



Developing Christian World Changers

newlifecs.org

2021-2022

August 2021

**ATHLETIC & EXTRA-CURRICULAR
HANDBOOK**

Table of Contents

Goals of New Life Athletics.....	1
Three Tiers of Development.....	1
Whole-Person Development.....	1
Sportsmanship Statement.....	2
Athletic Programs Offered.....	2
League Affiliation.....	3
Code of Conduct.....	3
Academic and Behavioral Eligibility.....	4
Age Compliance.....	4
Medical Compliance.....	4
Culture of Communication.....	5
Student-athlete Expectations.....	5
Uniform Policy.....	6
Cell Phone Policy.....	6
Parent/Spectator Expectations.....	6
Scheduling/Navigating the Athletics Website.....	7
Game Cancellation.....	7
Transportation Expectations.....	8
New Life Athletics Awards Banquet.....	8
Varsity Letter/Pin Qualifications in Fine Arts: Music.....	9
Accountability of Expectations.....	10
Receipt of Student-Athlete Handbook.....	10

Goals of New Life Athletics

1. Represent Jesus on-and-off the field/court
2. Develop the whole-person
(academically, athletically, emotionally, relationally, spiritually)
3. Develop leadership qualities
4. Develop teamwork practices
5. Develop competitive and highly-skilled student-athletes

Three Tiers of Development

Middle School

Goal: Foundational Development

This level of competition exists to provide foundational skill development for student-athletes. Additionally, student-athletes learn how to incorporate teamwork into the context of competition.

Junior-Varsity

Goal: Extended Preparation

Student-athletes learn how to compete in an environment where they can be successful, grow their leadership qualities, and contribute to competition.

Varsity

Goal: High-Level Competition

This level of competition exists to provide a platform to represent New Life at its highest level. Student-athletes grow in their leadership development, as well as advanced athletic development.

Whole-Person Development

Academically: New Life Athletics programs require student-athletes to maintain grades above one F or two Ds in all academic courses. An academic checkpoint will occur at the mid-point and conclusion of each term/quarter.

Athletically: Coaches implement methods that allow student-athletes to develop athletic skills.

- Practices, and games are executed with the student-athletes' best interest in mind, and as a means of challenging their athletic development.

Emotionally: Coaches aim to create an environment where student-athletes can grow in communication skills, as well as process deeper-level circumstances, both to the coaching staff and teammates.

- Team devotions are designed to engage student-athletes' emotions, and to challenge their understanding and perspective of life.

Relationally: A natural result of the amount of time each program spends together (both on and off the playing court or field), social relationships between the student-athletes are encouraged and fed, with facilitated "down time" within the spectrum of team participation.

- Peer relationships have the potential for great influence.

- Sometimes, the influence of a teammate can resonate more powerfully with a student-athlete, rather than that of an authority figure, such as a teacher or coach.
- Fostering space for peer relationships is a critical piece to student-athletes' holistic development and growth.

Spiritually:

- Student-athletes are challenged to engage spiritually through weekly team devotions and conversations that facilitate discussion on spiritual dimensions/topics.
- Coaches are encouraged to lead Christ-centered conversations and experiences, knowing that their impact on student-athletes has eternal significance.

Leadership Development:

- Athletics are designed to develop the individual leadership of the student-athlete, by providing opportunities to grow in peer leadership. This occurs significantly with student-athletes who are selected to serve as team captains.
- Everyone has a role. Whether you are a starter, support player, or manager. Operating within your role, to the best of your ability, is the most effective way to develop leadership qualities.

Sportsmanship Statement

“In support of the Mason Dixon Christian Conference and the Maryland Independent Athletic Conference, New Life Athletics exists to allow student-athletes to compete in interscholastic athletics in a positive, Christ-centered environment.

Student-athletes, coaches, officials, and spectators are encouraged to respect each other by operating within your respective roles, by cheering positively *for* your teams, and by refraining from interfering with the play of the game with your personal conduct.

Inappropriate behavior/language will not be tolerated. A verbal warning will be given to those who do not uphold the content of this statement, followed by an invitation to leave the campus.”

