

Hill with Lighthouse 1927 by Edward Hopper

# 2022-2023

## Athletic Handbook

Calvary Schools

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## **Calvary Schools of Holland Philosophy of Athletics**

Calvary Schools believes that athletics' primary role is to aid in the development of a student's character. While winning and competing is a part of athletics, Calvary prioritizes helping students grow in both winning and losing graciously. A Christlike character is the primary end of a Calvary education; athletics is simply another means of discipleship. This being the case, the primary attribute of a Calvary coach is that of a Christlike mentor towards athletes, parents, and the athletic community.

Calvary Schools utilizes athletics as a means for personal growth. Self-control in adversity, the value of hard work and practice, godliness regardless of circumstance, consideration of others, and respect for authority are some growth areas addressed through athletics. Enjoyment of a sport, physical exercise, improving skill and technique, and learning how to compete in a healthy and mature manner are important aspects of personal growth.

Our school is a member of the Michigan High School Athletic Association (MHSAA). Many of these sports are also available to younger grades. We compete against public, private, and other Christian schools similar in size.

### **Six Broad Principles for Calvary Athletics**

- **Calvary athletics will elevate the name and reputation of Jesus Christ**
  - Coaches and athletes will pursue the elevation of Christ's reputation at practices, games, and athletics events; but also in all aspects of everyday life.
- **Calvary views athletics as a vehicle to disciple the whole person**
  - In athletics, one experiences all of the human emotions from joy to sorrow, pride to humility, and camaraderie to loneliness— these experiences provide opportunities for godly Christian coaches to come alongside and impart God's truths as to how these situations should be handled
  - Above all, our coaches and athletic staff are to be mentors to the young athletes in their charge
- **Calvary athletics trains the body, soul, and mind**
  - There is no difference between morality in sport and in everyday life
  - We are always developing one set of traits or the other— there is no neutral ground
  - We must admit that actions on the field or the court are accurate indicators of the true person, whether positive or negative
- **Calvary will not link the value of an athlete to the athlete's performance**
  - No member of any team is more valuable than another; each has a role to play and must be challenged to play that role with excellence
- **Calvary is thankful to God for victory or defeat**
  - We must not equate victory in a contest as proof of God's blessing or approval— an athlete may work diligently and lose

- The spoilsport who does not try to win is worse than a cheat
- **Calvary honors and respects all authorities**
  - All authority comes from God
  - Many times human authorities make human mistakes which have a negative impact on us— our response to this injustice is of great importance to God
  - Which is more important, my rights or God’s reputation?

## **Athletics and Parents**

Calvary enjoys great support from the parents of our student athletes. We believe the parent’s presence at games greatly encourages all students, and allows parents to use sports in their efforts to disciple at home. We also believe parents have an opportunity and a mandate to reveal Christ to other parents, coaches, and the athletes of other schools by their enthusiasm and godliness by cheering and encouraging students, with the constant realization that the athletic competition is temporal, but relationships eternal. It is our responsibility to own our Christian testimony by refraining from any behavior that would jeopardize its integrity. Inappropriate behavior or comments that criticize or demoralize any coach, player, and/or official will not be tolerated. Parents who regularly engage in inappropriate behavior may be asked not to attend games or events by the Athletic Director.

## **Privilege of Participation**

As an athlete, you commit yourself to your team the day you put your name on the sign-up sheet. At CSH it is a privilege to participate in athletics, not a right. Once practice begins an athlete has demonstrated his/her commitment to being there for his/her team. When an athlete decides to quit, he/she demonstrates a lack of commitment, which is a key character trait being taught through athletics. It is important that all student athletes finish the season they start.

Practices are where athletes get better and are an essential part of athletics. Athletes are not just practicing for the opportunity to play in games, but they should be working to better themselves and form a team through practices. The privilege to participate in a game is earned through hard work in practice. It is understandable that some things are unavoidable and sometimes a practice or game will be missed. If circumstances arise, it is important that athletes and families inform coaches of planned absences when necessary and appropriate (ie. doctor appointments, family emergencies, transportation issues, etc). When an athlete misses a practice and/or game with an unexcused reason there may be consequences according to the discretion of the coach.

## **Behavior**

It is considered a privilege to participate in athletics at Calvary Schools of Holland. If an athlete receives a detention, for whatever reason, the detention takes precedence over practices, scrimmages, or games. An athlete is not allowed to change the day that he/she serves the

detention to accommodate the athletic schedule. Any student who is under probation is not eligible to participate in athletics.

