notify the Athletic Director of the reason and the duration of the benching.
 - b. Benching of a student-athlete is interpreted as allowing a player to dress in a uniform for a game but not being allowed to participate in the game for disciplinary reasons.
 - c. Prior to the game, it is the responsibility of the coach to inform the student-athlete of the benching and the reason.
 - d. It is the coach's prerogative to bench a student-athlete for one game.
2. Suspension of a student-athlete. (Student not dressed for one or more than one game.)
 - a. A one-game suspension is the prerogative of the coach. All suspensions must be reported to the Athletic Director and to the parents or guardians of the student-athlete by the coach, stating the reason(s) and duration of the suspension.
 - b. The Athletic Director must approve suspensions of longer than one game.
3. Suspension of a student-athlete for the remainder of the season.
 - a. The coach recommends in writing to the Athletic Director the suspension of a student-athlete for an indefinite period of time and states the facts and reason(s) concerning the recommendation.
 - b. Written notice of the indefinite suspension will be sent to the parents or guardians by the Athletic Director.

Fundraising

Fundraising activities must have the approval of the Athletic Director. Judah Christian School tries to avoid "over-fundraising" and attempts to keep multiple fundraising activities from occurring at the same time. Please consult with the Athletic Director well in advance of any fundraising that may take place.

Judah Athletic Committee

The Judah Christian School Athletic Committee is a group that cares about the good of our school and its students. Our function is to provide volunteers and financial support for various athletic activities and programs at Judah Christian School. The JCS Athletic Committee firmly believes that when students, parents, faculty, and community members are involved in school activities, the school community benefits as a whole. The JCS Athletic Committee supports many student activities that would not be possible without their assistance. The committee offers funding to many of our school teams, such as helping purchase team equipment. Parent participation is crucial to the success of this committee.

Judah Christian School athletics encourages all of our Judah families with student-athletes to join the JCS Athletic Committee.

Each year we have over 250 athletes to provide needed funding for equipment, uniforms, tournament fees, and more. All funds raised go directly back to support JCS athletics.

Hazing Policy

It is the policy of Judah Christian School that no student or employee of the district shall participate in or be members of any secret fraternity or secret organization that is in any degree related to the school or to a school activity. No student organization or any person

associated with any organization sanctioned by the School Board shall engage or participate in hazing.

For the purposes of this policy, hazing is defined as an activity which recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or admission into or affiliation with any organization sanctioned or authorized by the School Board.

1. "Endanger the physical health" shall include, but is not limited to, any brutality of a physical nature, such as:
 - a. whipping
 - b. beating
 - c. branding
 - d. forced calisthenics
 - e. exposure to the elements
 - f. forced consumption of any food, alcoholic beverage, drug, or controlled dangerous substance
 - g. any forced physical activity which could adversely affect the physical health or safety of the individual
2. "Endanger the mental health" shall include any activity, except those activities authorized by law, which would subject the individual to extreme mental stress, such as:
 - a. prolonged sleep deprivation
 - b. forced prolonged exclusion from social contact which could result in extreme embarrassment
 - c. any other forced activity which could adversely affect the mental health or dignity of the individual

Any hazing activity, upon which the initiation or admission into or affiliation with an organization sanctioned or authorized by the School Board is conditioned, directly or indirectly, shall be presumed to be a forced activity, even if the student willingly participates in such activity.

Examples of behavior that could be considered hazing include being forced to:

1. Destroy or steal property
2. Be tied up, taped, or confined in a small space
3. Be paddled, whipped, beaten, kicked, or beat up others
4. Do embarrassing, painful, or dangerous acts
5. Be kidnapped or transported and abandoned
6. Consume spicy or disgusting concoctions
7. Be deprived of sleep, food, or hygiene
8. Engage in or simulate sexual acts
9. Participate in drinking contests
10. Be tattooed or pierced

This policy is not intended to deprive school authorities from taking necessary and appropriate disciplinary action toward any student or employee. Students or employees who violate this policy will be subject to disciplinary action which may include expulsion for students and employment termination for employees.

