



Athletic Handbook

For Parents, Athletes, and Coaches

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NDCS's ATHLETIC MISSION

Athletic programs at Northern Dauphin Christian School serve to further the school's Core Purpose, Mission, and Vision.

CORE PURPOSE

We exist to further the Kingdom of Heaven in the world by achieving the promise of Psalm 145:4 "One generation shall praise Your works to another, and shall declare Your mighty acts."

MISSION

We are a PreK-12 school that develops disciples who are spiritually and academically prepared to impact their world for Christ.

VISION

NDCS is a community of parents and teachers which prepares graduates who:

- Live in their private and public lives the observable character of Christ,
- Are prepared to discern and pursue their life's calling wherever it may lead them, and
- Carry a biblical worldview through which they will impact the world into which they are sent for Christ.

GOALS OF ATHLETIC PARTICIPATION

Northern Dauphin Christian School believes that athletics are a program of the school that can serve its mission through two distinct mediums:

- 1) Developing Christlike character in student-athletes;
 - Training and competing for athletic competition is a demanding task that can lead to trials and triumphs. Such events result in proper Christian character, hope, and self-confidence (Romans 5:1-5).
 - Competing on a team will promote humility, meekness, and servant leadership
 - The self-sacrificing nature of team sports provides ample teaching opportunities to see the value of being dedicated to Christ's church body.
- 2) Athletic programs are opportunities to reach others for the cause of Christ –
 - Athletes and Coaches have the opportunity to be witnesses of Christ's love. The testimony of good sportsmanship, fierce competitors, and devoted fans can move an unbeliever to seek out Jesus Christ (John 13:34-35).

Northern Dauphin Christian School also believes that athletics, like all aspects of life, should be done to the best of our God-given abilities. This means that our coaches and athletes acknowledge there is a scoreboard and strive to win. This means that intense training, diligent strategy, and controlled emotion

are expected in order to achieve our best. NDCS athletic programs should model Christ's expectations by being unified, committed, and hardworking (1 Corinthians 9:24-27).

Finally, athletic programs present a platform for leadership to be taught, developed, and practiced. NDCS believes in servant leadership with the perfect example being Jesus Christ (Philippians 2:5-8). Leaders are called to a higher standard of excellence (1 Timothy 4:12). They are also called to lead by example and serve their teammates or coaches by valuing the team above the individual (Philippians 2:3-5).

DESCRIPTION OF PROGRAMS

PIAA / NFHS / NASP

NDCS provides several opportunities for student involvement in athletics. This includes PIAA sponsored athletics directly through NDCS, PIAA High School Sports and Junior High Sports, which are part of the Cooperative Sponsorship with Halifax, and NDCS sponsored Archery. Pay to Play fees are associated with participation.

PIAA:

The Pennsylvania Interscholastic Athletic Association is the governing body of our athletics. We are a PIAA member school and are responsible to abide by their regulations. Many of our policies are dictated by the PIAA. See www.PIAA.org for more details.

NFHS:

The National Federation of State High School Association is the ruling body on sport specifics such as gameplay rules, uniforms, scorebooks, case books, and officials. For more information see www.nfhs.org.

NASP:

Our archery teams compete under the jurisdiction of the National Archery in the Schools Program. NASP has very different regulations than PIAA. Thus, NDCS regulates our archery teams under the same guidelines listed in this document minus the exceptions communicated. All other policies and guidelines apply to our archers. Archers must be academically eligible and abide by the code of conduct.

NDCS Athletic Programs

Winter Archery - Grades 6-12

Cooperative Sponsorship of Sports

NDCS has a Cooperative Sponsorship of Sports with Halifax Area High School (HASD). These sports are hosted by HASD. Students will be responsible to pay all regular sports fees that Halifax requires. Students must also remain eligible per PIAA and NDCS regulations outlined in this handbook. The following sports are offered for NDCS students at HASD:

- Boys Football: High School (grades 9-12)
- Girls Soccer: High School (grades 9-12)
- Boys Soccer: High School (grades 9-12)
- Girls Volleyball: High School (grades 9-12)
- Boys Basketball: Middle School (grades 7-8) and High School (grades 9-12)
- Girls Basketball: Middle School (grades 7-8) and High School (grades 9-12)
- Wrestling: Junior High (grades 7-8) and High School (grades 9-12)
- Girls Softball: High School (grades 9-12)
- Boys Baseball: High School (grades 9-12)

PIAA PARTICIPATION GUIDELINES

The PIAA also mandates eligibility regulations on periods of participation in athletics. Listed below is a summary of Article VII, Section 1, from the PIAA By-Laws.

