



Tower of Babel by Pieter Bruegel

2024-2025 Athletic Handbook

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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 school 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.

Our approach to competition:

Calvary approaches all aspects of the school from a growth mindset rather than a fixed mindset, which includes athletics. Competition is approached in a non-toxic manner. We believe in healthy competition. Healthy competition means:

- An athlete is working hard to grow in skills and character.
- An entire team is focused on winning *together* with the emotional, spiritual, and physical support from every individual on the team.
- An athlete works hard on rebounds, not just points.
- An athlete sees three people ahead of them and is able to push themselves to pass and win the race.

So, what does Calvary do with things like points, trophies, celebrating wins? We need points to win a game. Trophies are nice things to have to remember a skillfully played game. Celebrating the growth and skills that resulted in winning. Complimenting each other on a particularly hard fought game. Celebrating that we took state? Yes! But also, celebrating that we stayed in the game when we were last? Also, yes. Does it work? Yes. The winningest teams are based on growth mindset and healthy competition just as often as fixed mindset and unhealthy competition. John Wooden might be a similar example.

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
- **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.

Parent, student, and coach conflict; how to interact well:

- Athletic events bring out strong emotions sometimes, for all involved. Navigating frustrating situations is an important part of our athletics and school culture.
- When parents have a concern or complaint about a game, please give it time before approaching the coach. Never approach them immediately after the game with a complaint. Wait 24 hours.
- First, Parents, please be respectful of the coach in conversations with those around you until you know more details. The coach cares about your child and is doing their best to help, support, and challenge them.
- Second, Parents should speak with their son or daughter about the situation to fully understand it from the child's perspective.
- Third, Parents should guide their child on how to have a productive conversation with a coach.
- Finally, Parents can schedule a meeting with the coach. The AD may choose to join the meeting as well.
- If a parent does not follow this process, the coach may respectfully refer you to the process and choose not to speak with you at that time.

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, which is an extension of our school culture. If an athlete has incomplete work or is asked to stay behind

after school by a staff member, this takes precedence over practices, scrimmages, or games. Regular school day obligations take precedent over the athletic schedule. For disciplinary issues, any student who is under formal disciplinary action, such as 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

Calvary only has one bus; therefore athletics transportation is a team effort between parents and the school. If the bus is provided, it will be noted in the weekly sports email. If the bus is not provided, parents are responsible for transportation to and from events.

The "Next Week in Sports" email will always note whether the bus is provided. Other than the participating team, the only people allowed on the bus are those who have prior approval from the athletic department. If the school provides transportation to an event and you are taking your student home, you must check out your student before leaving the event. If the bus is only provided to the event, then parents are responsible to pick up their athlete at the event location. If a parent makes arrangements for their child to ride home with another family, that is a carpool and must be filed with the school office. Otherwise, the athlete will ride the bus back to school. Coaches, or a designated adult, are responsible for the conduct of their team while in-transit.

The school will not be responsible for coordinating carpools when the bus is not provided. Parent planned carpools need to be filed with the school office in writing. When students have

an early release for an athletic event, athletes must remain in the building until a designated adult can escort the team to vehicles. Student drivers need permission from both sets of parents filed with the office in order to give teammates a ride.

All plans where a student is riding with anyone other than a parent must be filed with the office. You may give carpool permissions for the whole season.

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 your email 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 communicate by email.

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).

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

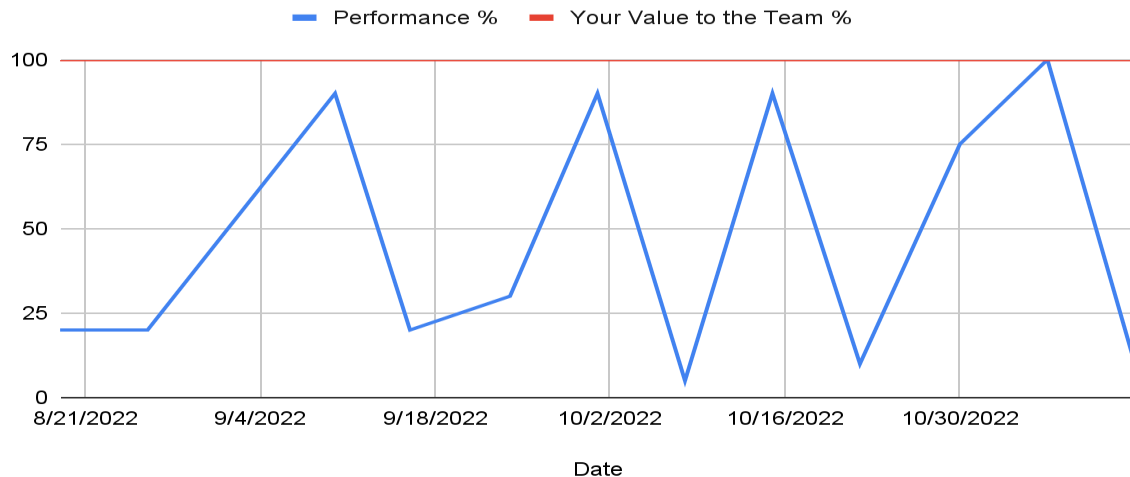
Relationship with God

- 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: We connect with others at a high level of intentionality, thought, and engagement.

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