Injured Players

The following immediate steps must be taken in caring for an injured student-athlete:

1. Notify the coach
2. Notify the trainer
3. Check to see that the injured student-athlete is breathing properly
4. Take the appropriate steps to control any excessive bleeding
5. Keep the movement of the injured student-athlete to a minimum
6. Keep the injured student-athlete as warm and as comfortable as possible
7. Notify the parent or guardian
8. Apply a cold pack or ice pack immediately to the common athletic injuries (sprains, strains, bruises, and possible fractures)
9. Take no chances and call for a doctor or ambulance if necessary
10. Report all injuries that require medical attention to the Athletic Director and process the proper forms

Officials

Officials will be hired from the IHSA and IESA list of approved officials for all sports. All high school coaches should rate their officials after each contest on the IHSA website. The Athletic Director will provide password information and instructions on how to log-in to the IHSA website.

Out-of-Season Programs/Gym Usage

Judah Christian School must follow IHSA and IESA guidelines regarding out-of-season competition. Please refer to the proper handbook for out-of-season by-laws for each level of competition.

Also, Judah Christian School follows the following hierarchy in terms of gym usage:

1. Judah Christian School functions
2. Athletic contests
3. In-season high school athletic practice
4. In-season Jr. High athletic practice
5. In-season elementary school athletic practice
6. All out-of-season athletic usage

Overnight Trips

Any trip that includes student-athletes staying overnight requires specific planning and must have the approval of the Athletic Director prior to booking the trip. Provisions must be made to provide for adequate supervision throughout the duration of the trip. All usage of Judah Christian School monies to pay for overnight trips for athletic events must first be approved by the Athletic Director. Approval of money to be used for overnight trips will occur only in extreme circumstances that involve excessive travel.

Postponements/Cancellations

If a game or practice must be postponed or cancelled due to weather conditions or any other factor not conducive to good game or practice conditions, the following procedure should be followed:

1. The Athletic Director and the coach will decide on whether to play/practice or not.
2. If school is in session, an announcement will be made to all students in the building of any postponement or cancellation.
3. The Head Coach will inform the parents either via email or phone of the cancellation.
4. The Athletic Director will post a cancellation message on Schedule Star.
5. When/If a make-up date is scheduled, the Athletic Director will inform the Head Coach, and the Head Coach will inform the team and parents.

Press Releases

All press releases, except the reporting of game scores, should be made through the office of the Athletic Director.

Public Relations

All coaches must make themselves available to the media for information concerning your sport and the student-athletes who play for you. The following guidelines are suggested in dealing with the media:

1. Always try to promote athletics and the programs at Judah Christian School.
2. Always be positive in your approach. Being negative helps no one.
3. Promote your particular sport. Coaches, more than anyone else, know what we are trying to do, how we hope to accomplish this, and who will make it possible.
4. Never say anything detrimental about a student-athlete, another school, team, or an official. If you can't say anything good, remain silent.
5. Encourage your student-athletes to support other Judah Christian School teams and activities.
6. All coaches should give their student-athletes the benefit of available publicity.

Release from Class

It is the policy of the Athletic Department at Judah Christian School to keep the number of times that a student is given permission to leave class for participation in extra-curricular activities as low as possible. Any dismissals of student-athletes for athletic events will be determined by the Athletic Director after conferring with and the approval of the Principal. It is the coach's responsibility to address any early dismissal times that may cause a problem for the performance at an athletic event with the Athletic Director well in advance of the date in question. The Principal and the teachers need to know of dismissal times on Friday before the following week in order to properly prepare for class.

Scheduling

The Athletic Director will schedule all interscholastic athletic contests both in-season and out-of-season. Any schedule changes requested by a coach will be given consideration. No coach is to reschedule an athletic contest in-season or out-of-season or practice without prior approval of the Athletic Director.

