

CONCORDIA
PREP



**PARENT-ATHLETE
HANDBOOK
2018-2019**

**CONCORDIA PREPARATORY SCHOOL IS
A COMMUNITY DEVOTED TO EXCELLENT
EDUCATION, LEADERSHIP, AND
CHRISTIAN SERVICE.**

ATHLETICS AT CONCORDIA PREPARATORY SCHOOL:
THE CHRISTIAN PERSPECTIVE

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Concordia Preparatory School is here to help train students for a life of service to God and man. Your coaches want to assist you in your spiritual, physical and mental growth, to grow to be more like Christ and “increase in wisdom and stature, and in favor with God and man.” (Luke 2:52) It is the guiding light of Christ’s Spirit in our lives that shows us how to use our mental and physical capacities for God’s glory. Our prayer for you is that you will always continue to develop a deeper relationship with Jesus and that you may find that peace of mind and joy that can only come from our Lord and Savior Jesus Christ.

MAKE GOD “NUMBER ONE”

Christ taught us that we should love the Lord our God with all our heart, and with all our soul, and with our entire mind, and with all our strength. (Mark 12:30) God wants to be number one in our lives, placed ahead of family, friends, possessions, *and athletics*. He wants to live in us (1 Cor. 8:16) and use us to carry out his work in the world. (2 Cor. 9:8) Your coaches firmly believe that your actions in athletic contests, in practice, in school, and in everything you do should be an expression of God’s will for you.

GLORIFY GOD

God Himself commands us as Christian athletes to strive for excellence and competence in our area of participation. “Whatever your hand finds to do, do it with your might.” (Ecc. 9:10) The ultimate goal of our striving must be to give glory to our God, who is the source of all our talents. We strive for excellence in our athletic endeavors that God’s name might be praised (1 Cor. 10:31)

LOVE ALL PEOPLE

The Christian athlete must also strive for excellence through adhering to the rules of the game. Our Christian duty is clearly stated in “Follow the Lord’s rules for doing His work, just as an athlete either follows the rules or is disqualified and wins no prize.” The Christian will exhibit the principles of good sportsmanship as an outgrowth of brotherly love. God’s command to us is “Don’t hate your brother. Rebuke anyone who sins—don’t let him get away with it, or you will be equally guilty. Don’t seek vengeance. Don’t bear a grudge, but love your neighbor as yourself, for I am the Lord.” (Lev. 19:17-18) For the whole law can be summed up in this one command: “Love others as you love yourself.” (Gal. 5:14)

LET YOUR LIGHT SHINE

Athletics at Concordia Prep places a Christian into a special position to witness one’s faith through actions and decisions, both on the athletic field and off. The title, “Christian athlete,” carries responsibility—to Christ for everything one does and a duty to the student’s role as an athlete. A Christian athlete is one who has taken the challenge of life—to do his best and dedicate himself to carry out what he feels is right in life, regardless of the consequences. (1Peter 3:13-15) This challenge, when presented early in life, helps to lay the foundations for a long, full and enjoyable life. (Prov. 22:16)

ACCEPT AND ENCOURAGE DISCIPLINE

As a Christian athlete responsibility is not merely to avoid those things we know will cause us problems, but to do all in our power to improve ourselves and all those around us. As it says in James 4:17, “Whoever knows what is right to do and fails to do it, for him it is sin.” To allow wrongful acts to continue indicates a lack of love. Hebrews 12:5-6, 8 identifies our responsibilities: “My son, don’t be angry when the Lord punishes you. Don’t be discouraged when He has to show you where you are wrong. For when He punishes you, it proves He loves you...If God doesn’t punish you when you need it, as other fathers punish their sons then it means you aren’t really God’s son at all, that you don’t really belong to his family.” Finally the results of correction appear in verse 11: “Being punished isn’t enjoyable—while it is happening it hurts. But afterwards we can see the results—a quiet growth in character and grace.”

The Christian coach and athlete are ready to correct misconduct in Christian Love. Our duty to our brothers and sisters is clearly stated in Gal. 6:1: “Dear Brothers, if a Christian is overcome by some sin, you who are godly should gently and humbly help him back into the right path, remembering that next time it might be one of you who is in the wrong.”

LIVE AND GROW TOGETHER

Athletics offer us a great opportunity for individual growth through Christian fellowship. The development of team spirit and team play, the respect that we develop for each other as fellow Christian athletes (regardless of ability), the joy that we experience from winning and the growth that comes from losing help each one of us to mature into contributing members of the body of believers.

ADMINISTRATIVE RESPONSIBILITY

- The Headmaster of Concordia Preparatory School is the authorized representative to the Maryland Interscholastic Athletic Association (MIAA) and the Interscholastic Athletic Association of Maryland (IAAM) and is responsible to the MIAA and the IAAM and the Board of Directors of Concordia Preparatory School for the conduct of the athletic program.
- The Athletic Director, appointed by the Headmaster and approved by the Board of Directors, supervises the workings of the athletic program and shall be responsible to the Headmaster.
- Coaches and assistant coaches shall be appointed by the Athletic Director and approved by the Headmaster. Coaches shall be accountable for the conduct of their athletes while they are official representatives of Concordia Preparatory School.
- The coaches shall assist the Headmaster and the Athletic Director in the formulation of athletic policy, in the approval of awards, and in the addition of new sports. Meetings will usually be held before the beginning of the school year and at the end of the spring sports schedule.

