



Athletic Handbook

Helena Christian School

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Motto/Tag Line

Educate * Build * Inspire

Vision Statement

Following Christ's call to impact the world.

Mission Statement

Educate students with academic excellence and biblical training, build Godly character, and inspire them to a life of service to their Savior.

School Verse

"He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." - Micah 6:8

Core Values "CLEAR"

Community of Believers--Being led by God while partnering in unity to accomplish the school's mission. (Ephesians 4:3)

Leadership by Christ's Example--Encouraging others in their pursuit of Christ by reflecting Christ's character while fulfilling the roles in which I have been placed. (Hebrews 10:24)

Excellence in all things--Achieving my best in the school, the home, the church and the community; to do as unto the Lord. (Colossians 3:23)

Accountability on all levels--Answering to God & others for my speech, actions and attitude. (Romans 14:12)

Respect for everyone, everywhere--Being more like Jesus by exhibiting kindness, righteousness and humility. (John 13:34-35)

Athletic Philosophy

Colossians 3:17

...and whatever you do, in words or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

At Helena Christian School, athletes are expected to glorify God on and off the court/field. Athletes are encouraged and expected to do their absolute best within the context of good sportsmanship and their responsibility to represent our Lord Jesus Christ. At Helena Christian School, the goal is to compete at a very high level, winning as often as possible; however, winning will never take precedence over good sportsmanship and honoring our Lord and Savior.

The following items are qualities expected of HCS Coaches and athletes:

1. Loyalty – Team Player
2. Priorities – Solid Commitment
3. Consistency – Availability
4. Submission – Coachable
5. Dependability – Reliability
6. Honesty – Trustworthy

The following are important to being a successful team:

1. Being a team: 1 Corinthians 12:25, 26
2. Showing respect: Romans 13:7
3. Excellence: Colossians 3:17
4. Perseverance: Philippians 3:13-15
5. Obedience: Ephesians 6:7, 8
6. Self-Discipline: 2 Timothy 1:7

Athletic Objectives

1. To honor God with our play.
2. To develop God-given skills and talents.
3. To develop positive relationships within the context of sports.
4. To learn valuable life lessons such as:
 - a. Teamwork
 - b. Self-Discipline
 - c. Work Ethic
 - d. Excellence
 - e. Goal Setting
 - f. Sportsmanship
 - g. Sacrifice
5. To keep our temples healthy and in good shape. (Romans 6:23)

Participation

Only Helena Christian students may participate unless given permission by the Athletic Director, the HCS Administration, and the Montana Christian Athletic Association (MCAA).

Students who are homeschooled or attending a private school other than HCS (referred to as non-HCS students) are eligible to play sports for HCS under the following stipulations:

1. **Athletic Fee**
Athletes must pay the sports fee that has been set for the sport and level in which they are participating.
2. **Interview**
A non-HCS student applying to play sports at HCS must be interviewed, along with his/her parents, prior to acceptance into the HCS sports program.
3. **Eligibility and Team Openings**
Eligibility to play a particular sport is contingent upon whether there are openings on the team after HCS students are first given the opportunity to participate (per MCAA numbers). Any student is eligible to participate in athletics at Helena Christian School provided they are taking at least 2 HCS credits for the entirety of the school year (Bible is a required class). However, depending on the MCAA By-Laws the credit requirement may be more for specific sports. Any non-HCS student who has played for one year will be grandfathered into the team, upon payment of the required fees.

Physicals and Release Forms

All athletes are required to have a sports physical and provide HCS with a copy of their current physical. This is a prerequisite for practicing or being able to participate in any team functions other than meetings. Sports physical forms will remain on file with the Athletic Director and will be valid for the academic year in which they were acquired. Physicals must be completed after the prior school year has concluded.

When an athlete is injured and goes to a doctor then he/she must have a doctor's note releasing them to play or practice again.

Transfers

Transfer students may participate in athletics during their first semester of attendance at HCS unless restricted from doing so by the Athletic Director and/or Administration. All MCAA rules

and guidelines will also be adhered to. Transfer students are subject to all participation guidelines outlined above, as well as all eligibility requirements to follow.

MCAA Eligibility

Athletes enrolled at Helena Christian are eligible to participate in Varsity Sports for up to 5 years. In hardship cases, 7th graders may be granted eligibility by HCS and the MCAA to play Varsity sports when the number of participants falls below numbers which have been set by the MCAA.

