

Cullman Christian School



Athletic Handbook

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A Message to Parents

This handbook is being made available to you in the case your son or daughter desires to participate in the interscholastic athletic program at Cullman Christian School. As a parent, you have also expressed your willingness to permit him or her to compete. Your family's interest in this aspect of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences that assist students in personal growth and development.

Cullman Christian School is interested in the development of young men and women through athletics. We feel that a properly controlled, well-organized sports program meets students' needs for self-expression, mental alertness, and personal and physical growth. It is our hope to maintain a program that is consistent in purpose to our Academic Program and to promote students' growth and development.

Equally, we believe that you have committed yourselves to certain responsibilities and obligations as parents or guardians of an athlete. We would like to take this opportunity to clarify the specific policies that are necessary for a well-organized athletic program.

It is the role of the Athletic Department to make rules governing interscholastic competition. These rules need broad based community support to be fully effective. This is achieved only through communication between the Athletic Department and the parents or guardians of our athletes. It is our hope to accomplish this objective through this athletic handbook for students, parents, and coaches.

It is the goal of the athletics program at Cullman Christian School to teach fundamental physical development to our students to benefit them for the rest of their lives. We teach each student to take proper care of his/her body, the temple of the Holy Spirit; to exhort one another in times of trial; to complete tasks which are begun; and to cooperate with team members. Athletics is offered so that each student can learn to face tough circumstances with determination and to continue on even if victory seems impossible. We desire for our athletes to learn to persevere, to lose with grace, and to win with humility. Finally, the athletics program at CCS will be one that teaches self-sacrifice, self-discipline, and personal commitment to attain the goal of excellence. The primary goal is to develop characteristics in students that will enable them to overcome challenges they will have throughout their lives.

Biblical view of Competition:

I do all this for the sake of the gospel that I may share in its blessings. Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 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. I Corinthians 9:23-25

And let us run with endurance the race that is set before us. Hebrews 12:1

God made me fast and when I run, I feel His pleasure!
Eric Liddell, Missionary and 1924 Olympic champion

Yours in sportsmanship and success,

CCS Administration and Coaches

Athletic Department Philosophy

Cullman Christian School believes that participation in athletics is an important part of a student's total education. We believe that each student should have the opportunity to excel in areas of interest outside of the academic setting. The experience of playing on a competitive athletic team is a distinctively valuable one that our students may not have elsewhere in their lives. The major objective of the program is to provide wholesome opportunities for student-athletes to develop positive habits and attitudes. Cullman Christian students learn the lifelong value of involvement in sports, the values of good sportsmanship, personal commitment, physical activity, teamwork, skill development sacrifice and decision-making.

Interscholastic contests provide an opportunity for students, teachers, administrators, staff, parents and friends to gather and promote fair play, friendship, community, good sportsmanship and positive interaction. Participation on a team builds community spirit by providing an ideal arena for students to learn and understand the values of cooperation, sharing, teamwork, sportsmanship, motivation, responsibility, respect and discipline. Students learn what it means to work towards a common goal. Recognizing the built-in educational value inherent in sports, the athletic department gives every student-athlete the opportunity for team competition.

Athletic Department Sportsmanship Policy

Cullman Christian Schools Athletic Department believes that interscholastic competition involving other schools should be governed by the basic principle of good sportsmanship. This document has been prepared to insure that all participants have a common understanding of those basic principles. We believe that students should be coached to play to the best of their ability and to understand that to play well is to play respectfully. The promotion of sportsmanship is the obligation of all school personnel (administrators, athletic directors and coaches) and is directed to the behavior of spectators, coaches and players. We believe the development of good sportsmanship through the practice of ethical behavior and moral reasoning is one of the recognized objectives of interscholastic athletics. Consequently, we expect school administrators, coaches, athletes and spectators to know and embrace the fundamentals of sportsmanship. Every member of the Cullman Christian community must treat opponents with respect; respect the judgment of the officials; abide by the rules of the contest; display no behavior that could incite fans; cooperate with officials, coaches, and fellow participants to conduct a fair contest; and accept seriously the responsibility and privilege of representing Cullman Christian by behaving positively and appropriately at all times. Opposing teams and their supporters must be treated hospitably as our guests at Cullman Christian. Spectators should only cheer for their team and not against the opponent, and should not interact negatively with the other team or its fans. If provoked by opponents or their fans, members of the Cullman Christian community should walk away and communicate the problem in the most appropriate manner possible to the Athletic Director or Administrator on duty.