A pupil shall not represent his/her school in interscholastic athletic competitions if he/she has:

1. Been in attendance more than eight (8) semesters beyond the 8th grade;
2. Participated in six (6) seasons beyond the sixth grade in any sport
3. Participated in four (4) seasons beyond the eighth grade in any sport
4. Successfully completed grades nine, ten, eleven, and twelve, inclusive.
5. Turned 19 years of age before July 1st.

Participants in PIAA sports must also be enrolled:

1. At the participating school or
2. At the school involved in a cooperative sponsorship with the participating school (NDCS currently has a Co-Op with Halifax School District) or,
3. Reside in the district in which the school is located (this applies to homeschool or cyber schooled students).

Note: This does not apply to NASP guidelines and archery participation. Homeschool students in any surrounding school district are able to participate in the NDCS program with approval from the administration.

PRE-PARTICIPATION

All student-athletes must be in good health in order to participate in athletics. Each athlete who intends to participate in a High School PIAA sport must have a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE) completed after June 1 of the upcoming school year by a licensed physician. Any limitations to physical activity should be reported directly to the Athletic Director and/or Head Coach. This is for the safety of the athlete. The CIPPE form can be obtained from the Athletic Director and online at PIAA.org.

Note: This only applies to PIAA sports. Archery is exempt from this requirement due to NASP regulations.

In addition all PIAA athletes must have a parent consent form on file for the current season. Any athlete seeking to participate in multiple seasons throughout a single school year needs to complete a Section 7 Recertification Form History. This form must be turned into the Athletic Director prior to the start of next schedule season's practices. If proper participation forms are not turned in to the Athletic Director, the athlete may not participate in practices, scrimmages, or contests until proper documentation is on file.

ELIGIBILITY

Academic Eligibility

In addition to PIAA's academic eligibility requirements, NDCS believes that there is a reason "student" comes first in student-athlete. In accordance with the mission statement of NDCS, our athletes will be academically prepared to impact their world for Christ. Therefore, student athlete grades will be monitored on an ongoing basis to ensure that students remain in good academic standing throughout the school year.

Weekly Grade Checks for NDCS Students

Weekly grade checks will be conducted every Friday afternoon for the following sports week which begins on Sunday and concludes the following Saturday. Any student failing 2 or more classes (64% or below) will be deemed ineligible from Sunday of the report week until Saturday of the following week. The determination of a passing/failing grade is cumulative from the beginning of a marking period to the date of the check even though the check is made weekly.

Weekly Grade Checks for Other Students

Outside Programs

Any student athlete who is participating in an academic program outside of NDCS, ie. dual enrollment or students in the agriculture co-op program, are responsible for submitting a report to the NDCS Athletic Director by 8:00 am Friday each week during the athletic season of participation. If the report is not received, the student will be deemed ineligible for the following week.

Grade Checks for Homeschool/Cyber School Students Participating in Archery

Any homeschool or cyber school students who are participating in NDCS's Archery program are responsible for submitting a report to the NDCS Athletic Director by 8:00 am Friday each week during the archery season. If the report is not received, the student will be deemed ineligible for the following week.

Ineligibility

If a student is deemed ineligible during this period, students will be allowed to practice with their team according to the following guidelines:

First Offense - The athlete will be allowed to practice. The athlete may not participate in any interscholastic events, scrimmages included. He/she may travel with the team during the period of ineligibility and sit on the bench in street clothing.

Additional Offenses During the Season for that Sport - The athlete may not practice or participate in any interscholastic events, scrimmages included, during the duration of the period of ineligibility. The student may not travel with the team during that period.

Report Card Failures

If the student receives 2 or more failing grades on the 9 week cumulative report card, the student will be deemed ineligible for the first 15 school days of the next marking period beginning on the first day of the new marking period. The student cannot practice for the first 10 days of his/her ineligibility. But, they may practice during the remaining 5 days if grades are acceptable at that time. If grades are not acceptable at that time, the student may not practice for the remaining period of ineligibility and would have to practice 10 days before competing in an interscholastic event. The athlete may attend the competition, but may not "suit up".