GENERAL ATHLETIC RULES AND REGULATIONS

All athletes are to...

- Conduct themselves both in and out of school in a manner that reflects the Christ-oriented objectives of Concordia Preparatory School. The athlete is given the privilege of representing these principles for all of us on the court, field, or out in the community.

THIS IS A PRIVILEGE, NOT A RIGHT GUARANTEED ALL STUDENTS!!!

- Refrain from possession or use of alcoholic beverages, tobacco, and any drug or substance designated by law as illegal. **Violations will result in suspension and/or expulsion from team practices and game participation.**
- Have **ten (10)** practice days of full participation before playing in a regular season game. Should a first game be scheduled before opportunity is given for the team to practice for two full school weeks, all athletes are expected to have attended each practice leading up to the first game of the season to be eligible to play.
- Comply with the guidelines established by the coach for dressing out for practices and games.
- Be clean, neat, and well groomed, since they are constantly in the public eye and are representatives of Concordia Prep. The athletic department reserves the right to establish grooming rules beyond those already reflected in the handbook for the respective school.
- Comply with other rules set down by the individual coach.
- Make arrangements to be picked up **no later than fifteen (15) minutes after** the conclusion of practice and **no later than thirty (30) minutes** after arriving back to Concordia Prep from away games.
- Unless specifically excused by the school's administration, an athlete may not be absent for more than three class periods during the day. An authorized doctor's note will be required in order to receive an exemption.

Each coach will...

- Adopt and communicate with families the general policies outlining specific guidelines for that sport season. This list of rules will be distributed to each athlete at the first official team meeting and/or practice with the intention that athletes deliver it to parents or guardians for home discussion at the earliest opportunity. Some coaches may request that a parent signature acknowledging receipt of this information be provided.
- Establish the dress code for home and away games.
- Submit team rosters to the athletic director at least one week before the first scheduled contest.
- Accept no additions to a team roster after the first regularly scheduled game has been played unless the Athletic Director has approved them. Additions will usually not be allowed unless there are unusual circumstances involved.
- Handle administration of discipline due to rules violations. The Athletic Director will not be involved unless requested specifically by that team's coach.

REQUIREMENTS PRIOR TO THE FIRST PRACTICE OF AN ATHLETIC SEASON

The student must have "*Pre-Participation Physical Evaluation*" done and completed by a health care provider as well as the parent/guardian. This form must be on file with the nurse or athletic trainer prior to the first practice for the season. The physical evaluation is good for one year from the "Date of Exam" which is the date the medical provider actually evaluated in person. The Pre-Participation Physical Evaluation form is available on the CP website, in the main office and in the nurse's office.

MEDICAL REQUIREMENT TO PARTICIPATE

The athlete is required to be examined by a medical provider on an annual basis and a “*Pre-Participation Physical Evaluation*” must be completed by both the medical provider and the parent/guardian. This form must be on file with the nurse or athletic trainer before the athlete will be allowed to participate in practice or competition. This physical is good for one year from the “Date of Exam” listed on the form, so in order to prevent any lapses in the athlete’s ability to participate, getting the physical completed during the summer is suggested.

The athletic trainer should also be made aware of any emergency medical/medication needs of an athlete such as the need for an asthma inhaler or Epi-Pen for allergies. These medications need to be carried by the student or arrangements made with the trainer to hold the medications during practice/games.

ATHLETIC TRAINER

Certified Athletic Trainers (ATCs) are medical experts in preventing, recognizing, managing and rehabilitating injuries that result from physical activity. An ATC will provide healthcare coverage for home athletic events and practices. If there is more than one home event concurrently, the ATC will cover the highest risk event (i.e. with the most contact). The ATC will still be available onsite and on call for a non-covered home event and when multiple practices are occurring at the same time. If the ATC is unable to cover a home event, arrangements will be made if possible for another ATC to cover the event. In the event an ATC is not available for a home event or practice, coaches will be made aware of the location of the AED and first aid supplies. Practices that take place on a non-school day may not be covered by the ATC unless prior arrangements are made between the coach and ATC.

STUDENT ELIGIBILITY TO PARTICIPATE

The following eligibility plan is devised for the sole purpose of identifying students who have academic/social needs that need to be addressed. A plan may then be set in motion to help all parties face the problem and make some hard decisions.

- A student-athlete may not represent his/her school in any given sport for more than four years at the varsity level and may only participate in any given varsity sport only once at each level of education (9th – 12th grade).
- A student-athlete who attains his/her 19th birthday on or after September 1st of a given academic year may participate only on the varsity level
- A student-athlete who has attained his/her 19th birthday before September 1st of a given academic year is not eligible to participate at any level of competition.
- Any athlete demonstrating negative citizenship may be removed from a Concordia Prep team or squad by his coach, the Athletic Director, the school principal or the Headmaster. Actions on the part of the student athlete that require administrative action or suspension from school shall be considered demonstrations of (but not exclusive examples of) serious negative citizenship.