## **Student Participation in Athletics**

For Intramurals, any Calvary student may participate in intramural teams or events. For MHSAA athletics, students must be enrolled in a full time student course load. In addition all athletes must maintain academic eligibility criteria and must not be on academic probation in order to participate.

### **M.H.S.A.A.**

Each year Calvary Schools of Holland applies for membership into the Michigan High School Athletic Association. In doing so, Calvary, its athletic department, and participants agree to implement and enforce the rules of the M.H.S.A.A. The M.H.S.A.A. rules become Calvary's rules. Each year, M.H.S.A.A. publishes a handbook containing the basic regulations. A copy of this handbook is available for reading through the athletic department. Other items of interest are published throughout the year, and also, can be made available by contacting the athletic department. Parents and athletes are encouraged to read the handbook, as this will prove helpful in the enforcement of the regulations.

Calvary Schools of Holland competes against public, private, and other Christian schools similar in size. We also offer many intramural opportunities. Currently, CSH participates as a Class 'D' school. Frequently, sports culminate in a tournament, played at the conclusion of each sport's respective season.

### **Eligibility**

To be eligible to participate in any sport that is currently sponsored by Calvary Schools of Holland an athlete must meet certain academic requirements. An eligible student, academically, is a student who is attending CSH full time, carrying the required academic class load, and maintaining an overall grade percentage of 70% or higher. Furthermore, a student may be carrying a 70% average or higher and still be academically ineligible. When an athlete receives a failing grade (59% or lower) at the time that grades are submitted, that athlete is automatically declared ineligible, until the failing grade becomes a 60% or higher. When a failing grade becomes a non-failing grade, then the overall average must be a 70% or higher to be academically eligible. If a student is deemed academically ineligible due to grades submitted on Friday, ineligibility takes effect Monday through Sunday of the next week.

At the beginning of each school year all athletes are academically eligible, as long as they are enrolled with a full load of classes. Each Friday, an academic report will be run to assess eligibility. Athletes that are ineligible will be informed each Friday if they are ineligible for the following week.

If you are declared ineligible, this does not mean you are removed from your team. An ineligible athlete is still an active part of his/her team. While ineligible the athlete must continue to practice with the team, attend all games in proper dress code, and sit on the bench with the team. Failure to comply with this policy will result in immediate disciplinary action, including, but not limited to, possible dismissal from the team.

At Calvary an athlete is expected to be in attendance for the entire school day to be eligible to participate in an athletic contest on that same day. If an athlete has questions about their eligibility due to absence, they must contact the athletic director before suiting up for a contest. Scheduled doctor's appointments are not considered an absence. The general rule is that once the bell has rung for the first period of the day, any athlete who is not present in class will be ineligible.

## **Physicals**

In order to participate as an athlete on a sponsored CSH team, each athlete is required to have a physical form on file in the athletic office. Each subsequent school year another physical form must be on file. Athletes participating in Junior High sports are also required to have a physical on file. A physical for the current year is interpreted as any physical examination given on or after April 15 of the previous school year. The forms must be signed by the MD, DO, PA, or NP who administers the exam. The forms can be picked up in the main office at CSH.

## **Transportation**

Transportation for all away contests will be arranged by the athletic director and the athletic coordinator. The athletic director will give a Vehicle Departure Form to each coach at the beginning of each respective season. The school will provide, or arrange for transportation to all away games that are outside the surrounding area of Calvary Schools of Holland. Sometimes carpools need to be arranged for away games (parents will be asked to create their own carpools). Student drivers will not be allowed to drive other students for liability reasons. All vehicles will be treated with respect and all refuse will be cleaned up upon return. Only students who are on the teams will be allowed to ride on the bus with the team.

Athletes are required to ride the transportation provided by the school. At the conclusion of the game, an athlete may ride home with their parent. (Please sign out with coach.) If a parent makes arrangements for their child to ride home with another family ahead of time, a note is required letting the coach know it is okay for their child to ride with that parent. Otherwise, the athlete will ride the bus back to school. A head coach will not be allowed to accept any other circumstances and at no time will an athlete be allowed to ride home with anyone else. Coaches, or a designated adult, are responsible for the conduct of their team while in-transit.

## **Transfers**

If a student should transfer into the high school at CSH from another high school, it is important to see the athletic director to check on the status of eligibility. All students are encouraged to participate in extracurricular activities; however, CSH must comply with M.H.S.A.A. regulations.