Attendance Requirements

To be eligible to participate in a scheduled contest or practice, the student athlete should attend at least half of the academic school day on the the day of the scheduled event or the academic day immediately prior to the event, ie. Friday, if the event is scheduled for a Saturday. A half-day is defined as 8:00am-11:24am or 11:24am-2:40pm. Excused absences associated with scheduled doctor appointments, such as orthodontist appointments, are an exception and will not impact eligibility for that day.

SPORTSMANSHIP

As a Christian community, NDCS believes that in all we do, God should be glorified (1 Corinthians 10:31). Sportsmanship plays a pivotal role in portraying Christ and bringing God the glory. With this in mind, NDCS holds to strict sportsmanship standards.

For the Coach:

- Exemplify Christ through godly character, behavior, and leadership at all times.
- Respect the integrity and personalities of each individual athlete.
- Set the example for players and spectators.
- Display humility in victory and graciousness in defeat.
- Communicate respect about athletes, coaches, and officials to others including, but not limited to; media, spectators, parents, other athletes, other coaches.
- Make sportsmanship a priority

For the Athletes:

- Exemplify Christ through godly character, behavior, and leadership at all times.
- Exhibit respect towards coaches, officials, and opponents.
- Take the responsibility of representing the NDCS community, your coaches, your family, and yourself properly through your words and actions both on and off the playing surface.
- Be different from the world by encouraging your opponents and congratulating them on good play and victories.
- Be humble in victory and gracious in defeat.
- In all circumstances treat others the way you would wish to be treated.
- Maintain self-control and integrity during the intensity of competition.
- Always shake hands with opponents upon the completion of competition.

For the Spectators:

- Keep the perspective that these are kids, and this is a game.
- Give only positive encouragement to the players and officials of the contest.
- Discourage any cheer that is negative.
- Respect the coaches by allowing them to be the coach and implement their system of play before, during, and after the contest.
- Support the task our coaches face as they strive to educate/mentor our youth.
- Learn, understand, and respect the rules of the contest, the officials who administer them, and their decisions by allowing them to be the officials. Their call is final and should be respected.
- Respect opponents as students, acknowledging them for striving to do their best.
- Develop a sense of dignity under all circumstances.
- Represent Christ to all those who enter our community's events.

CODE OF CONDUCT

Athletic and extracurricular activities are exposed to the public eye. They also present reactive and difficult choices that lead to self-control, morality, confidence, and discipleship (Proverbs 17:3). With these realities in mind, NDCS administration, in consultation with the Athletic Director, have developed the following code of conduct requiring strict adherence:

**** Any policies that exist within the NDCS Handbook and not covered below will be enforced. Students and Coaches will adhere to all NDCS Handbook policies****

For Coaches:

- Coaches will adhere to all policies outlined in the NDCS handbook as a school representative. Please take the time to read it thoroughly. The NDCS Handbook can be found online at www.ndcslions.org/admissions.
- Coaches are to enforce all policies for student-athletes.
- Coaches are to maintain professional and appropriate relationships with their athletes and coaches.
- Coaches are to properly and effectively communicate policies to athletes at the start of each season.
- Coaches will exhibit respect for officials. Any coach dismissed from a contest by an official must meet in a discipline meeting with the Athletic Director and Head of School.

For Athletes:

- Behavior –
 - Athletes will conduct themselves as ladies and gentlemen at all times.
 - Athletes will refrain from alcohol, illegal drugs, and smoking at all times as an NDCS athlete.
 - Hazing will not be tolerated under any circumstances.
 - No possession of weapons will be allowed.
 - Assault, immoral conduct, theft, and other detrimental behaviors are not tolerated.
 - Use social media outlets with discretion (see Social Media Policy).
- Dress –
 - Athletes will wear their uniforms properly adhering to PIAA regulations.
 - Athletes will dress according to NDCS policies before, during, and after all team events (practices, games, social events, etc.)
 - Athletes will utilize the use of locker rooms when needed to change their clothing. Athletes are not permitted to change clothing within public view. This includes the playing area, team bench, and bus/van.
 - Jewelry will be worn only under compliance with the PIAA.

