

# Calhoun Christian School

## Athletic Handbook

### 2024-2025



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# Table Of Contents

Overview — Page 3

Coaches — Page 7

Athletes — Page 10

Parents — Page 14

Appendix A: Athletic Code — Page 15

Appendix B: Undue Influence — Page 17

Appendix C: Managing Heat and Humidity in Athletics — Page 18

Appendix D: Concussion Information — Page 19

Appendix E: Sports Liability Permission/Waiver Slip — Page 21

## **Mission Statement**

Calhoun Christian School provides academic excellence while upholding God's truth and challenging children to serve.

## **Vision Statement**

Calhoun Christian School will be the benchmark of excellence in Christian education.

# Overview

## Philosophy of Interscholastic Athletics

The purpose of this handbook is to communicate the policies, procedures, and expectations of the Calhoun Christian School Athletic Department. The success of our athletic program depends, in part, on our ability to communicate our expectations with student-athletes, parents, fans, and coaches.

Athletics, as an extracurricular activity at Calhoun Christian School, is subject to Michigan High School Athletic Association rules and regulations that demand the highest ethics on the part of administration and the coaches. They, in turn, have set the expectations for student-athletes.

Being a Calhoun Christian School student-athlete carries with it a tremendous amount of responsibility. It must be understood that student-athletes who choose not to follow the expectations set forth by Calhoun Christian School, the Calhoun Christian School Athletic Department, and the Michigan High School Athletic Association may be denied the privilege of participation in athletics.

Strive to represent Calhoun Christian School and our community with pride and dignity. Your conduct at school, practice, and games affects the image people have of Calhoun Christian School. A student who elects to participate in athletics is voluntarily making a choice of self-discipline and dedication.

CCS - "Compete with Class and Sportsmanship"

## An Open Letter to Fans and Participants

As a school community that is committed to honoring Christ in every area of our daily lives, we must realize that we will be tested at various times and in many ways in our efforts to fulfill this commitment. The area of inter-school competition often provides one of the many opportunities that will test our Christian philosophy and commitment.

Therefore, we must be constantly alert to the fact that we are "Christ's Ambassadors" today. Many times during a close contest we may find ourselves disagreeing with the official's calls, the reaction of the other teams' members, or even our own mistakes. This is the time when we must demonstrate the true Christian character of our school community, through the actions of every one of our young gentlemen and young ladies present. We are expected to behave in such a manner that our actions will speak louder than our words, that we will truly bring honor to our Savior, Jesus Christ. Rude or abusive behavior by fans may result in removal from athletic contests.

The above statements are to serve as reminders to our parents and other adults representing our school that we are the role models for our student body whenever we are present.

## **Purpose (Taken from MHSAA Publication)**

*High School athletics primarily serve to prepare young people for the next level of life — not the next level of sports — that defines high school sports as a unique and positive force in the lives of our young people and communities.*

*There is nothing wrong with striving to be the best. School sports programs must strive to develop all the kids who want to participate to be their best — their best individuals, as students, as teammates, as members of the community — not just their best as athletes.*

*In school sports, we win if we develop winners. We may very well lose if all we care about is winning. This is one of the most exciting experiences of a young person's life — the privilege of participating in high school sports. Our goal is to all maintain proper perspective in our journey through this educational experience.*

## **Governance of Athletics**

The interscholastic athletic program is administered by the Athletic Director and the Principal. The Athletic Director will meet with the Cougar Sports Boosters Executive Committee, which serves in an advisory capacity.

## **MHSAA**

Calhoun Christian School is a member school of the Michigan High School Athletic Association (MHSAA). As a member school it is the responsibility of the school administration and coaches to adhere to the policies and procedures published annually in the MHSAA Handbook.

Head coaches are responsible to follow MHSAA policy related to completing an online rules meeting for their sport. It is the head coach's responsibility to determine that assistant and sub-varsity coaches are following MHSAA policies and procedures. Coaches of soccer, volleyball, and basketball are required to submit online officials' ratings to the MHSAA at the conclusion of the season.