HEALTH ISSUES

Medical Clearance to Participate

Students need a physical exam prior to participation in team sports. Please see the website to download a [form](#) for your pediatrician or doctor to complete and return to his/her teacher or coach.

Athlete Safety

Student health and [safety from heat-related illness](#) and injury are our highest priority. Parents, players and coaches are all responsible to enforce water intake and monitor teammates for signs of heat stress. Therefore we have included this information to plan practice and gameday heat illness prevention.

The first three days of fall football practice must be in shorts. These three days are designed for coaches to determine if the students are conditioned physically for football practice. During the first three days of practice, teams are allowed to use hand-held blocking pads. Helmets may be worn from the first day of practice, full pads from the fourth practice day. The earliest date full pads may be worn is August 9.

- No matter when a student begins fall football practice, that student must practice for three days in shorts before practicing in pads.
- During two-a-day practices, only one practice per day may be in full pads. The other practice that day can be only in helmets and shoulder pads.
- No consecutive days of two-a-day practices; 4 Hour break between two-a-day practices

One guideline noted below contains work-rest cycles and required hourly fluid intake based on heat index and degree of work. This is one method for determining work/rest schedules using an alternate to the Heat Index called the Wet-Bulb Globe Temperature (WBGT). The WBGT is obtained using specialized equipment (a wet-bulb globe temperature meter, also known as a WBGT meter). The meter provides a heat reading based in part on factors similar to those NOAA uses to determine the heat index, but the WBGT reading also considers solar load (radiant heat, from sunshine) as well as how quickly moisture evaporates. Local WBGT is available online at [Fort Rucker](#) or by calling 334-953-5848.

Note: Adjust the temperature reading as follows before going to the temperature column in the table:

Full sun (no clouds)	add 13°
Partly cloudy/overcast	add 7°
No shadows visible/work is in the shade or at night	no adjustment
For relative humidity of:	
10%	subtract 8°
20%	subtract 4°
30%	no adjustment
40%	add 3°
50%	add 6°

60%	add 9°
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For example, if the temperature is 91°, it is dusk, the relative humidity is 40%, and heavy work is to be done, such as moving heavy materials with a wheelbarrow:

Start with 91° and add 3° because the humidity is 40% [91°+3°=94°]. Go to 94° in the table; under these conditions, it would be reasonable to follow a normal work schedule.

WBGT ^a		Continuous Activity and Competition	Training and Noncontinuous Activity	
°F	°C		Nonacclimatized, Unfit, High-Risk Individuals ^c	Acclimatized, Fit, Low-Risk Individuals ^{c,d}
≤50.0	≤10.0	Generally safe; EHS can occur associated with individual factors	Normal activity	Normal activity
50.1-65.0	10.1-18.3	Generally safe; EHS can occur	Normal activity	Normal activity
65.1-72.0	18.4-22.2	Risk of EHS and other heat illness begins to rise; high-risk individuals should be monitored or not compete	Increase the rest:work ratio. Monitor fluid intake.	Normal activity
72.1-78.0	22.3-25.6	Risk for all competitors is increased	Increase the rest:work ratio and decrease total duration of activity.	Normal activity. Monitor fluid intake.
78.1-82.0	25.7-27.8	Risk for unfit, nonacclimatized individuals is high	Increase the rest:work ratio; decrease intensity and total duration of activity.	Normal activity. Monitor fluid intake.
82.1-86.0	27.9-30.0	Cancel level for EHS risk	Increase the rest:work ratio to 1:1, decrease intensity and total duration of activity. Limit intense exercise. Watch at-risk individuals carefully	Plan intense or prolonged exercise with discretion ^e ; watch at-risk individuals carefully
86.1-90.0	30.1-32.2		Cancel or stop practice and competition.	Limit intense exercise ^f and total daily exposure to heat and humidity; watch for early signs and symptoms
≥90.1	>32.3		Cancel exercise.	Cancel exercise uncompensable heat stress ^g exists for all athletes ^f

^a revised from reference (38).

^b wet bulb globe temperature.

^c while wearing shorts, T-shirt, socks and sneakers.

^d acclimatized to training in the heat at least 3 wk.

^e internal heat production exceeds heat loss and core body temperature rises continuously, without a plateau.

