

Harvest Community School

Athletic Department



ATHLETIC HANDBOOK

2023-2024

Harvest Community School
Athletic Department
8301 Fort Caroline Rd
Jacksonville Florida, 32277
904.997.1882 ext 201
904.997.1886 fax

www.hcsjax.org

TABLE OF CONTENTS

How To Be Cleared	3
The Warrior Way	5
Biblical Athletic Parent Model	6
Athletic Homework Policy	7
FHSAA Athlete Code of Ethics	7
Athletic Philosophy	8
Chain of Command	11
Financial Policies	14
Commitment Expectations	15
Competing as a Christian	17
Colleges and Scholarships	18
Ideas About Parenting	
Student-Athletes	19
Summary of Athlete & Parent Compliance Agreement	20

HOW TO BE CLEARED FOR HCS ATHLETIC PARTICIPATION

Your decision to become a Warrior Student-Athlete is a privilege and an honor. All Student-Athletes must complete the following requirements to be eligible to participate on a Warrior's team. Every HCS Student-Athlete must turn in **all HCS and FHSAA forms** in order to be cleared to begin participation in the Athletic Department.

1. **Sign and return** the HCS Athletic **INFO SHEET** to the **Athletic Office**. In order to sign and return the HCS **INFO SHEET**, you must read the **HCS Athletic Handbook** which is found online on Sycamore under the Athletic section. The Athletic Handbook is also available in the Athletic Department.
2. **Complete, sign, and return the EL2 PHYSICAL FORM** to the **Athletic Office**. found online at www.fhsaa.org in the parent section. Complete this **EL2** by getting a **physical examination by a medical doctor**. Student-Athletes must have a physical every school year in order to maintain their eligibility. Although physicals are good for one year from the date that they were given, our athletic department requires Student-Athletes to have one done for each SCHOOL CALENDAR YEAR. (FHSAA Bylaw 9.7)
3. **Sign (all pages) and return** the **EL3 SPORT LIABILITY WAIVER** found online at www.fhsaa.org in the parent section. You need to fill out a SPORT LIABILITY WAIVER annually when you play sports.
4. **Sign and return** the **GA4 Recruitment form** (if applicable) found online at www.fhsaa.org in the parent section. This form only needs to be turned in once and is not required for HCS students who are entering from a terminating grade school (ie. 5th to 6th grade, 8th grade to 9th grade)
5. Students must **complete the three following NFHS courses: Concussion for Students, Heat Illness Prevention, and Sudden Cardiac Arrest**. To complete these classes go to nfhslearn.com, sign in or register for an account, search for each course by name, click on "Order Course" (they are free), and continue through the "checkout" process until you get your "receipt." Then click on "go to my courses" and "begin course". Each course takes about 30 minutes to complete. Once finished, **print your certificates** and turn them in to the athletic office.
6. Be **academically eligible**. All student-athletes must maintain a Grade Point Average of 2.0 as per the eligibility regulations of the Florida High School Athletic Association. (FHSAA Bylaw 9.4.1)
7. Be **residentially eligible under all FHSAA rules and regulations**. For example, if you are a **transfer** student, an **ISP** student, a **foreign exchange** student, an **international student**, you must get FHSAA paperwork completed and turned into the Athletic Director. These students are handled on a case-by-case

basis with the Athletic Director. Please make an appointment to see the A.D. to discuss your eligibility status and the necessary paperwork. (FHSAA Bylaw articles 9,10)

Traditional Students: Once the EL2, EL3, and GA4(if applicable) Forms, HCS INFO SHEET and Athlete Parent Agreement have been turned in to the Athletic Department, you will receive clearance.

Non Traditional Students(Homeschool): Will need to also complete and turn in the EL7(must be notarized), EL7V(must be filled out by the Homeschool Office), Copy of Transcripts, Copy of Birth Certificate, in addition to the EL2, EL3, GA4, NFHS Course certificates, and the HCS Info Sheet.

WITHOUT CLEARANCE, COACHES WILL NOT ALLOW STUDENT-ATHLETES TO PARTICIPATE IN PRACTICE.