Academic Eligibility for Athletics

If a student wishes to participate in co-curricular activities, that student will meet the following criteria:

- The student will maintain a GPA of at least 70% each quarter.
- The student will have no more than one failure per quarter.

Eligibility is reviewed at the end of each marking period. Grades from the previous quarter are used to determine eligibility for the current season.

Students who are ineligible at the close of a quarter will have their eligibility status reviewed at midterms of the next quarter. Any student has the option of requesting an eligibility review two weeks after the issuance date of report cards as published in the school calendar. The student, no coaches, teachers, or administrators must make this request. If an ineligible athlete is deemed to have become eligible, he/she may return to competition beginning on the Monday of the new school week. The student's eligibility will be reviewed again at midterm to determine continual academic eligibility for the present quarter.

No student will be allowed to miss a class in which he/she is receiving a failing grade so that he/she may attend a co-curricular activity.

Any student demonstrating serious negative citizenship may be removed from membership in a co-curricular activity. Actions on the part of the student that require administrative probation or suspension from school shall be considered as demonstrations of serious negative citizenship.

In extraordinary cases, the school administration may, upon the recommendation of a faculty member and the student's parents, ask that a special waiver be awarded. Specific guidelines including but not limited to class preparation, class participation, academic achievement, will be monitored on a weekly basis by a teacher supervisor. A progress report will be submitted to the principal and athletic director who will decide eligibility on a weekly basis. This waiver may be granted only once during a student's time at Concordia Preparatory School.

The above standards apply to all co-curricular activities. These include athletic teams, drama, choir tours, band tours, and any other school sponsored groups. Questions about eligibility may be directed to the appropriate principal.

Note: *Student Athletic Handbooks* are available from the athletic department.

RISK ASSOCIATED WITH ATHLETIC PARTICIPATION

The very nature of athletic competition provides for potential risk and injury to occur. Even with protective equipment, proper supervision, and sound instruction, injuries still do happen. In extremely rare cases, even death could result. All athletes and parents need to be aware of these potential hazards within the athletic arena. The Concordia Preparatory School athletic department will always do whatever it can to assure that our athletes have a safe and healthy athletic experience.

MEDICAL REQUIREMENT TO PARTICIPATE

- Concordia Prep cannot be held responsible for injuries which occur as a result of your participation in the athletic program.

- Athletic injuries should be reported immediately to the coach, athletic trainer or school nurse, so that he/she might recommend proper medical attention. **THIS IS IMPORTANT TO REDUCE OR PREVENT EVEN MORE SERIOUS IMPAIRMENT.**
- Injuries requiring immediate attention will be evaluated by the host athletic trainer.
- **AN ATHLETE WHO IS HELD OUT OF COMPETITION FOR AN EXTENDED PERIOD OF TIME DUE TO A SERIOUS ILLNESS OR INJURY WILL NOT BE ALLOWED TO RETURN TO PRACTICE AND/OR GAMES UNTIL A DOCTOR'S RELEASE IS SUBMITTED TO THE ATHLETIC TRAINER.**

Department Policy on Performance Enhancing Supplements or Drugs

Healthy student-athletes do not need supplements. Our students are encouraged to maintain a healthy diet, lifestyle, and exercise regimen in order to optimize performance. Use of illegal performance enhancing substances such as anabolic steroids, diuretics, HGH, etc. is now included in our athletic training rules and will result in dismissal from the team. There are many other commercially available products (such as Creatine and other nutritional supplements) marketed for the purpose of enhancing athletic performance. We advise against use of these products; studies on their long-term effects are incomplete, and they may be detrimental to the health and performance of young student-athletes. They potentially can be dangerous when used inappropriately. Our athletic training staff is knowledgeable about the use and dangers of these products and they are available to answer questions from students and parents.

CONCUSSION INFORMATION

A concussion is a type of brain injury that changes the way the brain normally works. All concussions are serious. It is also sometimes called mild traumatic brain injury (MTBI). A concussion is caused by a bump, blow or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Remember you can't see a concussion and some students may not experience or report symptoms until hours or days after the injury.

Medical evidence confirms that adolescents react differently to concussions than adults and are more susceptible to serious complications. Allowing time for the brain to heal by providing physical and cognitive rest and protecting youth from a second injury is particularly important (Valvovich-McLeod & Gioia, 2010). Youth who sustain a second head injury before the brain has healed from an initial concussion are in danger of causing prolonged concussion symptoms (Vagnozzi, et.al, 2010). They are also vulnerable to a rare life threatening condition called Second Impact Syndrome.

For more information on concussions visit www.cdc.gov/concussion.

