



# Athletic Handbook

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## **1.0 MISSION & PHILOSOPHY**

### **1.1 Purpose**

Cherokee Christian Schools exists to impart the knowledge, tools, and skills students need to walk wisely and serve redemptively in God's world. The Athletic Department should support this commitment. Sports are an extra-curricular activity that support the educational system and is intended to honor and glorify God. Sports are a tool that influences the student to conform to the image of God in character and action. During an athletic contest, the player's testimony becomes transparent; therefore, sports need to provide the player with Biblical principles which equip him/her to be a testimony for the Lord Jesus Christ. Principles are taught that reinforce a balance between physical and spiritual victories.

### **1.2 Goals of the Athletic Department**

- To pursue an athletic program with excellence which seeks to glorify God
- To train our young men and women for varsity-level competition
- To develop coaches (Rec, MS, JV, and V) who are missionally aligned
- To develop highly competitive programs with Championship mentalities

## **2.0 PROGRAM DESCRIPTIONS**

### **2.1 Recreational**

Students in grades PreK to 5<sup>th</sup> grade may participate in this area of athletics. This program will emphasize fundamental skill development and basic rules of play. Teams are formed based on skill level and grade level to increase each participant's coach/player interaction. All players will receive playing time during each game and practice.

### **2.2 Middle School (MS)**

Students in grades 6<sup>th</sup> to 8<sup>th</sup> may participate in this area of athletics. MS teams will be formed based on participation levels. This program will emphasize a whole team effort toward winning games. It is important to note that all players will not receive equal playing time. Practice times will vary per sport and will be determined by the coach. Practice times will be limited to a maximum of two hours. Games will be played as per the schedule with MS games generally playing first in the evening schedule. For the benefit of the player and team, some MS athletes may be invited to compete on both the MS and JV squads. In this case, game time will be limited for the protection of the athlete.

### 2.3 Junior Varsity (JV)

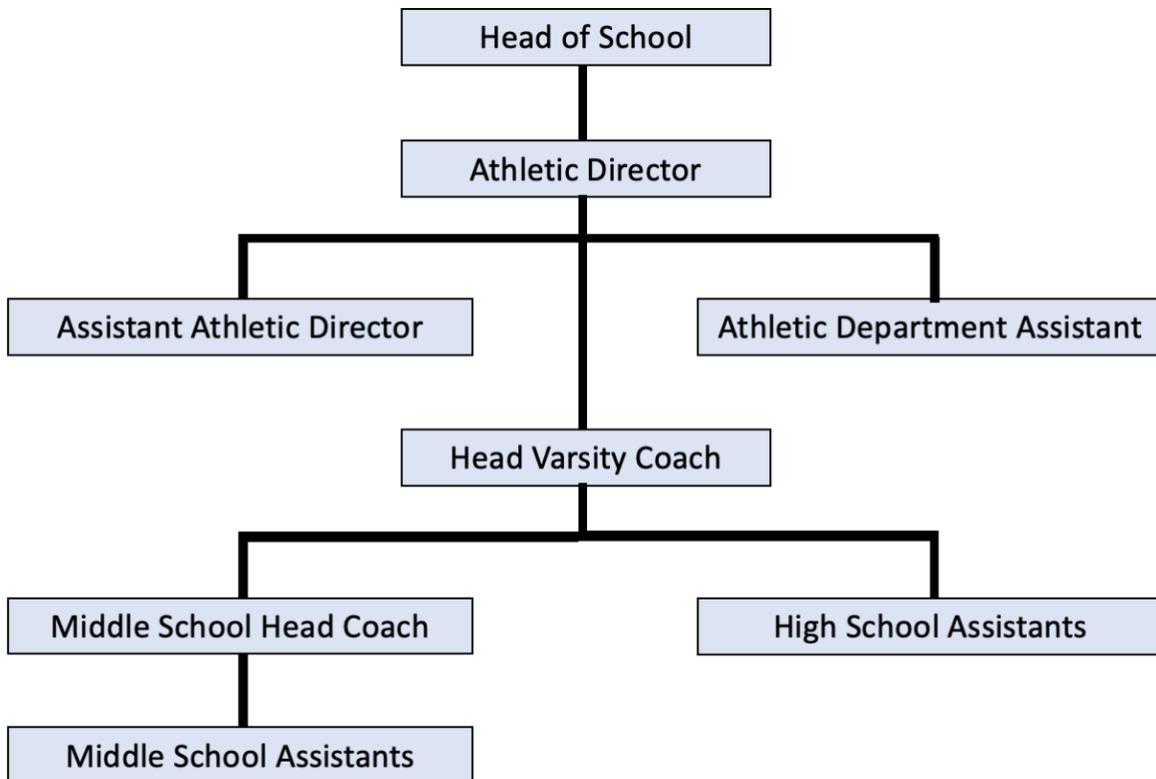
Students in grades 7<sup>th</sup> to 9<sup>th</sup> may participate in this area of athletics. This program will emphasize a whole team effort toward winning games. It is important to note that all players will not receive equal playing time. Practice times will vary per sport and will be determined by the coach. Practice times will be limited to a maximum of three hours. For the benefit of the player and team, some JV athletes may be invited to compete on both the MS and JV OR the JV and Varsity squads. In this case, game time will be limited for the protection of the athlete.

