

Cedar Park Christian School
Athletic Handbook



Cedar Park Christian School Student-Athlete Handbook

Introduction

Cedar Park Christian High School is a member of the Washington Interscholastic Activities Association (WIAA) and participates in the interscholastic athletics as a member of the Cascade Conference (1A/2A). Cedar Park Christian Middle School is not a member of the WIAA and participates in the Crosstown Middle School League. All policies for HS participation will be in full compliance with WIAA standards and our league standards.

Athletic Philosophy

All extracurricular activities sponsored by Cedar Park Christian School are offered as opportunities for young athletes to enrich their lives. All we do should be a testimony to the love of Jesus Christ, and the actions of coaches and student-athletes should reflect a strong Christian commitment.

Extracurricular activities are an addition to the spiritual and academic achievements that should be considered a privilege and not the right. Students must adhere to Cedar Park Christian School policies to continue to earn the right to participate. CPCS wants to provide a quality program that encourages participation of a large portion of the student body, while at the same time emphasizing that self-discipline, commitment and competition are all a part of the athletic arena.

Academic Standards

Cedar Park Christian School Athletic Eligibility policy states that a student-athlete must maintain a minimum 2.0 GPA and not be failing or have an incomplete in any course at the end of any grade evaluation period in order to continue full participation in sports. At the secondary level, grade evaluations will occur at semester, quarter and three week intervals. If a student-athlete does not comply with the academic policy they will be ineligible to participate in contests until the next grade evaluation and cannot be dismissed from school early in order to travel to games. While the student-athlete will still be allowed to practice with their respective team, athletes will be expected to work out an agreement with the coach and teacher regarding after school assistance with academics.

Student-athlete who become ineligible may obtain a Weekly Academic Progress Report from the school office on Monday's, prior to the first period the week following the grade evaluation date. This form must be turned in to the office by 3:00 that same day. If requested, the administration will review eligibility status every week until the next all secondary evaluation date. Eligibility status will remain the same over school vacation periods.

To determine academic eligibility for the fall sports season, grades from the prior school year semester will be used. Student-athletes who are academically ineligible for the fall sports season may not participate in games until they have been cleared by the first grade check, which takes place approximately three weeks into the school year. High school athletes who begin practicing before the first day of school may attend all practices.

Athletic Standards

Personal appearance and dress code guideline will be followed as stated in CPCS Student Handbook. In addition to those guidelines, the following requirements also apply:

All student-athletes must wear chapel attire on game days. If a student-athlete comes to school not dressed in chapel attire they will be given until the beginning of fourth period to rectify the situation. If the situation is not rectified by then, the student-athlete will be in violation of the dress code policy. Student-athletes will be given 2 “forgetful days” in which they have to rectify their dress attire by fourth period. The third time a student-athlete shows up to school not dressed in chapel attire, they will be suspended from participating in the game that day.

If a student has a field trip to which wearing chapel attire would not be appropriate an exception may be made. Student-athletes must notify the Athletic Director at least one day in advanced of the field trip. Football, soccer, baseball, softball, golf and track athletes may change into game attire before leaving for their contests. All volleyball and basketball athletes must wear chapel attire to the facility where they are playing unless dressing rooms are not available at that location. Coaches will determine when volleyball and basketball athletes can dress down after arriving at the game facility. Only the uniform issued to the student-athlete is to be worn during CPCS games.

Guidelines for Student-Athlete Conduct

1. All participants must be eligible under WIAA physical and academic regulations to participate in an interscholastic contest.
2. Each participant must abide by the written rules, policies and academic requirements of Cedar Park Christian School.
3. All athletic fees and forms are due by the first day of practice. Refunds may be given up to one week following the practice.
4. The following are the written rules of Cedar Park Christian School athletic programs:
 - a. Players will attend all practices and games on time. Players who know in advance that they will be absent from practice are to notify their coach as soon as they are aware of this situation. For both games and practices, student-athletes must attend a minimum of ½ day of school (4 class periods) in order to participate that afternoon or evening.