Symptoms observed by coach or parents:

- Appears dazed or stunned
- Is confused about events/unsure of game, score, opponent, position
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump, or fall
- Can't recall events after the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes

Symptoms Reported by the student

Thinking/Remembering

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Emotional

- Irritable
- Sad
- More emotional than usual
- Nervous

Physical

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not “feel right”

Sleep

- Drowsy
- Sleeps less than usual
- Sleeps more than usual
- Has trouble falling asleep

If the athlete is suspected of incurring a concussion:

- Any athlete even suspected of suffering a concussion should be removed from practice or game immediately by the coach or athletic trainer. The athlete will not return to play that day.
- Parents should inform your child’s coach, athletic trainer, or school nurse if you think your child may have a concussion.
- The athlete should be evaluated by the athletic trainer or the school nurse as soon as possible after the suspected concussion or if the athlete begins reporting symptoms at a later time. The parent/guardian will be notified if the student is suspected of having a concussion and after being evaluated a *Head Injury Take Home Instruction* form will be sent home with the athlete.
- Depending on the athlete’s symptoms, the athletic trainer or school nurse may refer them to a Licensed Health Care Provider (LHCP). A LHCP is a physician, Nurse Practitioner, Physician’s Assistant or Neuropsychologist. If the athlete is referred to a LCHP, a written clearance to return to play from the LHCP must be received by the athletic trainer or the school nurse in order for the athlete to begin a return to play progression.
- Once a clearance from the LHCP is received, the return to play progression is typically 5 days provided symptoms do not reoccur during the progression.
- The athlete who is recovering from a concussion will not be allowed to attend sports practices unless they have been able to attend a full day of school.

Please refer to Concordia Preparatory School’s Concussion Policy for more information. The MIAA and IAAM have also adopted concussion policies based on the new Maryland State Regulations.

IAAM Heat Acclimatization Policy

Schools within the IAAM shall have a **Heat Acclimatization and Hydration Plan** on file to address proper heat acclimatization as part of their Fall Preseason Practice Period. This Plan should be created and agreed upon by the Head of School, Athletic Director and the Athletic Certified Trainer and reviewed by the school’s legal counsel. There are a number of resources available for schools and staff, please contact the IAAM League office for further assistance

ANTI-HAZING

Hazing or initiation activities on the part of Concordia Preparatory School students or organizations sponsored by Concordia Preparatory School are strictly forbidden. Student participation in any activities that might be dangerous or construed as hazing and/or physical or sexual harassment may result in one or more of the following consequences:

- Immediate suspension or expulsion from school
- Suspension or removal from the school sponsored organization/team
- Law enforcement referral

When occurring on an athletic team/co-curricular activity, the coach/sponsor, athletic director and principal will determine appropriate consequences for student(s) involved in acts of hazing, and/or physical or sexual harassment.

MIAA (BOYS) ATHLETIC ASSOCIATION RULES:

No middle school boys may serve on any upper school teams and play in any high school contest/games.

MIAA TRANSFER POLICY

A transfer student is one who changes enrollment from one school to another. Please read the transfer policy guidelines below.

If you have any questions, please call the MIAA league office at 410-768-6422

- 1) A transfer student who changes schools during the school year and has participated in interscholastic athletics at any level at his former school is ineligible to participate in interscholastic activities for the remainder of that school year. Additionally, that student, if he or she was a varsity athlete at his or her previous school, is ineligible for participation in that (those) sport(s) for one calendar year from the date of enrollment. Please refer to the definition of a “varsity athlete” which is addressed below.
- 2) A transfer student who migrates from one member school to another and was a varsity athlete at his or her previous school is ineligible to participate in that sport at the new school for one calendar year beginning with the first date of enrollment at the new school. If that student was an undersquad athlete (freshman or junior varsity) at his previous school, he or she may transfer without penalty unless transferring under stipulations in paragraph 1.
- 3) **Open Enrollment Period** – An Open Enrollment Period will be offered for non-member student athletes. From June 1 through September 1, student athletes transferring from any non-member school to a member school, may transfer to and participate in interscholastic athletics, at any level, without penalty. In order to qualify under this guideline, all appropriate paperwork must be completed and the enrollment contract deposit must be paid on or before September 1. The MIAA reserves the right to request copies of any enrollment contract. The student-athlete must physically be attending classes on the first day of fall classes or by September 1. If the opening of the member school is after September 1, the required paperwork and deposit must be complete on or before September 1.
- 4) **30 Day Rule** – A transfer student, regardless of prior participation, who transfers between September 1 and May 30 of any academic year may not participate in a league competition of this Association until 30 days after the date of enrollment at the new school, which date may not precede the last day of the student’s attendance at the prior school.

5) **Date of Enrollment** – Date of enrollment is defined as the first day the student is physically attending classes.

6) **Varsity Athlete** – For transfer purposes, a varsity athlete is defined as a student who has participated in any way in a varsity game which determines seeding in a tournament or placement in a conference or in any game that counts towards the point system for a conference or state playoff. Varsity game participation is based on participation in grades 9 through 12 only. A student-athlete is limited to four years of participation in any one sport in grades 9 through 12.

The only exceptions to this policy are the following:

- a) if a student were to change his primary residence; a change in primary residence means a move of more than 30 miles from his present residence.
- b) if a student's present school eliminates the athletic program in which he/she is participating.
- c) a student who attends a boarding school for one full academic year, or who resides at a temporary residence to attend another school, may transfer to a member school without penalty regardless of prior participation.

This policy is effective as of June 1, 2009.