For Parents:

- Respect and trust will be shown to all coaches.
- Parents will not criticize playing time, strategy, or coaching styles before, during, or after contests with any member of the coaching staff or athlete. Any discussions with a coach about playing time, strategy, or coaching styles must be scheduled with the coaching staff. All such meetings should have an appropriate third party present (Assistant Coach, Athletic Director, Head of School).
- During contests, parents will follow all sportsmanship guidelines by being a positive voice.
- NDCS appreciates and shares your passion for success; reactions and emotions are a part of the game, but negative comments, crude language, and inappropriate gestures will not be tolerated.
- Any parent or fan dismissed from a contest by an official, the athletic director, or Head of School must attend a disciplinary meeting with the Athletic Director and Head of School. Further repercussions and future expectations will be communicated during this meeting.
- Parents will remember these are kids and this is a game. As a result we request you enjoy the contest and help our students be a light in the world (Matthew 5:14-16).

CHAIN OF COMMAND

For all conflicts and issues the proper chain of command will be followed by athletes, parents, coaches, and the Athletic Director.

“If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. But if they will not listen, take one or two others along, so that ‘every matter may be established by the testimony of two or three witnesses.’ If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.

“Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

“Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there I am with them.”

Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?”

Jesus answered, “I tell you, not seven times, but seventy-seven times.” – Matthew 18:15-22

The above Biblical principles should be considered and applied when dealing with all conflict. We encourage our student-athletes to address their coaches and teammates respectfully and privately if any wrongdoing arises. We ask that parents empower their children to use their voice in this manner and refrain from approaching coaches themselves. However, if the same conflict continues to arise, we encourage parents to schedule a meeting with the coaching staff and your child to respectfully discuss the issue at hand. These meetings may not occur pre or post practice or game unless previously scheduled.

If the conflict is still not resolved you may contact the Athletic Director. At this the Athletic Director may schedule a meeting to mediate the situation or contact the Head of School depending on the severity of the situation.

Finally, when a resolution is derived, NDCS expects forgiveness and healing to take place. As a Christian community, we are all called to forgive each other as God forgives us (Colossians 3:13, Ephesians 4:32, Matthew 6:14-15, Mark 11:25). If the severity of the conflict deems it inappropriate to first go to the coach or Athletic Director, student-athletes or parents may directly contact the Head of School. This approach should be reserved for highly inappropriate behavior or a blatant safety concern.

The following is a summary for conflict resolution:

- 1) Athlete to coach(es) one-on-one communication.
- 2) Parent to coach(es) communication through a scheduled meeting.
- 3) Athletic director mediation between parent, athlete, and coach(es).
- 4) Head of School** mediation between parent, athlete, and coach(es).

**Direct contact to the Head of School is reserved for highly inappropriate behavior or blatant safety concerns.

NDCS SPONSORED ATHLETICS

NDCS Coaching Responsibilities

Each head coach assumes the following responsibilities and is under the supervision of the Athletic Director;

- Be an example of Jesus Christ for your athletes to follow.
- Safety and overall well-being of student athletes and team managers.
- Providing spiritual, athletic, and academic leadership/mentorship to student-athletes on their roster.
- Provide a headship over their team that adheres and promotes NDCS Athletics' Mission, Core Values, and Philosophy.
- Adhere to the "BEST Policy" for playing time.
 - "The BEST player, with the BEST attitude, has the BEST chance to play"
- Maintain all Coaching Education and Coaching Requirements per PIAA including;
 - Annual ConcussionWise course completion

- o Annual CardiacWise course completion
- o Coaching Principles Course (one time completion)
- o First Aid, Health, and Safety Course (one time completion)
- o Criminal and Child Abuse Background Clearances.
- Select proper team managers and scorekeepers as needed.
- Distribute and collect team uniforms. Uniforms must be delivered by the head coach to the Athletic Director or school main office not later than 10 days after the end of the season.
- Submit a team roster complete with name, jersey number, and position to the athletic director prior to the first regular season contest.
- Make sure that all athletes have completed the proper paperwork to participate.
- Maintain constant supervision of athletes. Do not leave them unattended.
- Communicate any discipline issue or injuries to the Athletic Director.
- Make sure officials sign the official scorebook after each home contest.
- Report all game results to the Athletic Director via email, phone call, or text following all contests.
- Notify the Athletic Director of any contest ejections/disqualifications of any coach or athlete within 12 hours of the end of that contest.
- All equipment and facilities should be handled with proper care. Report and issues to the Athletic Director.
- Clearly communicate the responsibilities of our athletes per policy as well as per your specific strategies for the contest.
- Put each student-athlete in a position to succeed.
- Adhere to all NDCS Handbook policies for faculty and staff.