### 2.4 Varsity

Varsity teams are comprised of students in grades 9<sup>th</sup> through 12<sup>th</sup>. This program emphasizes a whole-team effort toward winning games. It is important to note that all players will not receive equal playing time. For the benefit of the player and team, some varsity athletes may be invited to compete on both the JV and Varsity squads. In this case, game time will be limited for the protection of the athlete. Varsity seasons may extend into school breaks such as Thanksgiving, Christmas, Fall, Winter, and Spring Breaks.

## 3.0 ATHLETIC DEPARTMENT

### 3.1 Chain of Command



## **3.2 Athletic Department Staff Contact Information**

Athletic Director: Grayson Rogers  
Email: [grayson.rogers@cherokeechristian.org](mailto:grayson.rogers@cherokeechristian.org)  
Phone: (404) 273-9587

Assistant Athletic Director: Megan Wesely  
Email: [megan.wesely@cherokeechristian.org](mailto:megan.wesely@cherokeechristian.org)  
Phone: (706) 691-8312

Athletic Department Assistant: Jason Camp  
Email: [Jason.camp@cherokeechristian.org](mailto:Jason.camp@cherokeechristian.org)  
Phone: (770) 377-3867

### **3.2.1 Duties & Responsibilities of Athletic Director (AD)**

- General oversight of the entire school's sports program
- Seek to have a spiritual influence on coaches and players
- Approval of necessary sports equipment
- Keep all personnel informed of programs and changes within the program
- Assign all coaching responsibilities
- Oversight of scheduling, travel, and gameday procedures

### **3.2.2 Duties & Responsibilities of Assistant Athletic Director**

- Assist the AD in general oversight of the entire school's sports program
- Collect and upload all team schedules to the necessary platforms
- Collect and communicate game scores to the league
- Oversee inventory and assignment of uniforms and equipment to coaches for distribution
- Assist the AD in the oversight of scheduling, travel, and gameday procedures

### **3.2.3 Duties & Responsibilities of the Head Coach and Assistants**

- Complete oversight and administration of their team
- Keep records of all practice schedules
- Report game scores to the AD and Assistant AD at the conclusion of each event
- Respect and follow the chain of command
- Assist in the promotion and support of the entire Athletic Department
- Attend all sport-specific league meetings

- Nominate individuals worthy of selection for All-Region & All-State recognition
- Assistants will be under the direction of the Head Coach in all sports

### **3.3 Athletic Coaching Staff List (Varsity Head Coaches)**

- Football: Grayson Rogers
- Volleyball: Megan Wesely
- Cross Country: Dawn Hultstrom
- Boys Basketball: Alex Teate
- Girls Basketball: William Norman
- Wrestling: Jose Hechavarria
- Cheerleading: Cassidy Ratliff
- Baseball: TBD
- Boys Soccer: Sean Grizzle
- Girls Soccer: TBD