^f Differences of local climate and individual heat acclimatization status may allow activity at higher levels than outlined in the table, but athletes and coaches should consult with sports medicine staff and should be cautious when exceeding these limits.

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
UNDER 82.0	Normal activities --Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout
82.0 -86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes duration each.
87.0 – 89.9	Maximum practice time is two hours. For Football: players restricted to helmet, 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 of a minimum of four minutes each
90.0–92.0	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
OVER 92	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

GUIDELINES FOR HYDRATION AND REST BREAKS

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved
2. For football, helmets should be removed during rest time
3. The site of the rest time should be a "cooling zone" and not in direct sunlight.
4. When the WBGT reading is over 86:
 - a. ice towels and spray bottles filled with ice water should be available at the "cooling zone" to aid the cooling process.
 - b. Cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.



Work/Rest Cycles & Water Intake

Running outdoors would be considered moderate work and tackling with pads would be considered hard work.

Use heat condition information below to determine required water intake and work/rest cycles.

Heat Category	WBGT INDEX (° F)	Easy Work/Rest (Minutes)	Water Intake/Hr (Qts)	Moderate Work/Rest (Minutes)	Water Intake/Hr (Qts)	Hard Work/Rest (Minutes)	Water Intake/Hr (Qts)
1	78-81.9	NL	1/2	NL	3/4	40/20	3/4
2	82-84.9	NL	1/2	50/10	3/4	30/30	1
3	85-87.9	NL	3/4	40/20	3/4	30/30	1
4	88-89.9	NL	3/4	30/30	3/4	20/40	1
5	> 90	50/10	1	20/40	1	10/50	1

NL - No Limit

- The work/rest time and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Individual water needs will vary $\pm \frac{1}{4}$ qt/hr.
- NL= no limit to work time per hour.
- Rest means minimal physical activity (sitting or standing) and should be accomplished in shade if possible.

CAUTION

- Hourly fluid intake should not exceed 1 $\frac{1}{2}$ quarts.
- Daily fluid intake should not exceed 12 quarts.
- Wearing full football gear/pads adds 5°F to WBGT index.

Head Injury Prevention and Concussion Policy

Cullman Christian is in compliance with 2011 Alabama concussion law forbidding a youth athlete from playing sports if it is suspected the athlete received a concussion. The law requires a [concussion and head injury informational document](#) for youth athletes and their parents to sign annually.

In addition, coaches will now have to receive annual [training on recognizing the symptoms of a concussion](#) and players suspected of having received a concussion during practice or a game must be immediately removed from play and will not be allowed to return until the player receives written clearance from a licensed physician.

Concussion Resources Facts and Parental/Student Consent

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost, even if they do not directly hit their head.

The potential for concussions is greatest in athletic environments where collisions are common. Concussions can occur, however, in **any** organized or unorganized sport or recreational activity. As many as 3.8 million sports and recreation-related concussions occur in the United States each year.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Cannot recall events prior to hit or fall
- Cannot recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Remember, you can't always see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. It's better to miss one game than the whole season.

For more detailed information on concussion and traumatic brain injury, visit:
<http://www.cdc.gov/injury>

Athletic Teams Offered

The Athletic Program of Cullman Christian School is a developing program and adjustments to our procedures and offerings should be expected. An ample variety of athletics are offered and we strongly encourage all students to participate in one or more of these activities during the course of the academic year.

Programs are offered based on student interest. New programs may be added and others removed as we progress through the school year. Parents and students will be kept informed of changes to the program as they occur. We welcome constructive input and suggestions for new program offerings.

Sports Offerings at Cullman Christian School

FALL SPORTS ----- REGISTRATION DEADLINE - June 29

Volleyball-girls

WINTER SPORTS----- REGISTRATION DEADLINE August 31

Girls and Boys Basketball

Cheerleading

Spring Sports- REGISTRATION DEADLINE December 18

Baseball

Softball

For specific team schedules and info see <http://www.cullmanchristian.org>

Supplementary Athletic Fees

In order to offer the best athletic programming, Cullman Christian School requires a \$50.00 supplementary fee for each participant in each sport. This fee will be used to cover the cost of uniforms and associated expenses.

Conduct and Attitude

Cullman Christian School athletes and coaches are representatives of our community and must act in a way which positively represents the school. Athletes and coaches recognize that all actions reflect the Cullman Christian community as a whole. While on campus, we expect our coaches and athletes to host visiting fans and teams. When off campus, we expect our coaches and athletes to be representatives of positive sportsmanship and courtesy.