Athletic Programs Offered

Fall Sports

Varsity Boys Soccer	Grades 9-12
Varsity Girls Volleyball	Grades 9-12
JV Girls Volleyball	Grades 9-12
Middle School Boys Soccer	Grades 6-8
Middle School Girls Volleyball	Grades 6-8

Winter Sports

Varsity Boys Basketball	Grades 9-12
Varsity Girls Basketball	Grades 9-12

Middle School Boys Basketball	Grades 6-8
Middle School Girls Basketball	Grades 6-8

Spring Sports

Varsity Girls Soccer	Grades 9-12
High School Track and Field	Grades 9-12
Middle School Girls Soccer	Grades 6-8
Middle School Track and Field	Grades 6-8

- * In the event that a Varsity program requests to roster an 8th grade student-athlete, the decision will be upon the discretion of the administration.
- * In the event that a Middle School program requests to roster a 5th grade student-athlete, the decision will be upon the discretion of the administration.

League Affiliation

New Life Varsity (and Junior-Varsity) and Middle School programs are members of the Mason Dixon Christian Conference, which includes Christian schools from Maryland, Pennsylvania, Virginia, and West Virginia.

All teams compete under National Federation Rules.

Each team (except for Junior-Varsity) competes in a post-season conference tournament, based upon season record/standings. According to Conference standards, if your team earns the right to compete in post-season games, participation is mandatory. A team who forfeits will owe a \$25 fine to the Conference.

Code of Conduct

All student-athletes/members must remember that they represent New Life Christian School, their families, and most-importantly Jesus in the way they behave during competition/productions. One of the most critical ways this is displayed is through speech, both on and off the competition field and court.

Any violation of the Code of Conduct may result in game suspension or suspension from the team/club/activity by the Coach, Club Director, Athletic Director, Principal, or Superintendent. Interpretation of this handbook, as it applies to all co-curricular activities at New Life, will be made final by the Administration.

All student-athletes/members are expected to not be involved in any illegal activities during participation in Athletics programs/clubs. These activities include: alcohol, vaping, tobacco or drugs of any kind. Any student-athlete/member found to have been using these substances will be dismissed from the athletic program/club. Re-entry will be upon the discretion of the Administration.

Students who receive an in-school or out-of-school suspension will be ineligible for the day of their suspension, and the 9 consecutive days that school is in session. If a weekend tournament/activity/performance occurs during the ineligibility period, students are not permitted to participate. Students who earn a suspension must meet with their advisor (Athletic Director, drama coach, worship team director, etc.) during their ineligibility, before they can resume their co-curricular activity.

Academic and Behavioral Eligibility

The following policy pertains to all students who participate in co-curricular activities, in the form of: Athletics, Drama Team, Worship Team, Student Council, and other activities determined by the Administration.

Grade checkpoints are made at the mid-point and conclusion of each quarter. Students must maintain grades above:

- * One "F" in any class
- * Two "D's" in any two classes
- * Suspension
- * Inappropriate conduct/behaviour

A student-athlete whose grade(s) fall below the required academic eligibility standard will be considered *ineligible* and may not participate in practices or games. If the student athlete meets eligibility requirements, they can be reinstated by the Athletic Director after nine days. If their grades are still below academic standards, they will remain ineligible until they meet eligibility requirements. The purpose of restricting athletic participation is to provide academic support to student-athletes who may find particular academic courses challenging. By providing required academic support, the goal is to reinsert student-athletes into participation of practices and games, with eligible academic standing.

Assessment of academic eligibility will be made and communicated via email to student-athletes and parents on Monday afternoon following the academic grade checkpoint, and will be made effective on Monday night at 11:59pm, and the following nine (9) consecutive days.

***Regarding conduct:**

Students who receive an in-school or out-of-school suspension will be ineligible for the day of their suspension, and the 9 consecutive days that school is in session. If a weekend tournament/ activity/performance occurs during the ineligibility period, students are not permitted to participate. Students who earn a suspension must meet with their advisor (Athletic Director, drama coach, worship team director, etc.) during their ineligibility, before they can resume their co-curricular activity.

The administration reserves the right to extend the length of ineligibility, and/or to dismiss a student- athlete from any/all co-curricular activity (activities) at any time."

Age Compliance

In order to participate in co-curricular activities at New Life, you cannot be 19 years old before September 1st of the school year.