Season Start and End Dates

The dates for the start of practice, first game, and end of the season for each sport are found on the IHSA, IESA, and Judah websites. Some of these dates change each year and should be reviewed annually. IHSA sports and activities link: [Sports & Activities | IHSA](#)

Transportation

Judah does not provide nor arrange transportation to and from games and practices. Each parent is responsible for the transportation of their student. If parents choose to have students transport other students, please be aware of the Illinois laws in that regard. They can be found on pages 15 and 16 of the following document from the Illinois DMV:

http://www.cyberdriveillinois.com/publications/pdf_publications/dsd_all2.pdf

Conduct to and from the game, at the game, and in any stops along the way should exemplify Christ and portray a good image for Judah Christian School.

Every coach, upon the approval of the Athletic Director, has the right to develop a plan of transportation for their team.

Weight Room

All student athletes may participate in strength and conditioning training. Coaches who would like to use the weight room for the use of their team during in-season practice should make the request to the Athletic Director. Coaches must be present in the weight room in order for a team member to use the facility. The Athletic Trainer does not qualify as a coach and is not to be the one left in charge of supervision for an athletic team. The Athletic Trainer is only responsible for the student-athletes being treated for injuries or rehabilitation.

The weight room is off limits to all student-athletes during school hours, unless they are part of a weight-lifting elective. First priority for the use of the weight room will be given to in-season coaches.

COACHING ROLES AND RESPONSIBILITIES

Hiring Process

All coaching appointments will be considered to be for 1 season only. Any coach desiring to apply or re-apply must submit a letter of intent to the Athletic Director who will work in conjunction with the other Administrators in making recommendations for appointments or re-appointments.

In filling the positions of assistant and sub-varsity coaches, the Athletic Director will solicit input from the head coaches, but all final decisions for approval will be made by the Athletic Director. Coaches shall be hired in accordance with the following criteria in order of priority:

1. EXPERIENCE

- a. Agree with Judah Christian School's Statement of Faith and commit to exhibit a lifestyle that is consistent with such statement
- b. Abiding to the Judah Christian Personnel Policy Manual
- c. IHSA/IESA Coaching Certification or Illinois State Teacher Licensure

- d. Coaching experience
- e. Playing experience
- f. Courses, clinics, and workshops attended
- g. References

2. **COACHING PHILOSOPHY**

- a. Development of the Christian athlete
- b. Tolerance of diversity
- c. Organizational ability

3. **AVAILABILITY:**

If all other qualifications are equal, coaches shall be designated according to availability to team members and Athletic Director as to:

- a. Faculty members of Judah Christian School
- b. Qualified individuals from Judah community
- c. Qualified individuals from outside of Judah community

Renewal Nominations and Non-Renewal/Dismissal

Coaches are under contract for 1 season. At the end of the contract season, the Athletic Director has the discretion to not rehire or recommend a coach for the next season. During the contract season, coaches may be dismissed for breach of contract or for any behavior that may jeopardize the well-being of a student-athlete or the school. The Athletic Director is responsible for overseeing the supervision of all coaches with the support of the head coaches, the Superintendent, and the School Board.

Certification

All coaches who coach IESA or IHSA sports must meet those Association's qualifications for coaches. If a candidate does not meet the criteria, arrangements must be made with the Athletic Director prior to the first organized practice of each sport.

Responsibilities

1. Reports to: All assistant coaches report to their Head Coach. All Head Coaches report directly to the Athletic Director.
2. Job Description: To help participating student-athletes achieve a high level of skill, an appreciation for the values of discipline and sportsmanship, and an increased level of self-esteem.
3. Responsibilities (not all may apply to each coach):
 - a. Professionally
 - i. Will display ability to instruct athletes in the fundamental skills and strategies involved with each specific sport
 - ii. Own a deep knowledge and understanding of the rules and regulations of the specific sport that they will coach
 - iii. Conduct at least 1 pre-season parent meeting to discuss team policies, goals, responsibilities, and disciplinary expectations and consequences