## **Cancellations**

If school is canceled for any reason, athletic events, practices or games are often, but not always, canceled for that day. Please check the school website for updates. Athletic events can be canceled even when school is in session, if the weather is forecasted to worsen or the opponent does not wish to make the trip. When there are athletic events scheduled for a Saturday, the athletic director will contact the head coach, who will be responsible for contacting his/her team roster. When possible the cancellation will be announced on the local media mentioned in the academic handbook. If you are unsure if a contest is being held, please feel free to contact the athletic office.

## **Facilities**

The present facility at Calvary may not accommodate all of the teams' needed practice time. Sometimes, a team may practice at area township parks or other area high schools. Transportation will not be provided back to the school. Parents can pick up athletes at the practice site. If an athlete has a valid Michigan Driver's license, that athlete will be permitted to drive to designated practice sites. At no time will teammates be allowed to ride with anyone without written permission from the parents of both students. (driver and rider) The only exception is when siblings are on the same team and one sibling has a license.

Sometimes the athletic department has to rent other facilities for practices and/or games. In order to keep good relations, as well as a good testimony with area organizations, we need to be good stewards of the facilities that are rented. At times these facilities will have special announcements that will be communicated through the public address system before a particular contest. It is of extreme importance that we abide by the rules of the facility we are renting. Failure to comply with facility rules could result in immediate dismissal from the stands, without a refund.

## Calvary Athletics Culture

“Culture is the artifact of relationships” - Randall Stutman

1. Relationship with God
2. Relationship with yourself
3. Relationship with your teammates
4. Relationship with competition

### **Relationship with God**

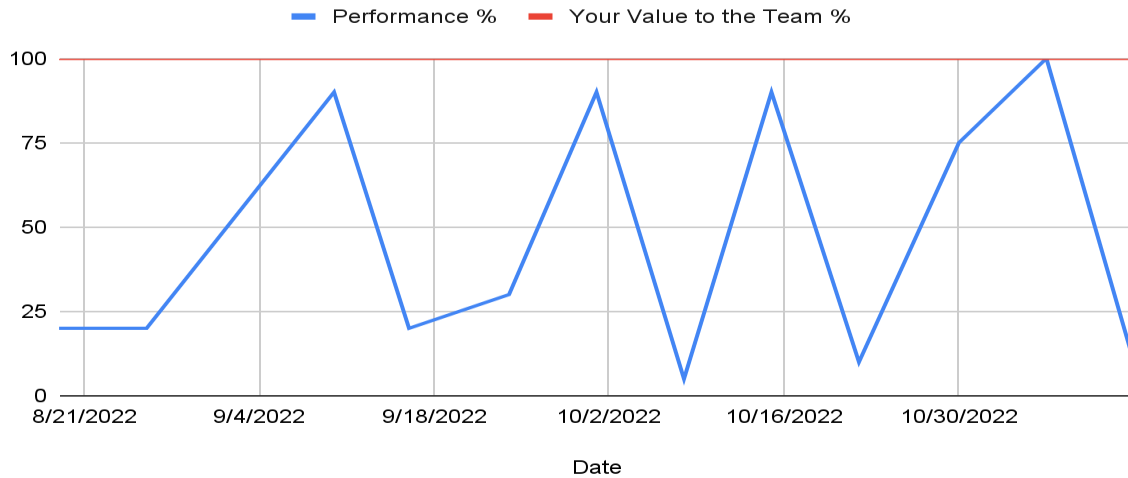
- Spending time in appreciation
- Spending time in prayer
- Recognition of God’s presence

### **Relationship with yourself**

- “Consistency in life, consistency in training, consistency in racing” - Mike Smith  
NAU
- You are valued
  - You are an important and valued individual regardless of your performance.
  - Your value is in your relationships with others (including God) and in the betterment of yourself, not in how you perform.
- Caring for yourself and your mental health allows you to serve others better.
- Good practices for mental health include: quiet time/ contemplation, gratitude/thankfulness, journaling, devotions, work and rest balance, etc.
- Work through or talk through results in a growth mindset



## Performance % and Value %



### **Relationship with your teammates**

- We all impact everyone else on the team, whether we know it or not (words, thoughts, actions, body language, etc)
  - No one is culture neutral, you either positively affect culture, or negatively affect culture.
- How do we support others?
  - Really Listen
  - Have empathy
  - Care for them
  - Encouragement
- High level mixing

### **Relationship with competition**

- Competition is used to get the best out of ourselves, not to put others down or ourselves further on top
- Winning or competing well does not equate directly to your value as a team member
- The people around us are making us better
- We all work hard and want to grow