CHRISTIAN ATHLETIC PROGRAM

*"The Warrior Way" is
Building Christians and
Winning Championships*

BUILD CHRISTIANS

CHRIST-MINDED COACHES

Hiring practices

SCHOOL MISSION

History proves this
Spiritual influence
across
the board

PRAYER

Ask and seek prayer
partners

SUPPORTIVE ADMINISTRATION

School stability
Trust in coaches
Coaches support of
co-curricular
Athletic Director
leadership

WIN CHAMPIONSHIPS

GREAT COACHES

Vision of individuals
Hiring practices
Athletic Director support
Money

Equipment
Facilities

GOOD PLAYERS

Successful school
Facilities

Employment
Great coaches
Pride

Championships

THE BIBLICAL ATHLETIC PARENT MODEL

PRAY for your student-athlete, their teammates, and coaches that God's glory would be evident in all aspects of HCS athletics. ***Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.***

AVOID putting pressure on your child to start, score, and star – they might have different expectations of their athletic experience than you do. ***COLOSSIANS 3:21 Fathers, do not exasperate your children, so that they will not lose heart.***

REALIZE that the goals of your student-athlete, the team, and athletics as an educational tool are more important than the goals you might have for your child. ***PHILIPPIANS 2:4 Do not merely look out for your own interests, but also for the interests of others.***

EDUCATE YOURSELF about the policies, practices, and paperwork of the Athletic Department by using the HCS Athletic Handbook as your guide.

NO COMPLAINING about your student-athlete's teammates, their parents, coaches, athletic program, or school administration.

TOTAL SUPPORT of the coaching staff and student-athletes in front of your child, their teammates, parents, and fans.

SHOW RESPECT to everyone involved in high school athletics by demonstrating sportsmanship in your actions towards the coaching staff, athletes, fans, officials, and administrators. ***PHILIPPIANS 2:3 Do nothing out of selfish ambition or empty conceit, but with humility of mind regard one another as more important than yourselves.***

ATHLETIC HOMEWORK POLICY

When an athlete misses class due to competition, he/she is responsible for:

- Communicating with the teacher
- Turning in assignments due that day prior to departure
- Any in-class assignment completed during the class missed must be turned in the next day or on the following Monday after a Friday game.
- Being prepared to make up any missed test the following school day

FHSAA CODE OF ETHICS

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the U.S. or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

PLEASE SIGN THE HCS INFO SHEET AFTER YOU HAVE READ THESE CODE OF ETHICS.

HCS ATHLETIC PHILOSOPHY

MISSION STATEMENT

Harvest Community School's athletics exists to provide a competitive, Christ-centered sports program that challenges student-athletes spiritually, physically, and mentally, by teaching life principles that will help the student-athlete to be productive and responsible young adults.

PHILOSOPHY

The HCS sports program desires to engage the student athletes in a balanced environment of high-level competition and a positive athletic experience that is marked with discipline, camaraderie, tradition, and respect. Even though winning is important, it is not first on the list determining success. Developing a student with integrity who loves God is the primary focus.

The athletic program at Harvest Community High School is an integral part of the total school program. While the academic program is the foundation of the school and is offered to all students on an equal basis, the athletic program is more selective and competitive in its focus and aims. Through these programs, students have the opportunity to develop physical skills and abilities, to work toward goals with other members of a group, and to express and promote Christian values and attitudes in a competitive atmosphere.

At Harvest Community High School, our purpose for playing sports is three-fold:

✓ **First**, and foremost, we believe that it is God who gave us the health, strength, and ability to play. Therefore, **we will seek to honor and glorify our Lord** by the way we practice, play, and present ourselves on and off the field/court during the entire season of sport.

And whatever you do, whether in word or deed, do it all in the name

of the Lord Jesus, giving thanks to God the Father through him. (Colossians 3:17)

Be diligent in these matters; give yourself wholly to them, so that everyone can see your progress. (1 Timothy 4:15)

✓ **Second**, we want to use the athletic field/court to **develop character** in every player. Character is the inner qualities that manifest themselves in visible maturity. Character gives life quality and strength to endure its difficulties. Attitudes and character are closely related. We seek to develop loyalty, enthusiasm, self-control, cooperation, poise, integrity, and confidence as well as athletic skill. To build this character the coaching staff must require all players to do things they might not want to do until they learn the value of doing them on their own. (Discipline)

✓ **Third**, we seek to **develop competitive greatness**. True competitiveness is not simply defeating an opponent. It is more than winning and losing. True competitive greatness comes from bringing one's best to every competitive situation. It is striving; mentally, physically, emotionally, and spiritually to reach one's God-given potential. Practice and games become more meaningful with this attitude.