## **Sports Fees**

All athletes playing on a Calhoun Christian School athletic team will pay sports fees to compete. The fees are determined by the level of the team on which the student plays, not by the age of the student. Sports fees will be as follows:

- Once a year \$50 registration fee per family
- \$100 per athlete for each High School level sport
- \$75 per athlete for each Middle School level sport
- Family maximum of \$300 per school year

**Note: Sports fees must be paid before an athlete will be given a uniform.**

## **Coaching Appointments**

Coaching appointments are the responsibility of the Athletic Director in consultation with the Administrator and others of his/her choosing. Head coaches will make recommendations to the Athletic Director as to the selection of assistant and sub-varsity coaches, with the final decision resting with the Athletic Director. Appointments are for a one-year period with evaluation at the conclusion of each season. Evaluation of head coaches will be made by the Athletic Director. Assistant and sub-varsity coaches will be evaluated by the head coach and the Athletic Director cooperatively.

## **Sunday Policy**

Calhoun Christian School does not sponsor curricular or extra-curricular competitions or allow teams or school-sponsored groups to participate in Sunday competitions or practices. Calhoun Christian School athletic facilities are not used on Sundays, unless determined appropriate or necessary. Sunday events and practices are not to interfere with a family's Sunday observance and students may not be required to participate.

## **Inclement Weather**

On days when school is cancelled due to weather, coaches may arrange practices at the school in conjunction with the Athletic Director. These are optional workouts, and the safety of the athlete is of foremost importance. Decisions about competitions on days when school is cancelled will be made by the Athletic Directors of the schools involved.

## **Sports Specialization**

The question of whether a student athlete should play multiple sports or specialize in one sport is an important one for students and their parents to consider. Some student athletes may have hopes of playing at the collegiate level one day, while others are participating simply for the joy of playing and being part of a team. We do not suggest that there is one right answer for every student or situation.

We believe that there is a great deal to be gained from participating in multiple sports, particularly in the early years of high school. Different sports challenge athletes in different ways, and the skills developed through the training methods used in one sport will often help the athlete in another sport. Together, each sport works to build a better overall athlete. The athlete's social, emotional, and mental well-being also benefits from the variety of teammates, coaches, and competitive situations provided by multiple sports.

While most athletes probably enter school with a favorite sport or one that they believe they are most suited to play, much can change over a few years. Enthusiasm about a particular sport can increase or decrease. In addition, it is impossible to accurately predict the physical development of a young man or woman, which will greatly impact

their ability to compete in certain sports. The starting lineups of our varsity teams often look much different than would have been predicted based on the abilities of the athletes several years earlier. This suggests that choosing a single sport early in high school can sometimes lead to a disappointing experience.

We believe that the decision to participate in multiple sports versus a single sport should ultimately be decided by the parents and students and should include consideration of a wide range of factors, such as the student's other interests and activities. Coaches can provide important information and offer valuable perspective, but their proper role in the decision-making process is that of an advisor.

## **Interscholastic Sport - Co-Curricular Conflicts**

The athletic department recognizes each student's need for a wide range of experiences in his or her education. Faculty members, coaches, and administrators work diligently to minimize conflicts between school-sponsored activities. However, it is impossible to avoid all conflicts and students will sometimes be faced with difficult decisions about activities. When conflicts between school events arise, the sponsors, advisors, and coaches will work together, along with the parents and students, to arrive at the best possible solution. Students must also guard themselves from being "over-scheduled" or involved in too many in-school and out-of-school activities.

## **Undue Influence**

Calhoun Christian School adheres to the MHSAA policy regarding the recruitment of athletes and undue influence (Appendix B). No person directly or indirectly associated with the school can offer any special privileges to students because of athletic ability. Athletic scholarships are not available from, nor provided by Calhoun Christian School.

## **Awards**

Calhoun Christian School presents certificates to all athletes who complete the season in good standing on a team and are recommended by the coach for this honor. Members of varsity teams who meet the necessary requirements established by the coach will receive a varsity "C" certificate. Upon being awarded their first varsity letter, each athlete will also receive numerals indicating their graduation year. For each varsity letter awarded, student-athletes will also receive pins indicating the sports in which letters have been earned.