## **4.0 EXPECTATIONS OF STUDENT-ATHLETES**

### **4.1 Code of Conduct**

- The student-athlete’s character will be in good standing with the administration, faculty, and staff. The athlete will abide by drug and alcohol policies listed in the student handbook.
- The student-athlete will show respect for all coaches, trainers, and all other staff.
- The student-athlete will show respect for their teammates. The student-athlete will respect the seriousness of their commitment by attending all practices, meetings, and games as prescribed at the beginning of the season and by working together to accomplish a common goal. They will help hold their teammates accountable for their actions.
- The student-athlete will maintain a high standard of appearance. He/she will adhere to the strictest interpretations of the school dress code and the team dress/uniform code while at school and on any school trip.
- The student-athlete will demonstrate Christ-like character, both in and out of the arena showing respect in speech and in actions for game officials, opponents, and all those associated with our opponents.
- The student-athlete will never engage in fighting. The student-athlete will always maintain self-control. Unsportsmanlike conduct, penalties, and technical fouls will not be tolerated and will be penalized. Penalties include, but are not limited to, suspension or dismissal from the team.

### **4.2 Sportsmanship Standards**

- Accept the responsibility of representing Cherokee Christian Schools

- Treat opponents and teammates with self-control and respect
- Display modesty in victory and graciousness in defeat
- Respect the integrity and judgment of the officials
- Shake hands with opponents after the game. Treat the competition as a game, not a battle
- Unsportsmanlike Conduct
  - Unsportsmanlike conduct from our athletes will not be tolerated. Discipline for unsportsmanlike conduct violations (such as unsportsmanlike penalties, technical fouls, etc.) will be instituted at the discretion of the Athletic Director.

### **4.3 Eligibility for Participation**

#### **4.3.1 CCS Student**

Cherokee Christian Schools believes that participation in extracurricular activities is part of the student's educational experience.

To participate in extracurricular activities, students must meet academic standards. If a student has a failing grade or has a core grade average below 70, he/she is ineligible to participate.

An athlete who is struggling academically during our seasonal grade checks may be placed on *academic watch*. After being placed on *academic watch*, the student-athlete will be given two weeks to bring his/her grade up before they are placed on academic probation. While on academic probation, the student-athlete may not travel or participate in competition. The student-athlete has 2 weeks to reach good standing, or he/she will be academically ineligible.

In conjunction with our leagues new AES policy, and in an effort to ensure fairness to current AES athletes, CCS students who choose to move from a full-time student to an AES student between their junior & senior years will not be eligible to participate in CCS athletics. Students in grade 10 and below are eligible to return as an AES student after sitting out one year. (Policy effective date: 8/1/2020.)

#### **4.3.2 Homeschool Student (AES)**

Cherokee Christian Schools Athletics allows for the participation of homeschool athletes, also known as Alternatively Education Students (AES). AES athletes and their families must partner with Cherokee Christian's mission and goals the same way an enrolled student and family would. Any AES athlete wishing to play sports for Cherokee Christian will be required to apply and interview with the Athletic Director. The administration reserves the right to revoke the athletic participation of any AES athlete.

All AES athletes must attend a tryout

Once accepted and placed on a team, the AES athlete must adhere to the school code of conduct and edibility standards laid out in school handbook

All AES athletes must also adhere to all requirements set by the league

Cherokee Christian Schools has the right to limit roster spots on a season-to-season basis

#### **4.4 Academic Standards**

Students must meet the academic requirements set by the league and the Cherokee Christian Schools administration to participate in athletics. Any student who does not meet the academic standards at the second grade check for each season will be placed on probation. If deemed ineligible, the student cannot participate in games or matches for two weeks.