BE A MULTIPLE SPORT ATHLETE! We recommend that student-athletes participate in two or three sports each year of high school. There are multiple reports that speak of the damaging effects of youth specialization in sports; we aim to present a better experience to our athletes.

Athletics plays an important part in the life of Harvest Community School. Young people learn a great deal from participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are integral parts of our athletic program. Athletic participation also plays an important part in helping students develop a healthy self-concept as well as a healthy body. Athletic competition also improves school spirit and helps students develop pride in their school.

The major objective of the program is to provide wholesome opportunities for students to develop positive leadership habits and attitudes of social and group interaction.

The athletic program should always be consistent with the general objectives of the school. The athletic administration should be oriented to general policies of the institution. At no time should the program place the total educational curriculum secondary in emphasis; program leaders should constantly strive for the development of well-rounded individuals, capable of taking their place in modern society.

We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of a student's educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to other students, to the community and to the athletes themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to achieve maximum benefit from his or her education.

Competitive greatness is realizing, like the Apostle Paul said in 1 Corinthians 9:24-27, that only one runner gets the prize...but all run the race. We must run as to get the prize. We want to learn to bring our very best to every situation, realizing that the real competition is within each individual who is disciplined and striving to do his best.

As we combine our God given talents, we must commit our efforts to the tasks ahead. We must approach every practice session with the intent of working closely together as a cohesive unit to better ourselves and our team as a whole. We must approach every game as a competitive challenge worthy of an honest and whole-hearted effort. To approach any practice session or any game without a purpose and 100% concentration, commitment, and dedication is negligence toward yourself as a player, your teammates, and the entire program. Athletics provides a golden opportunity for you to commit yourself and dedicate your efforts to the Lord.

"I've never been afraid to fail. That's something you have to deal with in reality. I think I'm strong enough as a person to accept failing. But what I can't accept is not trying." -Michael Jordan

"I'm just a ball player with one ambition, and that is to give all I've got to help my ball club win. I've never played any other way." - Joe DiMaggio

✘ **Commitment.** Players at Harvest Community School should realize that high school athletics is very competitive both within our own team and within the games themselves. It takes a person who must be "strong-willed" and accept the responsibility that comes along with this spirit of competition. Therefore, athletics at HCS should NOT be looked upon as a recreation, but as a "COMMITMENT" to the player, the coach, team members, the game itself, and the Lord, Jesus Christ. Failure to uphold these commitments from the very beginning will ultimately cause conflict and a lack of trust. We realize in this day and age many young people like to be a part of many activities in and out of school, but we must also realize that at times we can't have everything. Being committed and giving 100% to one entire season is what is expected from every player on this team all the time. Other extra-curricular and outside activities shall NOT conflict with your dedication to your athletic team at Harvest Community School. Once your decision has been made to be a part of competitive athletics at HCS, your full commitment to that team is expected. This means attending ALL team functions without the interference or excuses of other activities. Look Ahead!...Plan!...and Prepare!...Before the season begins.

If you quit a sport without a reasonable excuse, you will forfeit your right to play any other sports at Harvest for the remainder of the year.

Whatever your hand finds to do, do it with all your might...

(Ecclesiastes 9:10)

✘ **Attitude.** Within such a competitive framework, it becomes easy to lose our focus, to alter our perspective, and to place too much importance on winning. At Harvest Community School success is determined not by the scoreboard or performance ratings, but by the satisfaction that comes from knowing that we did our very best, in effort and attitude, to represent our Lord, our school, and our team. While the "quest for victory" is a part of every athletic contest, our commitment to Christ demands that we reject "winning at all costs" and that we develop within ourselves a perspective on our activity that is consistent with our reformed heritage. Each player should enter every game with the aim to win, but realizing, attempting to win every game is just a small segment of the whole objective of our team.

And let us not be weary in well doing: in due season we shall reap, if we faint not.

(Galatians 6:9)

✘ **For Him.** In God's word we find that Colossians 3:23 states, "Whatever you do, work at it with all your heart, as working for the Lord, not for men." With this verse we can see "how" God wants us to perform, and "who" he wants us to perform for Him. "Heart" means using all your talents and skills to the best of your ability in every task or situation that you encounter. The second part of the verse tells us who you (the player) should perform for:

"As working for the Lord, not for men." Many players compete for the sake of pleasing their parents, friends, coach, or a scout, yet God tells us we need to play for Him. He should be our only audience. If you can, try and imagine Christ as the only one in the stands.