Lettering Criteria

Varsity athletes in grades 9-12 may earn a Cullman Christian School letter in their sport. The criteria for earning athletic recognition are established by the coach with approval of the Athletic Director. The coach will communicate these criteria to his/her team at the beginning of each season. The number of quarters played, practices attended or missed, games participated in and a player's attitude toward hard work and team play are all critical factors in determining end of season awards.

Team Selection

Cullman Christian School makes every effort to provide appropriate team opportunities for students with a wide-range of athletic abilities willing to make the necessary personal commitment. Although Cullman Christian School teams and players will always strive fairly to win, the primary emphasis of middle school and junior varsity teams is to elevate talent and develop athletic skills. Depending on the degree of competition in any given contest, coaches will decide which students play and which may not have that opportunity.

Cullman Christian School encourages all students to participate in athletics. Furthermore, teams must be kept at a manageable size to ensure as rewarding an experience as possible for the individuals and as successful a season as is possible for the team. Therefore, students who have completed all necessary information will fill the roster spots. This is a first come, first served policy.

All athletics are optional, and students should not go out for a team unless they are willing and able to make that emotional, physical, and time commitment necessary. For high interest varsity programs tryouts may be necessary. As facilities and staffing allow and as numbers dictate, Cullman Christian will make every effort to field sufficient teams to accommodate the maximum possible student participants. If too many students express interest in participating on a team, coaches will make cuts to limit the size of their team to accommodate an appropriate team size.

Coaches

Coaches must understand the necessity of communicating their expectations to parents and players. The better the lines of communication, the more easily processes move during the season. Coaches are employees of Cullman Christian School or volunteers of the school who perform specific functions. These individuals will follow all school policies in their relationship with all athletic program participants.

Player/Coach Relationship

Coaches and players maintain a similar relationship to that of teachers and students. A level of mutual respect is expected. Coaches must exhibit a positive expression of sportsmanship, respect for the game and understanding of adolescents. Athletes must respect the decisions of the coach(es) and respect the rules of the sport.

Playing Time in Games

Competition and winning are important aspects of any athletic program, but should not dominate the ethos of the program. As a general philosophy, we strive to have all of our team members participate in games. However, at the varsity level, coaches are playing to win games and enhance the level of play of each player. It is entirely likely in a close contest, particularly at the varsity level, that not all team members will play. It is at the discretion of the coach to provide the appropriate amount of playing time proportionate with each member's practice preparation and ability, or in response to specific game situations.

Expectations

Participation Expectations

When students join a Cullman Christian School team, they are expected to commit themselves to the team for the entire season. Athletes are expected to attend practices each day and attend all games. Students should understand that when they join a team they are accepting not only the pleasure and privilege of participating but also accepting the responsibility and commitment to that team. Being a Cullman Christian School athlete requires that the student balance his/her school work with the expectations of the coaches, teachers and Athletic Department. It is imperative for the well being of the team that students fulfill their requirements to their chosen sport/team. If students do not commit to the team, then the other players are put at an unfair disadvantage.

Before the fall season, all athletes must attend the pre-season practices. Therefore, students and families should plan accordingly. During the school year, students must balance their schoolwork and their athletic commitments.

Cullman Christian School has general expectations for all athletes at all levels.

These expectations include:

1. Attendance at all practices
2. Punctuality and preparedness for all practices and games
3. Maintaining a satisfactory level of academic achievement
4. A desire to improve skills and knowledge of the sport
5. A willingness to work hard and be attentive in practices
6. Behavior representing one's self, team, school and family in a Christian sportsmanlike manner
7. Attention to and for designated authority figures

Athletic Team Practice Times and Games

Team sports have athletic competitions scheduled regularly throughout their season. At the beginning of each season, each member of the community receives a copy of the sports schedule. In advance of games, coaches will inform athletes of the approximate return home time. During the year, athletes can expect to practice up to two hours each day during the week. All coaches require that athletes remain at practice and games until the practice/contest is over. Athletes can expect to begin practice shortly after classes end, although some students may regularly need to leave a few minutes early to catch a bus.

During the winter season, because of limited indoor space, athletes may have staggered practice times, either evening or morning. Practices for varsity and JV athletes could start as late as 5:30 p.m.; some practices may start as early as 6:00 a.m.