NDCS Coaching Philosophies

Each coach is selected by NDCS administration to lead their respective team. Head coaches have the support of the Athletic Director, Head of School, and Board of Directors. We recognize that coaches may have additional requirements for their student-athletes. All such requirements must be approved by the Athletic Director, Head of School, or Board of Directors depending on the level of requirement prior to the season start. All such approved requirements must be communicated in writing to the student-athletes by the Head Coach. These requirements may be, but are limited to academics, devotionals, ministry, service opportunities, playing time, communication, attire, and/or social media.

Also, all strategy, game plan, play calling, and playing time decisions are the responsibility of the Head Coach. The Head Coach is encouraged to communicate and discuss these decisions with their assistant coaches. Head coaches are not encouraged to seek advice from parents; especially before, during, or after a contest. Such decisions will be evaluated by the Athletic Director on an annual basis for

consideration of re-employment. The Athletic Director will be sure to communicate all concerns prior to taking action.

NDCS Coach and Athlete Relations

Coaches, you are the adult and are expected to maintain proper relations with your athletes. Athletes, represent yourself, your family, and your God properly when communicating with your coach. Coach and athlete relations will remain platonic, godly, and will represent Jesus Christ. Any coach of the opposite gender may not enter the locker room or changing area of athletes. Opposite gender coaches should never be alone with an athlete.

NDCS Coach and Parent Relations

Parents are expected to trust and encourage the hard working coaches of NDCS. They are investing their time, energy, and soul to develop your child's ability to compete, serve Jesus Christ, and achieve team goals. Parents are not to discuss playing time, strategy, other athletes or play calling with coaches. The only exemptions are where clear evidence is provided for unjust bias or favoritism for or against your child. However, parents should expect the head coach to communicate their philosophies, expectations of your child, schedule of practices and games, return times for away games, requirements, injury procedures, ways to help your child improve, and discipline issues. Any other concern should follow the guidelines under "CHAIN OF COMMAND." Violations of this policy can affect your child's ability to participate in NDCS athletics and may require the offender to meet with NDCS administration.

NDCS Equipment and Facilities

For all equipment and facility usage apply the concept to "leave things better than when you found them." This means;

- Treat all equipment properly only using it for its designed purpose
- Clean up facilities after you are using them.
- If something is broken, missing, or out of place do your best to either rectify the situation or report it to the head coach or athletic director.
- Remember, playing sports, using the equipment, and having a facility is a privilege.

NDCS Uniforms

- The head coach is responsible for uniform distribution and collection.
- Athletes are required to wash their uniforms regularly and thoroughly.
- Uniforms must be worn properly at all times.
- Uniforms must be turned in within 10 days of the completion of the season to the head coach and then to the athletic director, if required. Violations result in the following;
 - No participation in further athletics until requirement is met.
 - Two weeks after the deadline the athlete forfeits their right to any awards.

- o Three weeks after the deadline a bill will be submitted to the school office and the athlete's family may be billed for the missing uniform.

SOCIAL MEDIA

Coaches and athletes are a representation of NDCS and Jesus Christ. Any and all multimedia outlets are considered social media and must be used with discretion. Social media use that involves taunting, bullying, boasting, threats, game predictions, teasing, "trash talking", unsportsmanlike language, or profanity will not be tolerated. They will be treated as if communicated in person and the violator(s) will be subject to discipline through their head coach and Head of School.

Social media sites include but are not limited to Facebook, Twitter, Snapchat, and Instagram. These sites may have benefits, but your play during contests should do the talking for you. Leave it all ON the court/field/etc. and leave it OFF the internet.

NDCS SCHOOL POLICIES

All NDCS school policies are in effect as soon as you are under the supervision of your coaches. This includes the locker room, bus/van, playing area, and restaurants. Your attire and conduct is expected to adhere to all such policies as if you are in school. Any exemptions must first be submitted by head coaches in written form to the Athletic Director to review with the Head of School. This includes cell phones and electronic devices.

JUNIOR HIGH ATHLETICS

NDCS Junior High Athletic teams are held accountable to all rules, regulations, procedures, and policies written in this handbook except the following:

- Athletes - No CIPPE form is required (Pre- Participation Physical)
- Coaches - Coaching Principles and First Aid courses are not required.