✘ **Respect.** It is our desire at Harvest Community School to earn the respect of local, collegiate, and professional sports personnel throughout Duval County and the FHSAA. Therefore, we are an organization committed to individual, team, and cooperative excellence. It is important that we establish mutual understanding between players, parents, and coaching staff in regard to team philosophy, goals, responsibilities, expectations, and policies. It will take special dedication, cooperation, and discipline to make this season's overall athletic program the most successful.

Chain of Command

Mathew 18:15-17 “If another member of the church sins against you, go and point out the fault when the two of you are alone. If the member listens to you, you have regained that one. But if you are not listened to, take one or two others along with you so that every word may be confirmed by the evidence of two or three witnesses. If the member refuses to listen to them, tell it to the church.”

When a Student-Athlete and/or their parent/s have an issue that they feel needs to be resolved, there is a proper way to conduct the process. The proper way is to follow the chain of command, meaning the order by which you handle the matter.

The Chain of Command is: Asst. Coach – Head Coach – Athletic Director – High School Principal – Head of Schools – Board of Trustees.

ADMINISTRATIVE ORGANIZATION – Chain of Command

a) H.C.S. Board

The Board of Trustees, responsible to the people, is the ruling agency for the School. It is responsible for interpreting the needs of the community and requirements to the professional organization. Additional responsibilities include: 1) developing policies in accordance with statutes and mandates in accordance with the educational needs and wishes of the people; 2) approving means by which professional staff may make these policies effective; and 3) evaluating the interscholastic athletic program in terms of its value to the community.

b) Founders\Headmaster

The Founder is responsible to administer the school according to adopted policies of the rules and regulations of the school board. It is his/her duty to establish a definite school athletic policy and to have an understanding of that policy.

- 1) Is ultimately responsible for all phases of the school program
- 2) Delegates his authority for the administration of the interscholastic athletic program through the high school principal to the athletic administrator.

c) High School Principal

The principal is the official representative of the school and is directly responsible for the general attitude of the student body and the conduct of the athletic affairs by the athletic administrator and the coach. By delegation and by established precedent, the school principal is the official school representative in matters dealing with the High School Athletic Association and league affiliations. The principal is solely responsible for any official action taken by his/her school.

- 1) Is responsible for all activities affecting students in her school
- 2) Is closely involved with the operation of the athletic program
- 3) Coordinates the athletic program with other school activities

d) Athletic Director

The primary responsibility of the athletic director is the administration and supervision of the interscholastic athletic program. The athletic director's duties will be those described in his job description and any others as designated by the principal. He will provide the leadership necessary for the day-to-day operation of the athletic department.

a) Directs the operation of the athletic program and is responsible for:

- (1) Game schedules
- (2) Transportation
- (3) Obtaining officials for games
- (4) All schedule changes

b) Selects and supervises all coaches

c) Evaluates the athletic program and the athletic staff

d) Participate in budget preparation for the athletic program

e) Head Coaches

All head coaches shall be responsible to the athletic director for the total operation of their respective sports programs. Head coaches shall act as official representatives of the school as they carry out their interscholastic athletic responsibilities. Head coaches will be responsible for the normal duties required of interscholastic competition, those duties described in the coaches' job description, and/or any duties delegated by the athletic administrator.

a) Represent the school in interscholastic activities

b) Work within the framework of the goals of the school system, the policies and procedures of the athletic department, and the regulations of the FHSAA

c) Select teams, schedules and volunteers for their program

d) Consider athletics as part of the total educational program, encouraging athletes to work to their maximum ability in both academics and sports

e) Exhibit proper and exemplary behavior at all times

f) Are entirely responsible for the guidance of students in their charge

Appropriate Concerns to Discuss with Coaches

It is very difficult to accept that your Student-Athlete may not play as much as you may have hoped. Our coaches are professional educators. They use their experience and expertise to coach young men and women and are required to make judgment decisions based upon evaluation of practice performance and what they believe to be in the best interest of all those involved in their program. As you read the items below, certain topics can and should be discussed with your student-athlete's coach.