Student-athletes in grades 9-12 are eligible to try-out for Varsity Athletics.

Student-athletes in grade 8 will not lose a year of eligibility when entering grades 9-12.

Unused eligibility in grades 9-12 will not transfer to additional high school years.

Medical Compliance

Student-athletes must have a current physical examination, on-file, in order to participate in New Life Athletics practices and games.

Physical forms must be dated after April 1, 2020 and are valid for one year following the exam date.

New Life Christian School does not claim liability for an injury of a student-athlete during participation in Athletics practices, games, or events. Participation in Athletics is voluntary, and upon the consent of the parent(s)/guardian of the student-athlete who chooses to participate.

In the event of an injury during participation in New Life Athletics, all medical expenses will be covered by the parent(s)/guardian of the student-athlete.

Culture of Communication

The most effective way to communicate is to be open and approachable. If you are interested in learning how to improve and/or see more time on the court/field, *ask your coach*. If you are in conflict with a teammate/coach, don't talk about them (causes division), but rather to them (builds up/unifies). Be approachable to your coach/teammates.

This model of communication is designed to help student-athletes understand how to handle conflict Biblically. The best way for parents to support this Biblical model is to encourage student-athletes to talk directly with the person: teammate, coach, Athletic Director.

Student-athlete Expectations

1. In order to participate in practice or a game/production, the student-athlete/member **must** be in school for a **full day**.
 - a. Exceptions to this expectation are (documentation of):
 1. medical appointments
 2. funerals/bereavement
 3. mission/service-oriented trips/activities
 - b. If the student-athlete is attending bereavement or missions/service-oriented activity, they must be present at school for a minimum of 4 periods, unless approved in writing by the Athletic Director.
 - c. All student-athletes are expected to be on time to school the day following a (home and/or away) game.
2. Each Athletics season is preceded by a mandatory information meeting, which must be attended by the student-athletes and (at least one) parent(s)/guardian.
3. Participation in team travel is a privilege (not a right), and is upon the discretion of the Coach/Athletic Director, as well as expectations regarding academics and behavior conduct.
4. Practice attendance is mandatory. Not attending practice will affect travel/playing privileges.
5. Travel with the team is required, unless otherwise arranged prior to departure with the Coach
 - If a student-athlete would like to travel home from an away game with a person other than his/her parent(s), written permission must be given prior to starting the game.
6. If a student-athlete is ejected from a game by a referee, he/she will be suspended for the next two games by the Athletic Director, in accordance with the Athletic Conference.
 - Re-entry into play is based upon the discretion of the coach and Athletic Director.
7. Student-athletes must be supervised by a coach, Athletic Director, or parent when in athletic complexes (gym and/or field).
8. It is recommended that student-athletes/parents wait 24 hours post-game to engage in a conversation with the coach and/or Athletic Director regarding playing time and/or playing status.

9. The student-athlete is responsible for bringing his/her uniform and equipment for practices and games.

Uniform Policy

Student-athletes are responsible for properly caring for uniforms issued to them during season.

Uniforms will be distributed by the coach prior to the first regular-season game.

At the close of each season, student-athletes will have one week to return their uniforms to the **coach**.

- Uniforms should be washed, placed in a Ziploc bag with the students' name and number written on the bag and returned to the coach. The purpose is for organizing and inventory to ensure all uniforms have been returned.
- Do not return the uniforms to the Athletic Director.

After one month, the student-athlete will be billed a \$50 late fee (via FACTS), per missing uniform.

Cell Phone Policy

Coaches and student-athletes are responsible for the communication that they exchange via cell phone (texting, phone calls, GroupMe, social media, and the like). It is best practice to limit conversations to the distribution of information from the coach, and to clarify program-related content. Communication regarding personal matters is discouraged, and New Life Christian School and New Life Athletics will not claim liability for personal conversations exchanged between coaches and student-athletes.

Use of cell phones is prohibited while student-athletes are participating in practices, playing games, and while working a home game or event.

Cell phones may be used during team travel. Music selections must be appropriate/honoring to God and those hear the music.