- iv. Attend all athletic contests and represent the school in the absence of the Principal and Athletic Director
 - v. Oversee the safety conditions of the facility or areas in which the assigned sport is conducted
 - vi. Notify the Athletic Director of all serious injuries and major discipline problems
 - vii. Maintain individual and team statistics applicable to the sport and provide a copy of the statistics to the Athletic Director at the end of the season
- b. Personally
- i. Be a believer in Jesus Christ and regularly attend a local church
 - ii. Display positive Christian behavior consistent with the values associated with participation in Judah Christian School athletics
 - iii. Build and develop Christ-like character in athletes through sports
- c. Relationally
- i. Report to and work with Athletic Director to advance the athletic program
 - ii. Oversee and work with coaching staff to advance their specific sport's program
 - iii. Responsible for good public relations with media, parents, and officials
 - iv. Promote the sport among players, parents, fans, and community
- d. Financially
- i. Abide by the athletic budget
 - ii. Hand out and collect uniforms and equipment

ATHLETIC ASSOCIATIONS

East Central Illinois Conference (ECIC)

Judah Christian School's high school sports are proud members of the East Central Illinois Conference. All ECIC members agree to schedule one another and to compete in conference tournaments at the end of each season. Affiliation with this conference allows us to name all-conference athletes and to compete at a high level against other schools of similar size and ability. As members, Judah agrees to the ECIC code of conduct and any by-laws or regulations that the conference may have.

Illini Conference

Judah Christian School's junior high sports are proud members of the Illini Conference. All Illini Conference members agree to schedule one another and to compete in conference tournaments at the end of each season. Affiliation with this conference allows us to compete at a high level against other schools of similar size and ability. As members, Judah agrees to the Illini Conference code of conduct and any by-laws or regulations that the conference may have.

Illinois Elementary School Association (IESA)

Judah Christian School's junior high sports teams are members of the IESA. The Illinois Elementary School Association's purpose is to regulate all of the interscholastic activities in which its member schools may engage. As members of this association, Judah Christian School agrees to abide by the association's regulations and by-laws. More information on the IESA can be found at www.iesa.org.

Illinois High School Association (IHSA)

Judah Christian School's high school sports teams are members of the IHSA. The Illinois High School Association's purpose is to provide leadership for the development, supervision, and promotion of interscholastic competition and other activities in which its member schools engage. Participation in such interscholastic activities offers eligible students experiences in an educational setting which may provide enrichment to the educational experience. As members of this association, Judah Christian School agrees to abide by the association's regulations and by-laws. More information on the IHSA can be found at www.ihsa.org.

APPENDIX VI: OFF-CAMPUS VOLUNTEER RESPONSIBILITIES & GUIDELINES

Parents volunteering to supervise off-campus activities for Judah Christian School are charged with the following responsibilities:

- Supervise all students assigned to his or her care until the end of the scheduled activity when the class is reunited, and the teacher assumes responsibility for all students.
- Adhere to a student/volunteer ratio so that no less than 2 children accompany 1 adult at any given time (parent/child pairing is the exception to this guideline).
- Volunteers must monitor student behavior/conversations and report inappropriate conduct to the faculty supervisor.
- No smoking; appropriate videos and music
- Obey all traffic laws and speed limits
- Provide the school with all required volunteer information (see below)

Required Information

Please provide the following information to the main office prior to assuming any responsibilities.

- Copy of valid driver's license
- Proof of valid automobile insurance
- Cell phone number
- License plate number of vehicle used for volunteer activity

APPENDIX XII: CONCUSSION ACTION PLAN

What is a Concussion?

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness to have suffered a concussion. Although most concussions

are mild, all concussions are potentially serious and may result in complications, including brain damage and death, if not recognized and managed properly. In other words, even a “ding” or bump to the head can be serious.