In order to maintain good academic standing and athletic eligibility, a student must meet the following requirements at each grade check

- Passing (class grade of 65 and above) each class
- Core grade average must be above 70

#### **Grade Check Process**

- 1<sup>st</sup> Grade Check (Warning)
- 2<sup>nd</sup> Grade Check (Cleared or ineligible for 2 weeks)
- 3<sup>rd</sup> Grade Check (Cleared or ineligible for the remainder of the season)

The dates for grade checks are determined by the Athletic Director, Secondary School Principal, and the Director of Academic Counseling.

#### **\*\*Winter Season Sports Participation Policy**

Students who are failing a class at the conclusion of the Fall Semester will not be eligible to participate in athletics for the first three weeks of the Spring Semester. To regain eligibility, students must be passing all their classes by the end of this three-week period.

#### **4.5 Attendance**

Students arriving to school late or leaving school early may not participate in any athletic activity that day if they have missed 2 or more blocks. Seniors who do not have a full day of classes must be present for at least half of their classes.

Students absent from school the entire day will not be allowed to participate in the day's inter-scholastic contest unless absence was due to a school sanctioned field trip/event.

Student-athletes are expected to attend all practices and games, unless absent from school. Student-athletes with an unexcused absence from practice or games are subject to athletic suspension.

##### **4.5.1 Working Athletes**

Because of the demanding schedules of our athletic teams and the responsibility of each student-athlete to maintain high academic integrity, student-athletes are encouraged not to work during the season. Student-athletes will not be excused from practice due to outside work responsibilities.

## **4.6 Participation Agreement**

Each student-athlete, and their parent/guardian, will be required to read and sign a Participation Agreement for each sport they participate in. Coaches will provide the Participation Agreement for each athlete to sign and return.

## **5.0 FACILITIES**

### **5.1 Facilities Policies**

When participating in athletic events, physical education classes, or general playtime, athletic shoes with non-marking soles must be worn. When wearing non-athletic shoes, please avoid walking on the playing surface of the gym.

Student-athletes will not be allowed in athletic offices, gymnasium, weight room, athletic fields, and equipment storage areas without the approval and supervision of a coach/Athletic Director.

All facilities/equipment should be limited to the use for which it was intended, handled with proper respect, and returned to the proper storage area after each use.

Any damage to facilities/equipment should be reported to the Athletic Director as soon as possible.

### **5.2 List of Athletic Department Facilities**

- Gymnasium
- Cherokee Christian Athletic Building (CAB)
- Football/Soccer Field
- Weight Room

## **6.0 HEALTH & SAFETY**

### **6.1 Physical & Waivers**

Student-athletes are required to undergo a physical exam by a physician prior to participating in a sport. Each student-athlete must turn in a National Federation of State High School Associations (NFHS) approved pre-participation physical form certifying the student's fitness for participation. Physicals given before May 1st of the current school year may not be used.

## **6.2 Proper Supervision**

- Coaches and/or parents should ensure that no athlete is left unsupervised at any practice or game site and that parents make every effort to pick up their athlete promptly.
- No coach should depart from the team alone with an athlete, unless the coach is that particular athlete's parent or legal guardian.
- Athletic Locker Rooms: The athletic director shall be responsible for supervising the athletic locker rooms. When it is necessary for adults to enter an athletic locker room to either to speak with the student-athletes (e.g. half-time team meeting, pre-game meeting, etc.), to engage in disciplinary action, or to provide medical assistance to a student, two Qualified Adults of the same sex as the designated locker room (e.g., male Qualified Adults for the men's locker room, female Qualified Adults for the women's locker room) shall enter the bathroom together. No adult should ever be alone in an athletic locker room with students present, nor should any Qualified Adult be present alone in any athletic locker room absent an emergency.

## **6.3 Transportation**

All athletes are required to ride the bus to away games. Any exception must be authorized by the Athletic Director. The athlete must have the permission of the head coach to ride home with his/her parents or another parent after the away games. Boys and Girls will not sit side-by-side on bus trips. Student-athletes should keep in mind that the use of school vehicles includes the responsibility of keeping them clean. Food and drink in the vehicles are at the discretion of the driver.