# Coaches

## Characteristics

1. The coach is a spiritual mentor and a Christian role model for the athletes they coach, helping the students in their Christian walk by allowing them to develop their God-given gifts, using them to glorify Him.
2. The coach can relate to kids, enjoys being around and communicating with students, and is willing to invest in the lives of those students — in and out of the athletic arena.
3. The coach has a passion for and a love of the sport they coach.
4. The coach has a knowledge and ability to teach the technical skills required and the teamwork involved to create an atmosphere to develop the team at the highest possible level.
5. The coach conducts him or herself in a professional manner and fosters healthy relationships with athletes, parents, officials, and opposing coaches/players. The coach is expected to be a leader in exhibiting Christian values and responsibility. As a highly visible representative of the school and the community, the coach must accept a special role in demonstrating positive and responsible leadership.

## Responsibilities

- **Faith Formation:** Coach is a spiritual mentor. Faith formation can take a variety of shapes, but it is a coach's responsibility to engage the team in weekly faith formation activities and conversations.
- **Athletic Code:** Our staff and coaches are held accountable to ensure that every student athlete understands and abides by the Athletic Code of Calhoun Christian School. We consistently and fairly enforce the disciplines of the School's Athletic Code, which is included as Appendix A in this handbook.
- **Parent Meeting:** Coaches are required to hold an informational meeting for the parents at the beginning of the season to address scheduling expectations, conduct, discipline, volunteering and any other areas of interest that the coach deems necessary.
- **Coaching Appointments:** Head coaches will make recommendations to the Athletic Director as to the selection of assistant and sub-varsity coaches, with the final decision resting with the Athletic Director. Appointments are for a one-year period with evaluation at the conclusion of each season.
- **Evaluation:** Evaluation of the head coaches will be made by the Athletic Director. Assistant and sub-varsity coaches will be evaluated by the head coach and Athletic Director cooperatively.

- **Team Selection and Tryouts:** In sports where tryouts are necessary to achieve the desired team size it is imperative that athletes be aware prior to tryouts of the criteria being used to select the team. It is recommended that multiple coaches be involved in the evaluation of athletes. Informing athletes as to whether they have made the team should take place in a private area with a person-to-person conversation between the athlete and the coach.

Team size varies between sports. Any deviation, either larger or smaller, from the traditional team size should be brought to the attention of the Athletic Director

The advancement of athletes to a higher-level team than is typical for their grade level should be made with the approval of the parents of the athletes, the individual athletes and the Athletic Director.

- **Program Building:** Head coaches are responsible for other coaches in the program. The head coach should give the sub-varsity and assistant coaches direction while also allowing some freedom and discretion.

Whenever possible, the head coach should conduct clinics and/or camps for younger athletes to teach sport-specific skills, to begin to train the student-athletes, and to form relationships between student-athlete and coach.

- **Equipment and Uniforms:** The coaching staff will collect any school-issued equipment and uniforms in a timely manner following the completion of the season and will inform the Athletic Director if anything needs replacement or repair. Coaches need to hold athletes accountable to return items in good condition. Payment for the season's work will be issued after all uniforms, equipment, and season summaries are collected and returned. Good stewardship of equipment is essential to our programs.
- **Monitoring Academic Progress:** It is required that coaches make every effort to hold their athletes academically accountable.
- **Applying for Academic All-State:** It is required that coaches nominate their team and individual students for Academic All-State recognition.
- **Reporting Scores:** All varsity head coaches are required to report the scores and important statistics from athletic contests to the Battle Creek Enquirer. Also, all coaches are to report scores to the Athletic Director after each contest.
- **Keeping Statistics:** All coaches are required to keep sport specific statistics from all athletic contests. Individual game and cumulative season statistics must be submitted to the Athletic Director at the conclusion of the season.



## **Schedules**

The schedule of interscholastic contests is the responsibility of the Athletic Director in consultation with the head coach. The Athletic Director will contract with opponent schools and hire officials when required. Scheduling of scrimmages is the responsibility of the coach. The Athletic Director should be notified of scheduled scrimmages.