Signs and Symptoms

You can't physically see a concussion, and most occur without loss of consciousness. Signs and symptoms may show up right after the injury or can take hours or days to fully appear. If someone you know reports any symptoms of a concussion, or if you notice the signs or symptoms of a concussion yourself, seek medical attention right away.

Signs of a Concussion:

- | | |
|--------------------------------------------|-------------------------------------|
| -vacant facial expression | -answers questions slowly |
| -confused about assignment | -slurred speech |
| -appears dazed | -shows behavior/personality changes |
| -forgets plays | -can't recall events |
| -is unsure of game, score, or opponent | -seizures or convulsions |
| -moves clumsily in an uncoordinated manner | -loses consciousness |

Symptoms of a Concussion:

- | | |
|------------------------------------|--------------------------------------|
| -headaches | -change in sleep pattern |
| -a feeling of pressure in the head | -amnesia |
| -nausea or vomiting | -“don't feel right” |
| -neck pain | -fatigue or low energy |
| -balance problems or dizziness | -sadness |
| -blurred, double, or fuzzy vision | -nervousness or anxiety |
| -sensitivity to light or noise | -irritability |
| -feeling sluggish or slowed down | -more emotional |
| -feeling foggy or groggy | -confusion |
| -drowsiness | -repeating the same question/comment |
| -concentration problems | -memory problems |

What should I do if I suspect an athlete/student has a concussion?

If an athlete is suspected of suffering a concussion, he or she should be removed from the game or practice **immediately**. No athlete with an apparent head injury (regardless of how mild it seems) may return **without approval from a physician or certified athletic trainer**. The athlete's condition should continue to be monitored for several hours.

IHSA policy requires athletes to provide the school with written clearance from a physician or a certified athletic trainer working with a physician before returning to play after being removed from an interscholastic contest due to a possible head injury or concussion. When in doubt, the athlete sits out.

If at any time the athlete experiences concussive symptoms, he or she must rest until they are 100% symptom free. Then, he or she can resume the step completed prior to symptoms and complete all steps in succession before returning to play.

General Return-to-Learn Guidelines

Post-concussed athletes will be allowed to return to school when symptoms are not aggravated by attending school. Post-concussed athletes will be given extra time to complete exams, quizzes, and homework until deemed fully recovered by the team athletic trainer or physician.

While recovering, if symptoms worsen while attending school, post-concussed athletes will be allowed to exit the classroom immediately, report to the office or nurse, at which time a parent/guardian will be notified, and the student will be allowed to leave school to a more appropriate environment to help relieve symptoms. Depending on the severity of the athlete's symptoms, he or she may choose to return to the classroom.

General Return-to-Play Guidelines

Step 1: Once the athlete is no longer experiencing concussive symptoms for at least 24 hours, a SCAT (Sport Concussion Assessment Tool) test should be performed by the team athletic trainer or physician.

Step 2: If athlete passes the SCAT test, he or she can perform light cardiovascular activity, such as stationary bike that day for 20 minutes.

Step 3: If the athlete does not experience concussive symptoms with light cardiovascular activity, then he or she can perform more strenuous cardiovascular activity, such as jogging, running, or elliptical trainer for 20 minutes the following day.

Step 4: If the athlete does not experience concussive symptoms with the more strenuous cardiovascular activity, he or she can perform non-contact, sports-specific drills the next day.

Step 5: If the athlete completes the non-contact drills without experiencing concussive symptoms, then the athlete is released to participate in practice.

Signing below: Is acknowledgment of signs and symptoms of a concussion and an agreement to abide by the RTL/RTP guidelines outlined above.

Athletic Trainer: _____

Date: _____

Parent/Guardian: _____

Date: _____

Student Athlete: _____

Date: _____

A.D. or Principal: _____

Date: _____

Doctor: _____

Date: _____

Concussion Oversight Team

Certified Athletic Trainer: Tina Allred

School Nurse: Nicole Kursell

Principal: Jim Moxley

Athletic Director: Dirk Miller

Updated 06/01/2023