### **6.3.1 Bus Regulations**

- Remain seated, facing forward while the bus is in motion
- Students may only sit with other students of the same gender
- Keep head, hands, feet, and all objects to yourself and inside the bus
- Aisle and emergency exits must not be blocked
- Do not distract the bus driver
- Discard all trash

## **6.4 Heat Policy**

1. Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts (this policy is year-round, including during the summer) in all sports during times of extremely high heat and/or humidity which will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

- a. The scheduling of practices at various heat/humidity levels
- b. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels
- c. The heat/humidity levels that will result in practice being terminated

2. All member schools shall utilize and be responsible for managing a scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) at each practice. WBGT readings

should be taken every hour beginning 30 minutes before the beginning of practice. The following WBGT readings determine the corresponding activity, hydration and rest break guidelines apply:

- a. Under 82.0 - Normal activities. Provide at least three separate breaks each hour of a minimum duration of three minutes each during practice.
- b. 82.0-86.9 - Used discretion for intense or prolonged exercise. Watch at-risk students carefully. Provide at least three separate rest breaks each hour for a minimum of four minutes duration each during practice.
- c. 87.0-89.9 - Maximum outdoor practice time is two hours. For football, students are restricted to helmets, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports, provide at least four separate rest breaks each hour for a minimum of four minutes each during practice.
- d. 90.0 - 92.0 - Maximum outdoor practice time is one hour. No protective equipment may be worn during outdoor practice and there may be no outdoor conditioning activities. There must be twenty minutes of rest breaks provided during the hour of outdoor practice.
- e. Over 92.0 - No outdoor activities or exercise. Delay outdoor practice until a lower WBGT reading occurs.

3. Practices are defined as the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the practice or workout area until players leave that area. If a practice is interrupted for a weather-related reason, the "clock" on that practice will stop and will begin again when the practice resumes.

4. Conditioning activities include such things as weight training, wind-sprints, timed runs for distance, etc., and may be a part of the practice time or included in "voluntary workouts."

5. A walk-through is not a part of the practice time regulation and may last no longer than one hour. This activity may not include conditioning activities or contact drills. No protective equipment may be worn during a walk-through, and no full-speed drills may be held.

6. Rest breaks may not be combined with any other type of activity and players must be given unlimited access to hydration. These breaks must be held in a "cool zone" where players are out of direct sunlight. When the WBGT reading is over 86, ice towels and spray bottles filled with ice water should be available at the "cool zone" to aid the cooling process AND cold immersion tubs must be available for the benefit of any player showing early signs of heat illness.

## **6.5 Specific Procedures for Coaches**

- Coaches are to ensure that no athlete begins practice in any sport without parental permission and submit a completed and authorized physical examination form and appropriate waivers.
- Player safety should always be a top priority when coaching or teaching sport-specific techniques and skills.
- Before leaving campus, ensure that all athletes have been picked up by their parent/guardian or have left campus.

## **7.0 UNIFORMS & EQUIPMENT**

### **7.1 Uniforms**

- Each player is responsible for taking proper care of the issued uniform. Players will sign a statement (Participation Agreement) requiring them to be financially responsible if uniforms are lost, damaged, or not returned by specified times.
- Student-athletes are responsible for cleaning and care of all practice and game uniforms. Care will be taken when laundering the uniforms.

### **7.2 Equipment**

- Equipment will be properly maintained. Worn and outdated equipment will be discarded.
- There will be careful attention given to proper fitting and adjustments of equipment.

### **7.3 Procedures for Coaches**

- Uniforms will be collected and inventoried by each coach at the end of his sport season and returned to the Athletic Director & Assistant Athletic Director.
- All coaches are to see that their specific sport equipment is kept in proper condition and storage.
- Report all unsafe and defective equipment to the Athletic Director immediately.

## **8.0 SPECIAL EVENTS & AWARDS**

### **8.1 Awards Ceremony**

At the conclusion of each season (Fall, Winter, Spring), each team will hold an Awards Ceremony to celebrate and reflect on the accomplishments of the team, as well as recognize those individuals who went above and beyond the standards of the team and athletic department.