The coach in consultation with the Athletic Director, schedules practice times, while coaches are responsible for informing athletes and parents as to practice schedules.

# Athletes

## Expectations

By being a participant in a sport at Calhoun Christian School, athletes are accepting the expectations for academic performance listed below, and for behavior, which is outlined in the athletic code (Appendix A). As an athlete the behavioral expectations apply during all 12 months of a calendar year, for the entire time a student is enrolled at Calhoun Christian School.

## Academic Eligibility

Athletes must maintain a “C” (2.0) average or above and not be failing any classes during the course of the season. Grades will be checked every week on Wednesday’s beginning the first day of practice. If a student is athletically ineligible, his/her period of ineligibility will begin on Monday the week after grades were checked. Athletes will be ineligible for a minimum of one week (Monday-Sunday). The next Wednesday, grades will be checked again. If, at this point, a student is eligible, he/she may begin participating in contests the following Monday. A student who remains on athletic probation will continue to be ineligible to participate in contests but must follow the Athletic Dress Code and must attend all practices and contests unless prior permission is given by coaches.

1. The first time an athlete is on athletic probation, he/she will be given a one-week warning period. There will only be one warning period given per student per school year. During this warning period, students will still be allowed to participate in contests. The next time a student is on athletic probation, he/she she will be ineligible to participate in contests.
2. Athletes, including incoming transfer students, must have at least a “C” (2.0) grade point average in coursework from the previous quarter. If a student has a grade point average below “C” at the end of the quarter, he/she will be ineligible for participation in any interscholastic sports for the succeeding quarter.
3. Students on academic or athletic probation may not dress in the team uniform for the contest, participate in warm-up activities, or play in the contest. They must dress according to the Athletic Dress Code and sit with the team.
4. Students on service plans, 504 plans and/or accommodation plans will have different eligibility requirements per administration discretion. Considerations to be considered along with these terms will be effort, work completion and a willingness to ask for help.

## Athletic Physicals

Athletes are required to have a current physical examination form on file in the Athletic Director’s office before they are declared eligible for participation in any capacity. This includes practices. Physicals must have been completed on or after April 15 of the previous school year to be considered current.

## **Athletic Dress Code**

On school days when athletic events are scheduled, student-athletes must be wearing the approved “game-day shirt” and pants/shorts appropriate for chapel, as defined by the current year parent/student handbook. A student in violation of this dress code will be subject to the same disciplinary policy for any other dress code violations. Exceptions to this policy can be made with prior Athletic Director approval.

Dress for travel to and from games will be determined by each head coach. At no time should an athlete appear in public wearing their uniform.

## **Uniforms and Equipment**

Uniforms and equipment provided by Calhoun Christian School must be returned to the school at the end of the season. Players are held financially responsible for any lost, stolen, or damaged Calhoun Christian School issued uniform or equipment.

## **Two-Sport Participation**

Calhoun Christian School allows for the participation in two school sports at one time in the same season if all interested parties agree and if schedules allow. Contact the Athletic Director if you are interested in participating.

Due to the popularity of club teams, the possibility exists that athletes may participate on a school team and a club team of another sport during the same season. These cases should be brought to the attention of the coach of the school-sponsored sport and the Athletic Director. Should conflicts exist in schedules between the club sport and the school sport, the school sport practices and contests take priority over the club sport.

## **Transportation**

Calhoun Christian School does not provide school sponsored transportation to away athletic contests. Parents must make arrangements for their student to arrive at the away contest by the time prescribed by the head coach. Students are not permitted to transport themselves or be transported by any other student without parent permission and prior Athletic Director approval.

## **Out of Season Expectations**

During the school year, athletes are expected to give the in-season sport in which they are participating first priority and are not expected to train for another school sport during that time period.

Summer offers an opportunity for players to work on and develop their athletic abilities. Many coaches offer various opportunities for skill and strength development such as

lifting workouts, team camps, and summer leagues. Athletes are free to attend as many or as few of these opportunities as they wish. However, it should be noted that these opportunities provide the athlete with excellent ways to further develop skills, improve conditioning, and bond with other athletes.