1. Suggested ways to help your student-athlete improve.

2. Concerns about your student-athlete's behavior and/or academic progress.

Issues NOT Appropriate to Discuss with Coaches

The following issues are left to the discretion of the coach:

1. Playing Time
2. Team Strategy
3. Play calling/game strategy
4. Other student-athletes
5. Coaching Philosophy

Things Our Coaches are NOT Expected to Discuss with Parents

1. PLAYING TIME: It is the philosophy of the Athletic Department that a coach does not have to defend or discuss issues of playing time with a parent. The coaches are the only ones who are at every practice and see every repetition along with every action and reaction. Playing time is a professional coaching evaluation of ability, attitude and behavior and is awarded according to the opinion of those who have the most experience with the athletes and what is in the best interest of the team and not the individual. At the Varsity level the best players displaying the correct behaviors play. We do not hold any obligation to make sure that every player gets a set amount of playing time. It is not a policy of the athletic department to discriminate against an athlete's grade level, but individual coaches do have the right to set their teams how they see fit.

2. STRATEGY or PREPARATION: It is the philosophy of the Athletic Department that a coach does not have to defend or discuss game strategy or practice and preparation philosophy with a parent. Again, this is subjective and based on the professional experiences and opinions of the coaching staff that are paid to research, scout, learn, and prepare for their seasons of sport.

What To Do If You Have a Concern – Here is the Procedure: 24 HR Rule is always in effect

1. Have your Student-Athlete meet with his/her coach to discuss the issue. On most occasions, this coach-to-athlete meeting can resolve issues or questions. As stated earlier, this is part of our young men and women learning to grow as adults.
2. Contact the coach directly to set up a meeting to discuss your concern. Some coaches may mandate that your child attend that meeting.
3. Please DO NOT attempt to talk to a coach before or after a contest or practice. Our coaches are responsible for supervision and safety of their athletes. In addition, these can be emotional times for both the parents and the coach. Meetings of this nature do not promote resolution.

If a Next Step is Necessary

What can a parent do if the coach-athlete meeting (Step 1) AND the parent-coach meeting (Step 2) did not provide resolution: **Contact the Athletic Director** to set up a meeting between yourself, your Student-Athlete, Head Coach and Athletic Director.

ATHLETIC DEPARTMENT FINANCIAL POLICIES

SPORTS PARTICIPATION FEE

Sports Participation fees are collected annually to help offset the cost of the athletic programs. The fees are specific to each sport's needs and expenses. These fees will need to be received **PRIOR TO THE FIRST GAME OF THAT SPORT'S SEASON**. Your team fees will be billed to your FACTS account.

Student-Athletes can be given a tryout period for each sport, if time permits, before they are billed. Once the official season begins with the first contest, and the final rosters are submitted to the Athletic Director and Business Office, you are responsible for payment.

THERE ARE NO REFUNDS ONCE YOUR STUDENT HAS PAID FOR HIS/HER SPORT OR YOUR ACCOUNT IS BILLED FOR THE SPORTS PARTICIPATION FEE.

SPIRIT PACK FEE

Spirit Pack Fees are established by each individual team depending on what is needed. The Spirit Pack may consist of the athlete's practice uniform, sweatshirts/jackets, game day shirts, and other small incidentals/consumables. These Spirit Packs will be available for purchase from Team online stores. This fee will be assumed by individual players. Any items not available in an online store will be billed to your FACTS account.

THERE ARE NO REFUNDS ONCE YOUR STUDENT HAS ORDERED THE SPIRIT PACK. YOU ACCEPT RESPONSIBILITY FOR THE SPIRIT PACK FEE ONCE YOU HAVE ACCEPTED THE SPIRIT PACK. IF A STUDENT ORDERS THE SPIRIT PACK, AND THEN QUILTS BEFORE THE TRYOUT PERIOD, THE STUDENT IS STILL RESPONSIBLE FOR THE SPIRIT PACK FEE.

FACTS MANAGEMENT

Our finance department utilizes FACTS Management to collect all team fees as well as occasional spirit pack items that are unavailable in a team store.

FUNDRAISING

sports fees alone may not cover the cost of sports participation. Your family may be required to participate, willingly and cheerfully, in fundraising activities. You are required to participate in the fundraisers and either reach the required goal or "buy-out" by making a donation equal to the per family or per child fundraising goal.

COMMITMENT & EXPECTATIONS

I Corinthians 9:25-27 “Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore, I do not run aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

When you decide to participate in athletics at HCS you make a commitment to the school, the coaches, and most importantly your teammates. You are expected to be at every practice and every game. It is not acceptable to miss practice unless you have a valid excuse.