### **8.2 Senior Night**

Each Varsity team will hold a brief ceremony during the final home game of the season, either before or during halftime, recognizing all Senior athletes for their accomplishments and dedication to their team.

### **8.3 Picture Day**

During each season (Fall, Winter, Spring), the Athletic Department will be responsible for scheduling a Sports Picture Day. Pictures will be taken of the team and individuals to be distributed at the conclusion of each season.

### **8.4 Warrior Athletic Award**

At the conclusion of each year, the Athletic Staff will select a Male & Female Athlete who over the course of their High School Career, has made the largest contribution to the success of the Cherokee Christian Schools Athletic Department. Success meaning that we should always strive to be good ambassadors of Jesus Christ and by doing so we represent our school, our family and ourselves very well. The winners of this award each year, not only have participated in sports but have also been team leaders, displaying excellent sportsmanship and leadership qualities while maintaining their academic achievements.

## **8.5 All Region & All State**

At the conclusion of each season, Varsity coaches will decide which individuals are worthy of nomination for selection to the All Region & All State team. On field performance, academic standing, and character will be used as criteria for decisions.

## **8.6 Team Captains**

The Head Coach will decide who will serve as team captains and/or co-captains. The coach reserves the right to reassign the responsibility of captain or co-captain to an alternate player if the position is not being executed in a satisfactory manner.

## **8.7 Varsity Letters**

Any athlete who participates in more than on half of all varsity competitions while maintaining all standards of eligibility will be awarded a Varsity letter. Each athlete will only receive one varsity letter during their athletic career at Cherokee Christian Schools. Sport specific pins will be presented for each additional varsity sport in which the athlete meets the requirements for a Varsity letter. Varsity Letter Jackets will be reserved for Varsity athletes and available for purchase through the Athletic Director.

## **9.0 QUITTING OR DISMISSAL**

Once a team roster has been set, and the participation agreement has been signed, any student-athlete who quits or is dismissed from the team by the coach or Athletic Director is ineligible to play any sport the following athletic season. This also applies to spring sports and next fall participation.

## **10.0 ATHLETIC & PARTICIPATION FEES**

### **10.1 Athletic Fees**

Athletic Fees will vary by sport and are set by the Athletic Director. Fees will be billed through FACTS after the Participation Agreement has been signed and the season has begun. At the discretion of the Athletic Director, any outstanding fee payments could lead to the athlete being deemed ineligible to participate in any games/competitions until the fee is paid in full. Athletic Fees are refundable only at the discretion of the Athletic Director.

## **10.2 Homeschool (AES) Participation Fee**

AES student-athletes will be required to pay a \$75 participation fee for each sport they participate in, in addition to the sport participation fee.

## **11.0 SPORTSMANSHIP STANDARDS FOR NON-ATHLETES**

### **11.1 Coaches**

- Exemplify godly character, behavior, and leadership at all times
- Respect the integrity and personality of the individual student-athlete
- Abide by and teach the rules of the game in letter and in spirit
- Display modesty in victory and graciousness in defeat
- Respect the integrity, judgment, and authority of the officials

### **11.2 Parents**

- Support the coach in their duties
- Communicate with the coaches and follow the chain of command
- Adhere to schedules for submitting participation fees or any other financial obligations
- Provide positive encouragement to your child and all CCS student-athletes
- Assist in the operation and procedures of all Cherokee Christian Schools athletic activities
- Follow all policies and procedures stated in the Cherokee Christian Schools' Athletics Handbook

### **11.3 Spectators**

- Remember that you are at an athletic contest involving school students. They are not adults or professionals
- Show respect for opposing players, coaches, spectators, and cheerleaders
- Respect the integrity, judgment, and authority of the officials
- Avoid booing, taunting, and sarcastic and/or personal comments directed at coaches, players, and referees
- Recognize and show appreciation for an outstanding play by either team.
- Do not use noisemakers during the contest