Our coaches work together to schedule open gym times and team camps so that multi-sport athletes can be involved in each sport. There may be times when an athlete must choose one activity over another, especially when participating in a summer league. Also, summer is a time for vacations and other family activities, and we encourage families not to sacrifice these important times. A reasonable amount of down-time is important for the wellness of the body and mind.

## **Daily Attendance**

A student must be in school for at least one-half of the day (11:30 is the defining time for half day, whether morning or afternoon) to participate in that day's scheduled extracurricular activities (competitions and practices).

## **Practices**

Members of a team are expected to be at every scheduled practice unless absent from school or previously arranged with the coach.

## **Playing Time**

Varsity athletics at Calhoun Christian School are conducted with the goal of producing quality teams. Equitable practice time, though not equal, should be available to all team members. The amount of playing time in contests will vary with the skill level of the individual and the game situation.

At the sub-varsity level, the development of individual athletic skills and team play is emphasized. For that reason, every effort is made to give participation time to each of the team members. Playing time may vary throughout the course of the season based on the development of individual athletes. This may also vary between sports and is defined by the coaching staff.

## **Social Media Rules/Guidelines**

Social networking websites (i.e., Facebook, Instagram, Snapchat, Twitter, etc.) are a representation of the student-athlete, along with Calhoun Christian School. The school administrator, Athletic Director and coaches have the right to monitor these sites and student-athletes will face discipline depending on the scope of the infractions. The school administrator and Athletic Director will determine if the infraction falls under a category I, category II or category III offense.

Don't ever talk about internal matters of your program, Calhoun Christian School, opponents, or the MHSAA. Find something good to say, or don't say it.

If you are ever in doubt of the appropriateness of a potential online post, consider whether it upholds and positively reflects your own values, the values of your family, as well as the Athletic Department and school community of Calhoun Christian. Remember to always present a positive image and don't do anything to embarrass yourself, your family, or your team.

## **Hazing**

The act of "hazing" is a crime in the state of Michigan and will not be tolerated by Calhoun Christian School. CCS will comply, in all ways, with Michigan law regarding "hazing" incidents. "Hazing" means any intentional, knowing, or reckless act meant to induce physical pain, embarrassment, humiliation, deprivation of rights or that creates physical or mental discomfort, and that is directed against another student for the purpose of being initiated into, affiliating with, holding office in, or maintaining membership in.

Student engaged in any hazing or hazing type behavior that is, in any way, connected to any Calhoun Christian School Athletic Department team will be subject to disciplinary action in category I, category II, or category III.

# Parents

Parents are an important part of the athletic program at Calhoun Christian School. The support and encouragement given to coaches and athletes is highly valued. Parents, as well as coaches and athletes, represent the school to the community.

## Parent Guidelines for a Successful Season

1. Be encouraging. Your attitude is contagious and visible to others.
2. Encourage your athlete to speak directly with the coach if there is a problem  
Empower your athlete to speak up for themselves.
3. Please keep your conversations about the coach and other teammates positive.

## Communicating with Coach

It is appropriate to contact a coach regarding issues of safety, clarifying details of the schedule or team functions. Parents should expect timely communication from the coach about schedule changes.

## Conflict Resolution

In resolving conflicts with coaches, the following steps of communication should be followed. The next step should occur only if the conflict is not resolved.

1. Player — Coach
2. Parent & Player — Coach
3. Parent & Player — Coach & Athletic Director
4. Parent & Player — Coach, Athletic Director, & Principal

## Cougar Sports Boosters

The Cougars Sports Boosters are a support and fund-raising organization of parents interested in Calhoun Christian School Athletics. Funds raised by the Cougar Sports Boosters are used to offset the difference between what is collected in sports fees and the actual cost of running the athletic department at Calhoun Christian School.