Examples of a valid excuse are:

1. Death of friends or family
2. Personal illness
3. Hospitalization of friends or family

Examples of excuses that are not always acceptable are:

1. Too much homework – you need to learn to manage time
2. Sniffles, stomachache
3. Injury (unless you are at the doctor for the injury)
4. Vacation
5. Birthday party
6. Field trip
7. Other commitments (clubs, groups, or organizations)
8. Group projects
9. Relatives or friends in town
10. Club practice for another sport that has nothing to do with our athletic department

Athletic Department policy in regards to excused or unexcused absences from practices: Should an athlete miss practice due to an excused absence, he/she might not be allowed to start in the next contest. Should an athlete miss practice as a result of an unexcused absence, he/she might not be allowed to participate in the next contest. In addition, the coach may suspend or terminate the athlete’s participation from the team.

Athletic Department policy on excused and unexcused absences from games: Should a player miss an athletic contest due to an excused absence, he/she might miss the following contest. Should a player miss a game due to an uncontrollable or unforeseen circumstances, the coach will determine the athlete’s status of participation in the following contest. Should a player miss a game because of an unexcused absence, he/she may be suspended for a period of time or from the whole season.

Please schedule family vacations before or after the season. Some of our school breaks occur during an athletic season, however, some FHSAA playoffs are often scheduled during these dates. In addition, the league schedule is set before the season and it is difficult to schedule around vacations, finals, etc. Your cooperation on this is greatly appreciated.

If an athlete cannot attend a practice or a game due to a doctor’s appointment, the dentist’s appointment, school related activity, (leadership activity), please notify or communicate with the coach or athletic director prior to the date

of the scheduled activity. The athlete might not be allowed to start in the next contest, but they may be allowed to play in the game.

There are some teams at HCS that experience low turnouts in terms of the number of athletes coming out for the team. If an athlete is pulled from the team so that he/she can go on vacation or other reasons, the school could possibly have to forfeit a contest. This is not fair to our athletes, parents, and coaches, as well as our opponents and their parents and coaches. We have made a commitment to our league that we will field a team and on a date that we have a contest with an opposing school we must have all of our players to compete so that we can achieve our goal: to win!!

VERY IMPORTANT:

* **A school holiday does not mean you do not have practice.** There are many dates throughout the school year when you have the day off for various reasons. You are expected to be at practice on these days if one is scheduled by the coach.

* **If you are injured, you are expected to be at practice** listening, learning, and supporting your teammates. An injury does not make you a non-member of the team.

* **If there is a field trip that conflicts with practice,** you need to make arrangements to be back on time.

* **If your participation in athletics conflicts with another one of your interests** then you are free to choose which one you want to give 100% to. If that is athletics, great, but if it is the other, that is OK too. We just expect you to pursue your endeavors with 100% effort and commitment.

A few examples are, but not limited to, the following:

1. Football has summer lifting and passing leagues when numbers are correct, and you could possibly practice on Thanksgiving morning if we make regional playoffs.
2. Volleyball might have summer leagues.
3. Soccer may have tournaments that begin immediately after Christmas day (over break).
4. Soccer and Basketball practice and play over Thanksgiving and Christmas break when necessary.
5. Basketball has summer leagues and possible Christmas tournaments.
6. Baseball and Softball may play in a tournament over Spring Break.

You are expected to be at these events. The off-season schedules have a little leniency, but in-season events are not negotiable. Expect consequences for missing practices and games. Please remember while we desire and encourage your participation, we want those who are willing to make a commitment. You have a choice and we expect you to be responsible with all of your commitments.

SCHOOL EQUIPMENT/UNIFORMS

1. Athletes and his/her parents (or guardians) are financially responsible for all uniforms or equipment issued to him/her.
2. The team uniforms and equipment are to be used only when representing the school
3. Athletes who fail to turn in all uniforms and equipment **will not** receive any awards and will not be permitted to participate in another sport. **If a senior, you will not receive a diploma until school issued uniforms/equipment is settled.**
4. Appropriate practice apparel must be worn at all times. (This includes but is not limited to Shirts by both boys and girls)

CAUSES FOR SUSPENSION AND/OR DISMISSAL FROM A HCS ATHLETIC TEAM

1. Absence from a practice or game without a pre-authorized excuse from the Head Coach
2. Suspension from school for any reason
3. Any use of drugs, tobacco, or alcoholic beverages
4. The use of obscene language or gestures
5. Improper conduct on the campus, in the classroom, or during transportation
6. Insubordination to coaches or other school personnel
7. Failure to maintain required academic standards
8. Violation of FHSAA or school rules

COMPETING AS A CHRISTIAN

I Corinthians 9:24 “Do you not know that in a race all runners run, but only one gets the prize? Run in such a way as to get the prize.”