Team Selection by Athletes

The Athletic Department expects that students consider their availability for games and practices during school breaks when making their decision to participate on an athletic team. If a player is unable to make a commitment to the team, he/she should not try out for a team. The disruption of missing players during preseason or during the season must be avoided.

Attendance at practices is a crucial requirement of team participation. Athletes should inform their coaches as early in the season as possible if family trips prevent their attendance at practice during school vacations. *Missing practices during the season may affect the athlete's standing on the team.* Prior to each season, a mandatory parent/player meeting will be held with the coach and Athletic Director to discuss expectations.

Driving To and From Games and Practices

The Athletic Department expects that students will travel to and from games on school provided transportation. If in some instances a student lives closer to an opponent's site than the distance for that student to travel back to Cullman Christian School before traveling home, then he/she may, with a letter from his/her parent granting permission, drive to a contest so that he/she may leave immediately after the game to go home. However, students may not drive other students to and from contests when school transportation is provided, with the exception of all parents granting permission in written form to all students involved and approval by the Athletic Director and coach. In other words, there must be a signed waiver from the parents of the student driver and student passenger. In some cases, the Athletic Director may be contacted for special permission. All other request for athletic travel exceptions must be made prior to the day of the contest.

Athletic Team Eligibility

A. Sports Participation Requirements

Students need a physical exam prior to participation in team sports. Please go to the website to obtain a form for your pediatrician or doctor to complete and return to his/her teacher or coach. Student health and safety from heat-related illness and injury are our highest priority.

B. Academic Eligibility

Student athletes must maintain a certain grade point average to continue participation in extracurricular team sports. If a student athlete falls below this level, the student will be disallowed from practice and competition until cleared to return by the teacher(s) and team coach. Coaches may set higher standards for individual sports.

Student athletes must maintain a GPA of 2.0 or greater which is a C (70+ average) in the four core subjects of English, Science, Math and History combined, and in Bible class.

A student athlete with an average of less than or equal to 69% in the core subjects and Bible on a 9 weeks reporting will be suspended from athletic activities until a subsequent progress report or 9 weeks reporting where the average is 70+. Exception: Students maintaining an 80+ average in all core classes plus Bible for the entire current school year will be allowed to participate in sports.

If a student has maintained an 80+ average in all classes for the previous school year they will be allowed to participate in Fall sports. Otherwise, Fall sports participation will be determined from the previous year's final 9 weeks reporting.

C. Registration and Fees

Students will need to sign up for sports offered by the deadline posted. A \$50 participation fee per student per sport will cover team jerseys, common team equipment, and travel expenses. Uniforms remain the property of CCS.

Parents

Parents can be an integral part of a team's overall success. At all levels and for all teams, parents help with concession stand attendants, ticket takers, scoreboard operators, and enthusiastic fans. Involved, positive parental involvement is a wonderful aspect of the Cullman Christian School educational and athletic experience.

Player/Parent Concerns

Parents must trust the coach to make appropriate decisions. If concerns arise, parents should encourage their child to speak with the head coach. If a parent needs to intervene, they should call to make an appointment with the coach: Please do not attempt to question or advise the coaches at a time when their attention must be focused on the team. We want to give your concerns the time and attention they deserve, so please call for an appointment.

Cullman Christian School Athletic Booster Club

The Cullman Christian School Athletic Booster Club is a fundraising and spirit-generating organization formed for the purpose of creating parental involvement in our programs while providing financial support for the Athletic Department.

Cullman Christian School's Athletic Booster Club Mission Statement:

The Cullman Christian School Athletic Booster Club, a unique athletic support organization, is dedicated to service of the entire Cullman Christian School community. Enhancing the experience of Cullman Christian School athletics for participants, non-participants, younger students, parents, alumni, friends, faculty, and all other members of the Cullman Christian School community is the core mission of the Athletic Booster Club. All students benefit from the Athletic Booster Club through campus-wide programs.

Uniforms/Equipment

Cullman Christian School equips each team member with the necessary materials to compete in a sport, with the exception of athletic shoes. Uniforms remain the property of Cullman Christian School and must be returned to the school at the conclusion of the season. Coaches are responsible for distributing and collection all uniforms and other related equipment and are accountable for specific materials given to athletes. Students will need to pay for lost materials. If athletes do not pay for lost materials, they will have their grades held until the payment is made.