# Appendix A

## Athletic Code

### Guidelines for Student Athletes

Athletes at Calhoun Christian School are highly visible in the school community and in society. Calhoun Christian and our community have high standards and great expectations for the conduct, performance, and commitment of our athletes. At CCS, we expect the following:

- The athlete will honor God and represent the school in an exemplary manner. As a CCS student-athlete, you are a representative of CCS not only during contests, but throughout the calendar year. Athletes are to realize that actions and attitude reflect on individuals, families, teams, and on CCS. Athletes that are ejected from a contest will meet with the Athletic Director to discuss their actions. Repeated ejections from contests may result in disciplinary action.
- The athlete will follow all school rules and regulations. Athletes will accept the consequences when rules and regulations are violated.
- The athlete is expected to maintain top physical condition by eating properly, getting sufficient rest, and observing other good health and fitness habits. As athletes, it is essential to abstain from the use of tobacco products (including e-cigarettes and vaping devices), alcohol, marijuana, illegal drugs, anabolic steroids, and other performance-enhancing substances.
- The athlete is expected to be committed to team goals. This implies that personal performance is not focused on the individual but is directed toward achieving team goals and team unity.
- The athlete is expected to attend every practice and to give full effort both in practice and in competition. Any exception to attendance at practice and contests must be resolved between the athlete, the athlete's family, and the coach.
- The athlete is expected to accept responsibility for the care and maintenance of all school-issued equipment.

### Violations of the Athletic Code

Adherence to the Athletic Code is important for the good of each athlete and the success of the team. It is important to note that the code of conduct is not confined to school time or school functions, but reflects an expectation and commitment to an everyday lifestyle in and outside school during all 12 months of a given year. Team members who violate the rules of the Athletic code are subject to discipline by the coach and/or Athletic Director. Coaches reserve the right to determine tougher penalties for their athletes.

## Violation Categories

**Category I** — violations include, but are not limited to:

- Use or possession of tobacco in any form
- In the presence of illegal drug use or underage drinking.
- Repeated school behavior problems

**Category II** — violations include, but are not limited to:

- Use, possession, or being under the influence of alcohol or a controlled substance (other than prescribed by a physician)
- Actions which would be deemed misdemeanors under the criminal code (e.g. minor theft, vandalism, etc.)

**Category III** — violations include, but are not limited to:

- Sale or distribution of a controlled substance or alcoholic beverage
- Actions which would be deemed felonies under the criminal code

## Discipline — Percentage of Contests Suspended

	Category I	Category II*	Category III*
<b>1st Offense</b>	<b>10%</b>	<b>25%</b>	<b>12 Months**</b>
<b>2nd Offense</b>	<b>25%</b>	<b>12 Months**</b>	<b>Permanent</b>
<b>3rd Offense</b>	<b>50%</b>	<b>Permanent</b>	<b>Permanent</b>

\*If the violation involves alcohol or a controlled substance, this penalty may be reduced by 50% of contests in the next full season of participation if the athlete completes a school-approved substance abuse program.

\*\*The student may rejoin the athletic program after 12 months only after completing a school-approved substance abuse program.

## Notes

1. Any suspension from competition will be applied to the contests in which the athlete would participate immediately following the administrative discipline. If the suspension exceeds the remaining contests in a season, the remainder of the suspension will be served during the next season in which the athlete participates.
2. During any suspension which is less than a full season, the athlete is expected to participate in all team practices and attend contests dressed in accordance with the athletic dress code.
3. Should a student athlete bring the issue to the athletic department's attention prior to an official report, the department reserves the right to reduce the disciplinary action by up to 50% of the stated penalty.
4. The athlete must complete the entire season during which he/she has been suspended.
5. Appeals related to disciplinary action may be brought to the Athletic Director.



# Appendix B

## Undue Influence

Calhoun Christian School has agreed to follow the rules of the Michigan High School Athletic Association (MHSAA) which apply equally to public schools, charter schools, and nonpublic schools. A long-standing rule, Undue Influence involves cooperation and compliance by more than just the athletes and coaching staff. The anti-recruiting rule states that a violation can occur if a person “directly or indirectly associated with the school” encourages or secures the attendance of a student because of athletics. “Directly or indirectly associated with the school” may include but is not limited to parents of players, booster club members, alumni and representatives of non-school athletic programs. Often it is the non-school environment (AAU or club sports) where inappropriate recruiting rule violations occur.