MIAA EJECTION POLICY

A player who is ejected from a non-league game or contest (for other than physical or verbal abuse of a game official) is automatically suspended from participation in that team's next scheduled game or contest. An individual ejected before, during or after any league contest, the result of which affects the standings or playoff seedings of the competing schools, is suspended for the next scheduled league contest. An individual ejected during a school's final league or non-league contest must serve his suspension during his team's next scheduled league contest which includes a league championship, tournament or playoff game. If the individual's school is not participating in the league championship tournament, the suspension carries over to the first conference contest in the next academic year. In the event of an individual performing in a tournament, it is the next scheduled time he is to compete. The two yellow card rule (soft yellow) in soccer does not fall under this ruling.

A player ejected, before, during or after a contest, for the physical or verbal abuse of a game official or for an ejection involving an altercation with an opposing player which results in attempted or actual physical contact with that player is automatically suspended for the next schedule contest, and may not participate again until a review of the ejection incident is made by the Executive Director. The Executive Director, after conferring with the individual's head of school, athletic director and executive committee, may impose additional penalties. The additional penalties are non appealable. Penalties issued by officials for unsportsmanlike or dangerous physical contact to another player may come under the review of the executive director or executive committee for additional sanctions.

It is the responsibility of the individual's athletic director to enforce this rule and notify the executive director, for documentation purposes only, of the ejection and subsequent suspension.

The game officials' decisions regarding an individual's ejection from a game or contest are final and binding; no appeals will be entertained.

Failure to enforce the suspension by allowing the ejected individual to participate in the subsequent contest results in the automatic forfeiture of the game or contest in which the de facto suspended individual participated.

ANY PLAYER ISSUED A RED CARD OR CITED FOR FLAGRANT FOUL MISCONDUCT OR UNSPORTSMANLIKE CONDUCT AFTER TIME HAS EXPIRED WILL SERVE A SUSPENSION AS UNDER NORMAL GAME TIME EJECTIONS. NO EJECTION IS APPEALABLE REGARDLESS OF THE CONDITION CITED BY THE OFFICIALS TO JUSTIFY THE EXPULSION. THIS WOULD INCLUDE SERIOUSNESS OF THE FOUL OR MISINTERPRETATION OF THE RULES.

IAAM (GIRLS) ATHLETIC ASSOCIATION RULES:

No middle school girls may serve on any upper school teams and play in any high school contest/games.

IAAM TRANSFER POLICY

Definition of a Transfer Student:

A transfer student is one who changes enrollment from one school to another after high school matriculation.

Academic Year Transfer

A student-athlete may not represent two schools in athletics in the same academic year regardless of the competitive level she has participated. Therefore, any student transferring during the academic year is not eligible to participate in interscholastic athletics, at any level, during that academic year if she has participated in athletics at any level at her previous school.

Open Enrollment Period

An open enrollment period will be offered for member and non-member student-athletes. From June 1 to September 1, student-athletes transferring from any member or non-member school may transfer to and participate in athletics, at any level, without penalty.

IAAM EJECTION RULE

Any player or coach who is ejected for any reason from a game or contest, is automatically suspended from participating in a minimum of one game or contest, commencing with the team's next regularly scheduled game or contest. Individual member schools may impose heavier penalties. It is the responsibility of the Athletic Director to enforce this rule and notify the Executive Director of the ejection and subsequent suspension.

***** THERE ARE SPECIFIC RULES IN REGARDS TO THE RECRUITMENT OF STUDENT/ATHLETES. IF YOU HAVE QUESTION ABOUT THESE SEE THE ATHLETIC DIRECTOR FOR THE MIAA OR IAAM'S POSITION.**

MIGRATION BETWEEN SQUAD LEVELS

Unless specifically stipulated otherwise by the Sports Committee of the MIAA or IAAM, in any given season once a student has played in a league game on a higher squad level, the student may not play in league games at a lower level.

Regardless of the league status of an athletic competition, a student-athlete may not participate on two squad levels of the same sport in the same day.

EQUIPMENT

- Concordia Prep athletic equipment is to be worn or used for practice sessions and/or athletic contests only. **Team uniforms are not normally worn during the school day.**
- AN ATHLETE IS FINANCIALLY RESPONSIBLE FOR ANY ATHLETIC EQUIPMENT ISSUED TO HIM/HER. Lost equipment, which is found later, shall be returned to the Athletic Director. A refund will be given for any usable equipment that has been returned.
- An athlete should wear only the equipment issued and should NOT permit its use by another person!
- Equipment of other schools is not to be worn at school by CPS athletes.
- Athletes are to turn in their equipment one week from the time they leave the team or within ten (10) days following the close of the season. **FAILURE TO DO SO COULD RESULT IN THE ATHLETE FORFEITING ALL AWARDS/HONORS HE/SHE HAS ATTAINED FOR THAT PARTICULAR SPORT AND REPORT CARD BEING HELD!!**

SCHOOL/PRACTICE/GAME ATTENDANCE

- Unless specifically excused by the school's administration by a note from an authorized physician, an athlete **may not** be absent for more than three class periods and still participate in an event that day.
- Class attendance, punctuality, and attendance at practices are expected. Unexcused absences or tardies are a discourtesy to your teammates and coaches.
- It is expected that all student-athletes will be at all practices/games. It is the responsibility of the athlete to **personally inform** the coach if he is unable to be at a practice/game. Missing a practice/game to compete on an outside team is **NOT** an acceptable excuse.
- All athletes must have **ten (10)** practice days of full participation before playing in a regular season game.