At HCS we believe in the spirit of competition within the rules. Sometimes as Christians we mistake our identity as Christ followers for meaning we must be passive, non-aggressive, and nonassertive. Some people tend to be satisfied with mediocrity and at times failure by allowing themselves to believe it does not matter or, “It is just a game!” As Christians, God commands us to be at our best in everything we do. If athletics is what you are gifted in, you are expected to compete at a high level with everything you have. It is our desire for other institutions to admire how hard we play and how well we execute. We want to establish and maintain a reputation of being a Christian school with passion, discipline, desire, and an overwhelming will to excel. How you win is important. We win with dignity and without shame if you play within the rules and conduct yourself in a sportsmanlike manner. Hit someone hard and help them up and do it again the next play; hammer a spike and celebrate with your team and not at your opponent. Make a great play and get back on defense; hit a home run and circle the bases with class.

How we behave at a game will directly affect the reputation of our school. Likewise, your actions when you lose will tell everyone who we are without words being spoken. **HCS student-athletes despise losing and desire to do whatever is within the rules to keep it from happening.** However, since losing is inevitable at times, there is a right and a wrong way to handle it.

The wrong way involves the following:

- Making excuses,
- Blaming the officials,
- Whining and complaining,

Pointing fingers at teammates or coaches,
Allowing others to badmouth your teammates or coaches,
Feeling as if it does not matter.

The right way involves the following:

Acknowledging the other team for their preparation and accomplishment,
Ask questions to learn from your loss,
Stick together with your teammates and coaches,
Do not allow people to badmouth your teammates and coaches,
Do not badmouth your child's teammates and coaches,
Come to practice the next day ready to work harder.

God commands our best in all that we do. Every time you step foot on the court or field you have a chance to worship and he wants your best. We want to be known as Christians who compete ferociously and do it with Christ-like class.

Trust in God, believe in yourself, believe in each other, and play the game hard.

COLLEGES AND SCHOLARSHIPS

Recent studies have shown that the percentage of young men or women being offered an NCAA Division I full scholarship is 0.08%! In other words, it's easier to become a National Merit Scholar Finalist than to receive an athletic "full ride" scholarship at HCS. Coaches work very hard to make sure that the high school Student-Athlete maximizes his/her potential in both the athletic and academic arenas in order to make them attractive to colleges/universities.

All athletes who will be playing athletics at a Division I or Division II NCAA College MUST go through the Clearinghouse. For Initial Eligibility please go to the website www.ncaaclearinghouse.net then click on "Prospective Student-Athletes". There is a small fee involved. If you are unsure, please make an appointment with the Athletic Director for further counsel.

Develop Your Recruiting Game Plan (taken from *RECRUITING REALITIES* by Jack Renkens)

1. Evaluate your talent/skill level honestly
2. Respond to Questionnaires
3. Introduce yourself to college coaches
4. Develop a list of questions for coaches
5. Call College Coaches
6. Create a Game/Skill DVD (send on request ONLY!)
7. Arrange unofficial college visits
8. Take the SAT or ACT (multiple times)
9. Register with the NCAA Clearinghouse - www.ncaaclearinghouse.net
10. Get a copy of the NCAA Guide for the College Bound Student-Athlete. This booklet can be downloaded from the NCAA website or call 800-638-3731 to receive a free copy.

Ten Things Students Can Do To Help Themselves

(taken from Winning an Athletic Scholarship by Dennis K. Reischl)

1. Take care of academics first.
2. Coordinate with your high school coach.
3. Attend camps and clinics.
4. Build your strength and endurance.
5. Conduct yourself well on and off the field.
6. Consider using a recruiting service.
7. Develop DVDs to showcase your abilities (requested only).
8. Show interest (in prospective schools).
9. Make time to visit.
10. Actively evaluate prospective schools.