- b. Unexcused absences from practice or games may result in game suspension or dismissal from the team based on each coach's policies.
 - c. Players will demonstrate a positive image at all times during the season. You are never to do anything to discredit yourself, family, school, team, coach or God.
 - d. At all times during the season, including weekends and vacations; members of the Cedar Park Athletic Program will completely abstain from the use or distribution of tobacco, alcohol, marijuana, vape, and illegal drugs. Any infraction will result in the student immediately becoming ineligible to participate in the current athletic season.
 - e. Student-athletes should use all social media responsibly and refrain at all times from antagonistic or offensive social media communication with those from opposing schools or others in the Cedar Park community. Infractions will result in consequences ranging up to and including suspension from the team.
 - f. Players will treat facilities and all equipment respectfully and maintain high standards of behavior whenever in another school's facility.
5. Any participant failing to comply with the rules of conduct shall be subject to disciplinary action and/or dismissal from the program.
 6. Award of varsity letters will be at the coach's discretion according to their established criteria.
 7. High school varsity competition may include practices or games during scheduled school breaks. Athletes and their families will be expected to honor the time commitment that may be required.
 8. Athletes make a commitment to teammates and coaches when deciding to play on a team. If an athlete quits a team, it is often disruptive to the rest of the team and the coaches. It also potentially takes a position from someone else. For these reasons, an athlete will be deemed ineligible for a sport they quit the previous year. For example, if a student quits golf as a sophomore, they would be ineligible for golf as a junior, but would still be eligible for a different spring sport. An exception to this may be granted due to extenuating, documented, medical reason. Further, any athlete who quits a sport or activity will be required to have an exit interview with the Athletic Director.

Guidelines for Parents

Recognize that having fun is the top priority for student participation in sports.

Prior to the season, strive to increase communication with your child by asking the following questions: Why are you playing? What is a successful season? What goals do you have? What do you think your role will be on the team?

Attend preseason meetings. Attend as many games as possible. Be a good listener. Model appropriate behavior, poise and confidence. View the game with team goals in mind. Attempt to relieve competitive pressure, not increase it. Accept the judgment of the officials and coaches, remain in control at all times. Dignify mistakes made by the athletes who are giving their best effort. Be an encourager, help your athlete to keep perspective in both victory and defeat. Realize that your child needs “time and space” after a game. The more emotional the game was, the more time and space they need.

Always be respectful when communicating with coaches, addressing appropriate topics such as, the mental and physical treatment of the child, ways to help the child improve, concerns about the athlete’s behavior. Inappropriate subjects are playing time, strategy and other team members. Release your child to the coach and team. Encourage multiple sport participation.

Safety Guidelines

Cedar Park Christian School strives to protect each student from possible injury while encouraging in school activities. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures and properly fitting equipment are important aspects of this training program. Each participant is expected to follow the directions and safety standards of their coach.

While all athletic activities have risk factors associated with them, adhering to the following guidelines may minimize injuries:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Advise the coach if you are ill or have prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Advise the coach of any physical hazards in or around the participation area.
6. Comply with all rules specific to the sport you are participating in.
7. Be alert to risk associated with exposure to bodily fluids such as blood. Familiarize yourself with preventive procedures established to protect against communicable diseases transmitted through bodily fluids.
8. Immediately wash hands and other skin surfaces if in contact with blood or bodily fluids. Uniforms must be properly disinfected or changed before participation in the program.
9. Under no circumstances may athletes participate in any physical activity during practices or games without the coach’s supervision.

Transportation Guidelines

Cedar Park Christian School and the athletic program are very concerned about the safety of our student-athlete before, during and after competition. CPCS wishes that all student-athletes utilize the transportation provided by the school as their first priority for officially sponsored athletic events. School transportation is to be used by team members only. Private cars will only be used for travel from CPCS when needed, as authorized by the Athletic Director.

Any adult who drives a CPCS vehicle or a personal vehicle that is transporting student-athletes in addition to their own child must have a copy of their Washington State Driver's License, insurance card and Volunteer Driver Statement on file in the main office. All student-athletes will leave CPCS in vehicles provided to them by the school unless specifically stated that private transportation will be needed for a particular game. If a student-athlete chooses to leave any game site outside of CPCS with their parent, the parent needs to make personal contact with the coach and let them know of their departure. No student-athlete may leave any facility with anyone other than their own parent or guardian releasing them to travel with a specific adult without written notification.

ROLE OF AN EXCEPTION Cedar Park Christian School reserves the right to grant an exception under these policies on a case by case basis for any reason and an exception granted to one individual applies only to that individual and does not apply to any other individual, parent or guardian.

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