OUTSIDE PARTICIPATION

A student-athlete's first responsibility is to the interscholastic team that he/she chooses to be a member of. If a team is to be successful, there must be a total commitment to the team by all its members. Because of this the following standards have been established for those student-athletes who have chosen to be a member of an interscholastic team at Concordia Prep. Failure to disclose outside participation may result in removal from the CPS team. Any outside participation shall not conflict with the practice or contest schedule of the school during regular or post-season play.

TRANSFERRING FROM SPORT TO SPORT

It is understood that an athlete's interests may change in a given sport and that he/she would prefer to play another sport. If an athlete wishes to switch to another sport, the following steps must be adhered to:

1. Athlete informs coaches of both sports of his/her intentions.

2. A final roster of the sport the athlete would like to join has not been established where “cuts” have been made.
3. Both coaches and athletic director support the transfer.

A student-athlete may not try out for a team if two weeks have expired since the first day of practice and/or cuts have been made unless there have been extenuating circumstances. In either case the circumstances must be evaluated and approved by the head coach and Athletic Director. Any such student-athlete must practice for at least 10 days prior to any competition. No student-athlete may quit a team and join another team in the same season once a team roster has been established. If a student-athlete wishes to quit a team and join another team in the same season, both coaches must be in agreement and the team the student-athlete wishes to join must still be in the team selection process.

CYBERIMAGE ISSUES

Student-athletes represent Concordia Preparatory School all year, not just during the sports season. As a result, Concordia Preparatory School encourages safe and responsible student behavior with regard to internet use. We highly recommend our students avoid inappropriate use of public web sites such as Myspace, Facebook, YouTube, Twitter, Instagram or any other such sites. Any identifiable image, photo, video, or posted on-line conversation discovered which implicates a student-athlete to have been in violation of our Alcohol and Drug Policy and Athletic Code of Ethics may be investigated.

INSURANCE

All students participating in interscholastic athletics must have some form of accident insurance. Check with your family insurance provider to see if your current policy gives adequate coverage. **NO ATHLETE MAY PARTICIPATE IN ATHLETIC PRACTICES AND/OR GAMES UNTIL WRITTEN VERIFICATION OF THIS INSURANCE IS ON FILE IN THE SCHOOL OFFICE.**

TRANSPORTATION TO/FROM “AWAY” GAMES

- Athletes will be expected to travel to and from “away” contests with the team. If an athlete wishes to be with his/her parents after a contest, the parent must **verbally** inform the coach that he/she is taking his/her son/daughter home and permission from the coach must be granted.
- If an athlete wishes to transport him-/herself to an away game...
 1. **WRITTEN (NOT VERBAL)** permission from a parent/guardian **MUST** be submitted to his/her coach or athletic director **PRIOR** to the contest.
 2. He/She **MAY NOT** transport any other student with him/her to the game.
 3. However, upon **WRITTEN** request from a student-athlete’s parent, a student could ride home with another athlete’s **parents**.

In giving their written approval, the parent/guardian is **ASSUMING** responsibility for that student’s transportation and **Concordia Prep IS NOT responsible** for what occurs while going to or coming from an athletic event/practice.

CONDUCT/BEHAVIOR ON SCHOOL VEHICLES

All conduct of a student-athlete should reflect Christian morals/values. Student-athletes have the same responsibilities on school vehicles as they have while at school. However, specific rules have been established in order to help guide specific conduct of the student-athlete while on a school vehicle:

- Students are to remain in their seats any time the vehicle is moving.
- Opening and closing of windows should be handled carefully and only with adult permission.
IF YOU OPEN IT, YOU CLOSE IT!
- Calling out of windows or making any type of gestures through the windows is strictly forbidden.
- Students are **NOT** to place any body part out of the school bus/van's windows, nor is anything to be dropped, tossed, thrown or ejected from a bus or van window.
- Students are responsible for keeping the interior of the vehicle free from any and all debris. Coaches are well within their rights to request bus clean-up after each use of the vehicle, even if this means detaining riders until satisfactory clean-up has been completed.

SPORTSMANSHIP

* Definition: fair, honest play and rivalry with a graceful acceptance of results.

Sportsmanship is one of the cornerstones of the Concordia Prep athletic department. Competition should involve strong but friendly rivalry and not an atmosphere of confrontation. Coaches, athletes, and fans must set the example of winning without boasting and losing without bitterness. The success of a program can sometimes be measured by the respect earned from its opponents. It is imperative that our teams, coaches, players, and fans enhance and maintain the principles, integrity, and dignity of Concordia Prep.

Positive spectator participation is an important part of the Concordia Prep athletic experience. Spectators should always be mindful that the competing athletes are merely friendly rivals from opposing schools. They are **NOT** enemies!! They and their coaches spend many long hours preparing for competition, just as our student-athletes have done. The visiting team and their fans are guests of our school. The officials have been assigned to administer the rules of the sport. Their training, experience, and integrity qualify them to be a part of our athletic competitions. Our spectator enthusiasm at an event should reflect that.

DO'S

Remain silent during the playing of national anthem
Applaud during introductions
Cheer, chant, clap, etc. for your team
Appreciate hustle and determination
Show concern for all injured players
Be respectful of all participants efforts
SUPPORT YOUR TEAM!!!!!!