- 8th graders' participation at the high school level will be determined by the number of athletes in grades 9-12. In years when 8th graders are invited to participate at the high school level, the invitation will be open to all 8th grade students, not just select athletes. Equal playing time is not guaranteed, only the opportunity to earn playing time and be part of the team.

Academic Eligibility

Academics are a priority for student athletes. Academic eligibility for student athletes will be determined weekly. If a student athlete has below a 2.0 grade point average, one F, or two Ds at the end of a week (Wednesday to Tuesday), he or she is academically ineligible for the following week. Students will be notified in person and the parents, Athletic Director, and coaches will be notified by email. Ineligible athletes are required to attend all practices and home games. A student athlete's fourth quarter grades from the year before may determine whether he or she is eligible to participate in games during the first month of the fall season.

Practices

Practices will be scheduled by the Athletic Director. Practices are normally limited to Monday, Tuesday, Thursday and Friday. Wednesday team meetings (high school sports only) will last no more than 1 hour to allow and encourage students to attend church activities. Any other arrangements such as Wednesday practice or Saturday practices must be approved by the Athletic Director.

Before participating in a game, an athlete must have participated in at least 10 practices.

A player who misses practice with an unexcused absence may not be eligible to participate in the next game. If a player needs to miss practice for some reason other than family emergencies or sickness, the player must communicate with the coach beforehand. Work is not

an excused reason for missing practice and will be considered unexcused. A player must be in school by 10:30 AM in order to be eligible to participate in that day's games or practices. Seniors who only attend a portion of the school day must attend all their classes and be on time for 1st period.

While HCS understands that away trips with late return times are difficult, it is the HCS policy that athletes are expected to be in school on time the day after road trips. Students should take advantage of the long bus rides to do their homework, and/or sleep, to minimize the impact of late night returns. Student athletes who are late arriving to school repeatedly after road trips will be required to meet with the Athletic Director and/or an Administrator to determine a course of correction.

Athletes are expected to be committed fully to the team of which they are a member of. One's absence has an impact on the entire team. Therefore, family outings should be kept to a minimum (scheduled outside of practice and game times).

Personal Withdrawal

If for any reason an athlete decides to leave a sport, he/she will be required to meet with the Coach and Athletic Director ahead of time to discuss the decision. Upon the completion of the meeting between the athlete, Coach, and Athletic Director, a decision will be made regarding the athlete's eligibility to participate in the same sport the next year.

Traveling/Transportation

JV and Varsity sports within the MCAA require significant travel. Transportation to and from games will be provided by or arranged by the Athletic Director. The method of transportation will be by bus on most occasions. In cases, where a HCS bus is not available, or would be impractical, parents may be asked to help transport HCS athletes. When a bus is used, athletes are required to ride the bus unless previous arrangements have been made with the coach. Middle School athletic transportation will be the responsibility of the athletes' parents. When a bus is not used for transportation, parents who are not transporting their own children must sign a permission slip for their child to ride with another HCS parent or coach.

All expenses associated with athletic travel (other than fuel when riding the bus) will be the responsibility of the athlete (motel rooms, food, etc.). At times, meals may be provided at a nominal fee to help offset the costs.

The Athletic Director will inform coaches, athletes, and their families of the anticipated expenses on road trips. HCS understands that travel can be expensive and attempts to minimize costs, while making sure that athletes eat properly and are well cared for.

Game Day Dress Code

Middle and High School athletes and coaches are representing Helena Christian School. Athletes and managers must be in dress code while in school on game days. For weekend home games athletes may show up to the games wearing game day attire or their uniforms per Athletic Director's approval.

Therefore, the following is **required on game days**.

1. Girls: The dress code is a dress, skirt, or dress pants and a blouse, nice top, or school assigned game day shirt (not a t-shirt or casual flannel). Colored jeans that mirror dress pants may be worn, but must be significantly nicer than your everyday jeans.
2. Boys: The dress code is dress pants and a polo, button up, other collared shirt, or school assigned game day shirt (not a t-shirt or casual flannel). Colored jeans that mirror dress pants may be worn, but must be significantly nicer than your everyday jeans.

Failure to comply with the dress code will result in disciplinary measures by the Coach, Athletic Director, and/or Administration.