Alcohol, Tobacco, and Other Drug Use

Cullman Christian School seeks to maintain a healthy environment where students can grow intellectually, physically, spiritually and socially. Therefore, the School strives to educate its students about the dangers of alcohol, non-prescribed drugs and other illegal substances and to deter their use. In addition to all guidelines and parameters related to ATOD (alcohol, tobacco, and other drug use) stated in the *Student Handbook*, students participating in athletics are subject to additional penalties. Specifically, any violation of the ATOD policy will result in a student being ineligible for participation in any athletic activity for the balance of the season in which the violation occurred. Any subsequent violation may render a student permanently ineligible for athletic participation at Cullman Christian School. Students who report to an event appearing to be under the influence of ATOD will not be permitted to participate and will be referred to the Principal for evaluation and possible disciplinary action.

Voluntary Disclosure

In the event of a student or his or her family experiencing difficulty related to their alcohol, tobacco and other drug use (ATOD) or the ATOD use/abuse of another person, should seek the guidance of the Headmaster. A first-time self-referral may carry with it no disciplinary consequences, as long as a rule of conduct at Cullman Christian School has not been violated.

Attendance

Although attendance at practices is mandatory, coaches obviously understand that at times students have illness, excessive homework expectations, or family issues that may interfere with attending practice. However, the athletes should communicate the problem at their earliest opportunity with the coach. Students should not request a friend or parent to talk to a coach on their behalf. Unless athletes have a doctor's clearance, athletes must arrive at school by 11:30 a.m. in order to be eligible for participation in that days' practice, meeting or game. Parents cannot excuse their child from school nor approve their participation in sports when their child is unexcused from school. Chronic absence or tardiness may result in an athlete being declared ineligible.

Games/Practices During Breaks

Students who choose to participate on teams that have games or practices over school breaks or during holidays should plan accordingly to avoid any conflicts that may arise. If a student foresees a problem attending practices or games during a scheduled break, that student should consider the relative importance of team participation that season. Cullman Christian School expects that students will make the appropriate commitment to the sport so as not to jeopardize the team experience for others. Therefore, the summer preseason, Thanksgiving Break, Winter Break and Spring Break are times when, in season, students should make sure they are not missing valuable practice or game times. Coaches will distribute practice and game schedules for the season.

Postponements, Directions, Schedule Changes, and Cancellations

For each program, the Athletic Director will provide parents with a packet containing the names, locations, addresses, and driving directions for all off-campus games during each individual season. Directions will originate from the Cullman Christian School Campus. The Athletic Department maintains an updated, online calendar of events related to the athletic program. Please log on to the school website at www.CullmanChristian.org and click the calendar

link on the home page. This calendar should be checked daily if your child is on an athletic team. In case of a last minute cancellation, your child will contact you via phone from school.

Inclement Weather Policy

When weather forces the school to close early, practices may still occur. However, a school closing usually dictates that interscholastic contest will be cancelled. After conferring with a competing school's Athletic Director, the Cullman Christian School Athletic Director determines cancellations regarding a game. On rainy days, decisions on outdoor practices and games will be made as soon as possible to ensure everyone involved can be notified. Unless there is an official announcement made or posted, students should assume that practice and/or games will be held.

College Recruitment of Student-Athletes

The Cullman Christian School Athletic Department and Counseling Office will play an active role in supporting our students with aspiration to play sports at the collegiate level.

The Athletic Department, Coaches and Counseling Office will assist families in several areas:

Informing them of the process of establishing contact with college coaches

Educating them on NCAA rules and regulations governing the recruiting process

Aiding in the assessment of suitable matches from the abundance of college athletic programs

Serving as the primary contact point for college coaches interested in recruiting Cullman Christian School student-athletes

Students must:

- Communicate his/her interest to the coach of their sport
- Work with the Athletic Director to contact potential school coaches
- Have the Athletic Director make phone calls, send emails, or send pertinent information
- Inform the Counseling Office of his/her interest so that they can assist in communicating with coaches and College Admissions Officers
- Attend team or individual development camps to be seen by college coaches who might attend

The Athletic Department will work with students to open the lines of communication with college coaches. Any athlete can always speak with the Athletic Director about his/her interests, but to be clear, the Counseling Office is the lead resource for all issues pertaining to the college selection process

Administration Contact Information

Cullman Christian School

Main Telephone Number

(256)-734-0734

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