DON'TS

Single out opposing players for derogatory remarks
"Boo" players, coaches, or officials
Use profanity, vulgarities, innuendos, etc.
Use Noisemakers – **Prohibited by MIAA**
Ruin the game for those around you

FAILURE TO ABIDE BY THESE SUGGESTIONS COULD LEAD TO REMOVAL FROM CONTEST AND EVENTUAL SUSPENSION FROM ATTENDING ATHLETIC CONTESTS AT CONCORDIA PREP!!!!

AWARDS

The athletic awards given to the athletes who represent Concordia Prep in interscholastic competition are entirely honorary awards and are not to be considered compensation for participation in sports. The following procedures list the requirements of earning an athletic award.

All athletes desiring to letter must meet the following basic requirements:

1. Attend ALL practices, squad meetings, and contests regularly and promptly. If a player will be missing a practice or contest the coach is to be notified personally by the player involved prior to the practice or contest (unless the athlete is out of school due to injury, illness, etc.) This is very important.
2. Demonstrate to coaches, teammates, to the school, and to the community his/her loyalty, cooperation, sportsmanship, and Christian citizenship.
3. All athletes receiving a letter award must finish the season or be granted a letter by special vote of the athletic committee. Athletes who become ineligible or are removed from the team due to rule violation will not be granted a letter, even if he/she has played sufficient time prior to becoming ineligible.
4. Meet the specific letter standards for each sport.

AWARDING OF LETTERS

- Letters are awarded to those individuals in each sport whom meet the minimum standards as outlined in “Requirements for Varsity Letters” and have met the basic requirements listed above. Male and female athletes will receive a 6” block “CP”, gray on red.
- The designation of a sport being of the junior varsity or varsity level will be determined by the following criteria:
 1. Level of competition scheduled

2. Length of season (must meet the minimum number of contests established by the athletic committee)
 3. Age of sport (number of years it has been offered)
- When an athlete earns his/her second varsity letter in a given sport, he/she receives a bar pin; bars indicates the number of years an athlete has earned a varsity letter in a given sport.
 - All letter awards are recommended by the coach of that specific sport and approved by the Athletic Director.
 - Managers or statisticians shall be eligible for the same award as players. Their letter shall be designated with a MGR or STAT of the traditional insert.

WEARING OF AWARDS

- Only athletes who have been given an athletic award may wear the designated award.
- Athletes may not give their athletic awards or letter jacket to another person to wear.
- Only letters, emblems, etc. presented by Concordia Prep may be attached to the official school letter jacket. Medals won at high school tournaments or playoffs may also be attached.

AWARD CEREMONIES

- Each season will have a separate athletic awards night to be held at Concordia Preparatory School.
- Each coach will make the presentation of letters/pins and certificates to his/her players along with the individual sports awards.
- All major awards will be given out at the Concordia Preparatory School Academic Achievement Night held in the Spring.

REQUIREMENTS FOR VARSITY LETTER

The following specific requirements in the various sports must be met in order to be eligible for a letter award at Concordia Preparatory School. However, it must be noted that all basic requirements listed on the previous page must be met before these sport specific requirements are considered.

BASEBALL

The athlete must participate in two-thirds (67%) of the total number of games played by the team during interscholastic competition.

A pitcher who normally plays no other position may qualify by participating in one-fourth (25%) of the total number of innings played by the team.

GIRL'S BASKETBALL

The athlete must participate in two-thirds (67%) of the total number of quarters played by the team during interscholastic competition.

BOY'S BASKETBALL

The athlete must participate in two-thirds (67%) of the total number of quarters played by the team during interscholastic competition.

The athlete must have played in one complete quarter.

BOY'S LACROSSE

The athlete must participate in two-thirds (67%) of the total number of quarters played by the team during interscholastic competition.

CHEERLEADING

Cheerleaders must have no unexcused absences from practice and must be present and cheering at all home games and tournaments.

CROSS COUNTRY

The athlete must accumulate five points over the course of the season. Points are awarded on the following basis:

- 1 point for beating the 5th runner from the opposing team in a dual meet
- 1 point for running and finishing in an invitational/ championship meet
- 2 points for placing in the middle third finishers in an invitational/championship
- 3 points for placing in the top third finishers in an invitational/championship meets.

FOOTBALL

The athlete must participate in two-thirds (67%) of the total number of quarters played by the team during interscholastic competition.

GIRL'S LACROSSE

The athlete must participate in two-thirds (67%) of the total number of quarters played by the team during interscholastic competition.

SOCCER

The athlete must participate in one half (50%) of the halves played. A goalie who normally plays no other position may qualify by participating in one quarter (25%) of the game and play at least two (2) full halves.

The athlete must play at least fifteen minutes in one game.

SOFTBALL

The athlete must participate in two-thirds (67%) of the innings played during the present season. A pitcher who normally plays no other position may qualify by participating in one-fourth (25%) of the total number of innings played by the team.

TRACK & FIELD

The athlete must participate in two-thirds (67%) of all meets during the present season.

VOLLEYBALL

The athlete must participate in a minimum of one-third of all varsity-scheduled games.