Conduct on Road Trips

While traveling, all HCS student athletes are representatives of our Lord Jesus Christ, of Helena Christian School, of their team, and their family. With this in mind, an athlete's conduct is extremely important. The following are guidelines designated to maintain a positive Christian witness to those we come in contact with:

1. Student phones may be collected by the coaches to encourage teambuilding and communication. If a parent needs to contact their student, they need to reach out to the coach or on the TeamReach app.
2. Hazing or bullying behavior will not be tolerated under any circumstance.
3. Girls and boys will not be allowed in each other's rooms at any time.
4. No phone calls may be made to other athlete's rooms after the coach appointed "lights out" time. This includes cell phones.
5. No TV/movies which include profanity, sexual innuendo, or nudity may be watched. Nothing with a rating higher than "G" may ever be watched.

6. TV and lights will be turned off at the coach appointed 'lights out' time.
7. Athletes are to obey the rules of the hotel and must not disrupt other guests with excessive noise or activities.
8. Sneaking out may result in removal from the team and possible expulsion from school.
9. While riding in the bus, boys and girls will not sit in the same seat. Boys will sit in the back seats and girls will sit in the front seats or vice versa.
10. The bus is to be kept clean. It is not the coach or bus driver's job to pick up after you.
11. When swimming is allowed, all swimsuits must be one piece and modest. Swimmers whose suits do not meet modesty standards set by the coach or Athletic Director may be told to put on a cover up or put their street clothes back on.

Expectations for Parents

HCS parents have the responsibility to behave in a Christ-like manner before, during and after athletic contests. At all times parents should remember that they are representing Jesus Christ as well as HCS with their actions and words. HCS parents and families are expected to model excellent sportsmanship and grace. Coaches, referees, opponents, and all participating student-athletes should be treated with respect at all times. Parents must stay on the parents/spectator side of the field unless invited by the Athletic Director.

Expectations for Coaches

Coaches are expected to set a Christ-like example for their athletes by modeling integrity, sportsmanship, and godly character in every circumstance. They should display a competitive spirit within the context of a godly heart. Coaches should honor God by being the best coach they can be while molding the athletes entrusted in their care. A coach's goal for each player should be that they reach their God-given potential. They are expected to maintain discipline within their team on and off the playing floor/field. If additional help is needed, the Athletic Director may be asked to intervene. Humility and grace should be evident in both winning and losing. Coaches fall under the direct supervision of the Athletic Director, but additionally the HCS Administration Staff. Coaches need to recognize that athletes are students first and must uphold and respect the Parent/Student Handbook as well as any directives from the HCS Administration.

Expectations for Managers

Managers are an important part of any team. Managers can have an impact on team morale and chemistry. A manager should always remain positive and upbeat and should never show favoritism of any kind. Good managers facilitate a positive game experience. A manager can have a negative impact on a game if he/she does not do his/her job in a positive manner.

Managers must have a desire to serve. The position of manager is a position of servant-hood applied to and approved by the Athletic Director. Managers serve both the players and coaches in a variety of ways. Managers should be willing to do whatever is asked of them while going above and beyond when they see an opportunity to serve (Ephesians 6:7). Managers are expected to be at all games and practices per coaches' discretion with approval from the Athletic Director. Managers may or may not receive credit, but they cannot letter in the sport. The Administration will make the credit decision based on the amount of hours served and the activities completed such as taking stats.

Expectations for Players

Players have the responsibility to uphold Christian principles on and off the court. This includes:

- Setting a good example for their younger peers.
- Keeping grades up.
- Meeting expectations.
- Respecting their coaches (i.e. addressing their coach by their title), opponents, and officials at all times.
- Players should strive to glorify God in every circumstance.
- Players are to be respectful of property at HCS, any practice facilities, and all facilities to which the team travels.
- Both winning and losing should be accepted in a humble and respectful manner.

Technical/flagrant fouls and yellow/red cards are not the representation of Jesus Christ that HCS or its athletic program desire to be remembered by. Therefore, a coach, manager, and player should refrain from any behavior that could possibly result in a technical/flagrant foul or a yellow/red card. If a coach, manager, or player receives technical/flagrant fouls or yellow/red cards the following protocol will be followed.

Yellow Cards

Yellow cards will be handled on a case-by-case basis. If a coach, manager, or player receives a yellow card, the coach, Athletic Director, and administrator will have a meeting to determine severity of the situation and potential disciplinary action.