Parent/Spectator Expectations

1. Each athletics season is preceded by a mandatory information meeting, which must be attended by the student-athletes and (at least one) parent(s).
2. Athletics Participation fees will be charged to the student-athletes' account via FACTS.

Varsity Participation Fee: \$285/season

Junior-Varsity Participation Fee: \$235/season

Middle School Participation Fee: \$185/season

*In the event that a student-athlete has a season-ending injury, his/her Athletics Participation Fee will be refunded until the halfway point of regular-season games.

3. Parents play a huge role in the success of running home game events.
 - Ways to serve include: admissions, concessions, scorekeeper, clock runner, line judges, etc.
 - Coaches/Communications people/Concessions Coordinators are responsible for organizing volunteers for their respective teams' home games (typically via Signup Genius).

4. Support your student-athlete/the team/Athletics program.
 - Your role is to spectate, encourage, build-up; not to coach.
 - If you are in opposition of a decision made by a coach or Athletic Director, your responsibility is to respectfully and constructively confront.
 - It is recommended that parents/spectators wait 24 hours post-game to engage in conversation with the coach and/or Athletic Director regarding playing time and/or playing status.
 - Our goal is to model Biblical communication.
5. Encourage your student-athletes to communicate directly with his/her coach and/or Athletic Director.
6. If, after that communication, a parent feels the need to communicate, first contact the coach, then Athletic Director.
7. Be punctual when picking up your student-athlete from practice and games.
8. When necessary, be available to drive student-athletes to games.

Scheduling/Navigating the Athletics Website

- The website is the most reliable source for information regarding:
 - Practice times
 - Game times and locations
 - Transportation for away games
 - Facility details and addresses for away games
 - Dismissal and departure times
- The New Life Athletics website is: <https://newlifechristianathletics.bigteams.com>
- For information on your student-athlete's team, select either:
 - Fall / Winter / Spring / Year-Round
 - Then select level of play: Middle School / Junior-Varsity / Varsity
 - Then select the gender: Boys / Girls
- Information for each game can be found by selecting the "i" icon next to each game.
- Be sure to scroll through the entirety of the information, to be accurately informed.
- If you are unable to find all of the information needed for the game, contact the coach, Athletic Director, or school office for the remainder of the desired information.

Game Cancellation

In the event that a game is cancelled for weather-related purposes (school cancellation, driving conditions, field conditions), the game cancellation will be confirmed between the Athletic Directors of both teams.

The process of communication from the Athletic Director:

1. Inform school office
2. Inform coaches
3. Inform officials

4. Inform bus driver (away games)
5. Inform student-athletes & parents via email
6. Update the Athletics website
7. Communicate via social media

According to the MDCC handbook, "Canceling a game due to field conditions is able to be protested" (2018). So long as lightning and thunder do not impede the safety of student-athletes, coaches, officials, and spectators, outdoor games will be played. Prior to the start of an outdoor game, it is the discretion of the Athletic Directors from each team, as to move forward with the game. Upon the official start time of outdoor games, it is the discretion of the game officials.

Transportation Expectations

1. Transportation will rely on two methods:

Van/Bus Transportation
Team/Carpool

- Ideally, the teams will travel to away games via bus. However, there are several occasions when transportation is dependent upon the coach and parents.
 - Thank you for supporting your student-athlete's athletics program! If you would like to discuss transportation reimbursement, please contact the school's Financial Director, who will walk you through the process of receiving reimbursement for miles driven outside of Frederick County.
2. Males and females cannot sit in the same seat on the bus/van.
 3. Student-athletes can listen to their own music; however, content must align with NLCS core values and be honoring to God and others who hear it.
 - The coach and/or parent reserve the right to ask the student-athlete to change the music.
 4. Do not eat on the bus or in cars, unless permission is granted by the driver.
 - Clean personal items and/or trash upon exiting the vehicle.