BEING A SUPPORTIVE PARENT

By Coach Herb Meyer, El Camino High School, Oceanside, CA

1. Be positive with your child.
2. Don't offer excuses for your child if they are not playing.
3. Don't "put down" the coaches – be supportive in front of your children.
4. Encourage your child to follow the team rules.
5. Insist on good grades!
6. Don't develop envy toward other players because you don't like their parents.
7. Don't be a know-it-all.
8. Insist on your child's respect for rules, game officials, and sportsmanship
9. Encourage your child to improve their self-image by believing in themselves.
10. Encourage your child to play "for the love of the game."

WORK TO DEVELOP POSITIVE SPORTS PARENTING

by George Selleck, Sports Psychologist

1. Use sports to reinforce family values.
2. Teach children to cope with frustration.
3. Teach children to make good choices about tobacco, drugs and alcohol.
4. Build character.
5. Teach children to respect themselves and others.
6. Communicate effectively with the coach.

A "CODE OF CONDUCT" FOR PARENTS

by Dr. Laura Finch,

Western Illinois University

1. Remain in the spectator area during competition.
2. Do NOT yell instructions or criticisms to the players.
3. Make no derogatory comments to players, other parents or fans; officials, or administrators.
4. Do NOT interfere with your child's coach.
5. let the coach be responsible for your child during the duration of the contest.
6. Provide unconditional love, acceptance and emotional support regardless of the game's outcome.

Summary of Athlete/ Parent Compliance & Agreement

As an athlete of HCS Athletics:

1. It is my responsibility to manage my time effectively so that my school work and tests do not interfere with my practice schedule. Good grades are my priority, as is my team.
2. Extracurricular activities such as dances, parties, ball games that I am not a school team member of, or any other conflicting events is not a valid reason for missing practice or competition. I will likely have to give up some social events.
3. At all times I will reflect and uphold all the morals, ethics, and standard policies of Harvest Community Athletics and will always be a strong, positive representative of Harvest Community Athletics.
4. I will always be respectful to everyone. Disrespect or negative behavior unbecoming of a Harvest athlete at any time or event is grounds for termination from the program.
5. I understand that if I become unable to meet or maintain certain criteria of skills set forth to be a member of a team, I may be moved to a squad more suited to my skill level.
6. My participation is a commitment until the end of the entire season. This includes pre season, in-season and postseason
7. If I am sick and non-contagious, I must attend practice to observe any changes that may affect my position in the routine.
8. I must always notify the coaches if I am unable to attend any practice at least 24 hours in advance, unless there are emergency circumstances
9. All practices the week prior to an event are mandatory. If for some reason you are unable to attend any such practices, you may be replaced on the depth chart
10. Excessive tardiness may result in suspension and/or removal from the team
11. I understand that as a representative of the Harvest Community Athletics program, any and all negative social media postings about the program, other athletes, or other parents are strictly prohibited and may result in myself being dismissed from the program and forfeit any payments/sponsorships.

As a Parent supporter of HCS Athletics:

1. I purpose to be grateful to the coach,, patient with the officials, encouraging to our players and supportive to the program with my presence.

2. I understand that my athlete's commitment to the team is a commitment from our family for the entire season (preseason, in-season and postseason).

3. I understand that the program needs my support. I will volunteer at concession, gate or wherever needed during game day.

4. I understand and have read the absence policy.

Athletics Absence Policy

Excused Absences:

- *Death in the family*
- *School sanctioned Missions Trip once in 4 years for 9th-12 grade athletes*
- *Prolonged sickness*
- *The impact of a player's excuses absence will be fully at the discretion of that sport's Head Coach.*

Unexcused Absences-*The minimum impact of a player's unexcused absence will be that the player will not start the next scheduled game. The Head Coach has full discretion to apply additional playing time restrictions.*

HARVEST COMMUNITY SCHOOL ACKNOWLEDGEMENT OF RECEIPT

I have read a copy of the HCS Athletic Handbook. I understand that I will be held accountable for the information outlined in this handbook.

Athlete Name (Print)

Date

Athlete Signature

I/We have read a copy of the HCS Athletic Handbook. I understand that all athletes will be held accountable for the information outlined in this handbook.

I give my approval for _____ to participate in the athletic program at HCS under the guidelines of the HCS Athletic Handbook.

Parent/Guardian Name (Print)

Date

Parent/Guardian Signature