STATISTICIANS

The young man/woman must serve two years in the same sport or serve in the same capacity for two different sport teams in the same year

MANAGERS

The young man/woman must be present at all practices and/or games and fulfill the expected responsibilities placed upon him/her by the coach of the specified team.

SPECIAL CASES:

-An athlete who does not qualify on the basis of general and/or specific requirements for letters may letter upon the recommendation of the coach and with the approval of the Athletic Director.

-An athlete is eligible to receive a letter if he/she has participated in a given sport for four years even if he/she has not met the specific requirements (general requirements must be fulfilled). However, this is not automatic and should be given only upon recommendation of the coach and with the approval of the athletic director.

SPECIAL AWARDS

Each year the athletic department of Concordia Preparatory School gives awards to various students for their contributions to the interscholastic athletic program. The department believes that there are students who demonstrate special qualities in athletic performance and who deserve recognition by being recipients of these awards. In doing so, the athletic department is not in any way intending to ignore others who have also greatly contributed to our athletic program. All students who have contributed are very much appreciated for their efforts. However, it must be understood that there are people who possess special talents, skills, and abilities not only in athletics but also in all aspects of life. It is these students of Concordia Prep that the athletic department wishes to acknowledge for their special abilities. The special awards and their general description are listed below.

MOST IMPROVED PLAYER AWARD (MIP)

This is awarded for each varsity sport. It is the individual who has improved the most over the course of the sport season in regards to skill, attitude, teamwork, and sportsmanship. The process for determining this award (vote or coach's choice) is left up to each individual sport.

COACH'S AWARD

This is awarded for each varsity sport. This is a special award given by each varsity coach to one of his/her players who might not have qualified for MIP or MVP but should be lifted up for his/her contributions to the success of the team. This is chosen solely by the coach and is not voted upon.

MOST VALUABLE PLAYER (MVP)

This is awarded for each varsity sport. In a very real sense the most valuable person on a team is the person who not only contributes in the area of points scored, runs batted in, goals scored, matches/meets won, etc., but who through his/her attitude, participation, conduct lifts the ideals that the athletic

department and Concordia Prep really exemplifies. The process for determining this award (team vote, coach's choice, or a combination of each) is left up to each individual sport.

SCHOLAR ATHLETE

This is awarded to the student-athlete (male and female) who maintains the highest GPA (a minimum of 86% or 3.0) for the first three marking periods of the present school year and who has also earned a varsity letter as a Sophomore, Junior or Senior.

SENIOR ATHLETE AWARD

A female and/or male athlete is/are chosen by a vote of the varsity coaches from the present senior class and are recognized for his/her Christian sportsmanship, leadership, positive attitude, coachability, teamwork, scholarship, and athletic skill.

C. MARKLAND KELLY, JR. ATHLETIC SERVICE AWARD

This award is presented to a female and/or male student-athlete who has best-demonstrated outstanding characteristics in the areas of leadership, scholarship, teamwork, sportsmanship, and promotion of athletics/physical education within the school. The student may be an athlete, but it is not a requirement. All coaches (junior varsity and varsity level) and physical education instructors are asked to submit nominates for this award. All names are then placed on a ballot and the coaches and physical education instructors then select one male and/or female to receive the award.

CHRISTUS VICTOR

This award is open to any student who participated on a varsity squad regardless of grade level for the present school year. One boy and/or girl is/are selected. The goal of this award is to lift up those students who, even at what may be an early stage or spiritual maturity, are providing a positive Christian role model to their peers. The names of all that participated on a varsity squad are circulated to the school faculty. Each is allowed to choose three young men/or three young women that they feel are deserving of the award. The faculty vote is tabulated and the top three female and male votes are placed on a ballot that is distributed to the junior varsity and varsity coaches. The coaches will select one male and/or female recipient of the award. In the case of a tie, the Athletic Director casts the deciding vote.

Assumption of Risk/Consent for emergency treatment:

By my signature below, I consent to my child engaging in all sports supervised by and sponsored by Concordia Preparatory School, including competitive games with other schools. I understand that participation in any sports activity carries an inherent risk of injury. I hereby give consent for first aid to be administered by the athletic trainer or certified first aid provider in the event of injury. In case of an emergency that requires immediate attention, I understand that my child will be taken to the nearest hospital Emergency Room. I understand all attempts will be made to contact a parent prior to transportation.

Parent/Guardian Signature

Date

Parent-Athlete Handbook

Athletics at Concordia Preparatory School provides young men and women with an opportunity to develop a firm foundation in the areas of fundamentals, team work, sportsmanship, and self-discipline. Being a member of a Concordia Prep athletic team is a privilege that brings with it responsibilities for both the athlete and his/her parents. A member of the Saints and his/her parents are Christian witnesses to the general public and the community as a whole and as such their behavior should serve as an example for others in our community and Christian family to follow. An athlete's and his/her parents should at all times reflect the ideals and goals of Concordia Preparatory School.

Because of this responsibility we are asking you as parents to agree to the guidelines outlined in this parent/athlete handbook.

I have read and understand the rules and expectations of Concordia Preparatory School as outlined in this handbook. This page must be signed and returned to the coach before the first regular season contest.

Name of Athlete

Sport

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date