New Life Athletics Awards Banquet

- The annual Awards Banquet is hosted in the Spring Athletics season, and is open to all student-athletes and families of student-athletes who participated on a team during the current school year.
- Awards will be given to Varsity programs.
- Middle School student-athletes are invited to attend; awards will not be given at this time, as each Middle School Athletics program has an end-of-season party/gathering.
- All eligible Varsity student-athletes will receive a Varsity letter and pin/service bar(s)

Varsity Letter Qualifications

High school students who actively participate in a varsity sport will be eligible to receive a varsity letter. The athlete will receive a varsity letter and sport-specific pin upon lettering the first time, and any time thereafter the athlete will receive a bar. If an athlete letters in a second or third sport, they will receive the sport-specific pin, and any time thereafter the bar. At the end of each season, coaches will submit to the Athletic Director their list of those athletes who are eligible to receive a varsity letter. The administrative team will then consider an athlete's academic status,

behavior status, and level of athletic participation when making a determination. The decision of the administrative team is final in this matter.

- Individual student-athlete awards will be given by the coach of each Varsity program.
- The MDCC recognizes student-athletes with an All-Conference certificate.
- The Athletic Director will issue special awards that have been earned by the student-athlete.

Iron Ram Qualifications

Any high school student who participates in all seasons (fall, winter, and spring) where varsity sports are offered at New Life during their freshman - senior years will be eligible for the Iron Ram Award. Each senior who wishes to be considered for this award, should notify the Athletic Director through email by April 1st with a listing of each sport played, along with their coach's name, during each year of high school at New Life. The administrative team will evaluate and determine the awarding of the Iron Ram based on the athlete's academic status, behavior status, and level of athletic participation. The decision of the administrative team is final in this matter.

Varsity Letter/Pin Qualifications in Fine Arts: Music

High school students who actively participate in Ensemble for the entire school year with an A average in the class will be eligible to receive a varsity letter for Fine Arts. Active participation is measured by successfully performing in both the Winter and Spring Concerts and attendance in rehearsals during or after school as well as chapel performances. The student will receive a varsity letter and ensemble pin upon lettering the first year, and any additional year thereafter the student will receive a bar. Students who have already lettered in Athletics will receive the pin only. The student's academic status, behavior status, and level of music department participation will all be considered when making this decision.

Other pins of achievement can be earned in music as follows:

Solo Pin: To receive this pin, students must audition for a solo, be selected by the director to sing the solo, actively participate in rehearsal for solo, receive and apply feedback from the director for the solo, and successfully perform the solo during a concert. The ensemble director determines if the performance is successful. The student's academic status, behavior status, and level of music department participation will all be considered when making this decision.

Student Director: To receive this pin a student must be selected by the ensemble director to serve and successfully complete a full school year of service and duties as specified by the director.

At the end of each school year, the director will submit the list of those students who are eligible to receive a varsity letter. The final decision of awarding a varsity letter will be determined by the administrative team. The student's academic status, behavior status, and level of music department participation will all be considered when making this decision.

Accountability of Expectations

Please sign the agreement below as a commitment to the policies/procedures listed in this handbook.

- I will support the mission, vision, and values of New Life Athletics and New Life Christian School.
- I will communicate constructively and directly with the coach and/or Athletic Director, understanding that I am a model of Biblical communication and will support effective methods of communication.
- I agree to respectfully receive a verbal warning from an Athletic Director or official, if my conduct/speech is deemed unacceptable at home or away games.
- If I am ejected from a home or away game by an Athletic Director or official, I will not attend the following two consecutive conference games (home or away).
- I will participate in all Conference tournament games, regardless of seeding/travel.
- I understand and agree with the expectations regarding Academic Eligibility.
- I will support the leadership of the coach and Athletic Director in all areas of Athletics.

By signing this document, I signify that I agree to uphold the expectations of participation in New Life Athletics. If I fail to uphold the expectations, I will be given a verbal warning, followed by being prohibited from attending conference games, and finally, I/my student-athlete will be excused from participation in New Life Athletics

Receipt of Student-Athlete Handbook

I have received a copy of the New Life Christian School Athletics & Extra-Curricular Handbook and I agree to abide by the policies and procedures contained therein.

I understand that the policies and benefits contained in this student-athlete handbook may be added to, deleted, or changed by the administration at any time.

I understand that, by signing this document, I agree with the school's Statement of Faith and the policies/procedures listed in this handbook and in the New Life Christian School Parent & Student Handbook.

If I have any questions regarding the content or interpretation of this handbook, I will bring them to the attention of the administration.

Student Athlete Signature: _____ Date: _____

Student Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____