Red Cards

If a coach, manager, or player receives a red card he/she will be removed from the game for the remainder of the game. When a coach, manager, or player receives a red card they are required to sit out the next game. If a coach, manager, or player receives a red card during the season, he/she will be required to meet with the coach, the Athletic Director, and administrator to discuss additional disciplinary action.

Technical and Flagrant Fouls

Technical and flagrant fouls will be handled on a case-by-case basis. If a coach, manager, or player receives a technical/flagrant foul, the coach, Athletic Director, and administrator will have a meeting to determine severity of the situation and potential disciplinary action.

Conflict Resolution

The HCS Conflict Resolution Policy can be found in the Parent/Student Handbook on the HCS website. Please refer to the Parent/Student Handbook if conflict should occur.

Requirements to Achieve a Letter

The following is a list of the minimal requirements an athlete must achieve to earn a letter from Helena Christian School:

1. Athletes must appear in the majority of the varsity games to earn a letter.
2. Athletes must be a contributing member of the Varsity program.
3. Athletes must be a positive role model and cooperative in attitude and action.
4. Unexcused tardiness and/or poor academic performance may prohibit an athlete from lettering.
5. The majority requirements may be waived in the instance of a significant contribution by a player in the second half of the season and/or during the state tournament.

Athletic Fees

Athletic fees for the current school year for all sanctioned MCAA sports (high school soccer, volleyball, and basketball) are \$300 per athlete per sport for JV and Varsity. Golf fees are \$100 per athlete and Ultimate Frisbee fees are \$100 per athlete. Athletic participation fees for Middle School sports are \$100 per athlete, per sport.

The Financial Director will bill for athletic fees at the beginning of each sport. Families will be required to pay this bill promptly, or eligibility to play may be restricted. In the case of financial hardship, athletic scholarships may be available. If you find yourself in a situation where finances are going to prohibit you from playing a sport, contact the Athletic Director to see if an athletic scholarship may be available to you.

Helena Christian Uniform Policy

A uniform will be issued to all Helena Christian School athletes and assigned to them via our Asset Management software. The uniform will be issued at the beginning of the athletic season. Care and cleaning of the uniform will be addressed by the Athletic Director at the time of check-out. Students are responsible to care for the uniform and may be charged a fee if the uniform comes back damaged or is lost. Each uniform top will be issued with uniform bottoms and will be assigned as a set. Coaches will give the completed uniform check out sheets to the Athletic Director.

Students are required to turn in their uniform no later than 1 week after the season ends. Failure to return a uniform as described will result in the student athlete being charged full replacement value for the uniform.

Students Playing Non-HCS Sports/Activity

If Helena Christian School offers a specific sport or extracurricular activity, an HCS student may not participate in that same sport or extracurricular activity at a public school or outside organization;

HCS students must notify the school if they plan to participate in a public school sport or extracurricular activity that HCS does not offer, and;

HCS students must obtain a letter of approval based on academic eligibility from HCS administration to be submitted to the coach or administrator at the public school or outside organization, in accordance with SB 157 Section 1 (3 (a)).

Parents/Students must understand and agree that their student may miss more than the allowed 8 absences per semester due to their participation in the non-HCS sport/activity. If the student has absences beyond the 8 that are not related to the sport/activity, they may not receive credit for their classes (See HCS Parent/Student Handbook).

Parents/Students understand and agree that when an HCS student chooses to participate in a non-HCS sport/activity, they must continue to abide by the HCS Parent/Student Handbook and Athletic Handbook guidelines. This includes:

- weekly grade checks
- ineligibility standards
- practice attendance requirements
- school attendance rules including being at school by 10:30am to participate in the sporting event that day.
- A student competing at other schools will also need to abide by the school and coaches' requirements as well.

Parents/Students understand and agree that to earn the High School P.E. credit in a sport/activity that is not offered at HCS, we will be asking students to sign and abide by a Sport/Activity Contract and keep a log of their practices as well as matches/games that meets or exceeds the requirement of 75 hours per season or sport. A coach will need to sign off on the log to verify the student completion of the requirements for HCS to accept the .25 high school PE credit.

Parents/Students understand and agree that if a situation arises outside of their control that does not allow the student to complete the requested sport/activity, we will notify the HCS administration of the change as soon as possible.