Parents or others should not attempt to encourage or secure attendance by a student because of sports. They should not attempt to build up the roster by encouraging an athlete to enroll at one school or another, or target the best athletes for enrollment. Athlete recruitment is a violation, whether it occurs to a middle school student beginning the 9th grade or a high school student transferring between schools.

Attempting to encourage a student or parent to attend Calhoun Christian School because the student is an athlete risks our reputation, our entire program, and the future involvement of adults with our high school. Violation of the anti-recruiting rule can result in penalties to the school and athletic program, as well as ineligibility for a coach or a recruited athlete and can also result in a parent, alumnus or supporter being banned from attendance and involvement with the school. We strongly urge all those who support our school to follow the spirit and letter of the anti-recruiting rules.

In the present day, schools of all types often market or advertise to either retain or attract students. The anti-athletic recruiting rule must be understood and followed by those who support our school to protect legitimate school-wide efforts to attract students who make their decisions free from athletic recruiting. Decision about what school to attend involves many factors, including athletics. Discussions about sports are only allowed as part of general school presentations. Non-athletic department school administrators and staff deal with admissions and are assigned to provide information to students and parents about our school. People interested in enrollment should be referred to administrators responsible for admissions.

Calhoun Christian School follows the rules of the MHSAA. We insist our staff follow these rules in letter and spirit. Anti-recruiting rules require the awareness and adherence of our entire school community to ensure a level playing field.

# Appendix C

## Managing Heat and Humidity in Athletics

### 1. If the Heat Index is below 95 degrees:

- All Sports
  - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  - Optional water breaks every 30 minutes for 10 minutes in duration.
  - Ice-down towels for cooling.
  - Watch/monitor athlete carefully for necessary action.

### 2. If the Heat Index is 95 degrees to 99 degrees:

- All Sports
  - Provide ample amounts of water. This means that water should be available and athletes should be able to take in as much water as they desire.
  - Optional breaks every 30 minutes for 10 minutes in duration.
  - Ice-down towels for cooling.
  - Watch/monitor athletes carefully for necessary action.
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Recheck temperature and humidity every 30 minutes to monitor increased Heat Index.

### 3. If the Heat Index is 99 degrees to 104 degrees:

- All Sports:
  - Provide ample amounts of water. This means that water should be available and athletes should be able to take in as much water as they desire.
  - Mandatory water breaks every 30 minutes for 10 minutes in duration.
  - Ice-down towels for cooling.
  - Watch/monitor athletes carefully for necessary action.
  - Allow for changes to dry t-shirts and shorts.
  - Reduce time of practice activity as well as indoor activity if air conditioning is unavailable.
  - Postpone practice to later in the day.
- Reduce time of outside activity. consider postponing practice to later in the day.
- Recheck temperature and humidity every 30 minutes to monitor increased Heat Index.

### 4. If the Heat Index is above 104 degrees:

- All sports
  - Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

**Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in a need to curtail activity.**

# Appendix D

## Concussion Information

### UNDERSTANDING CONCUSSION

#### Some Common Symptoms

<i>Headache</i>	<i>Blurry Vision</i>	<i>Grogginess</i>	<i>Feeling Irritable</i>
<i>Pressure in the Head</i>	<i>Sensitive to Light</i>	<i>Poor Concentration</i>	<i>Slow Reaction Time</i>
<i>Nausea/Vomiting</i>	<i>Sensitive to Noise</i>	<i>Memory Problems</i>	<i>Sleep Problems</i>
<i>Dizziness</i>	<i>Sluggishness</i>	<i>Confusion</i>	
<i>Balance Problems</i>	<i>Haziness</i>	<i>“Feeling Down”</i>	
<i>Double Vision</i>	<i>Fogginess</i>	<i>Not “Feeling Right”</i>	

### WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven’t been knocked out.

You can’t see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

### IF YOU SUSPECT 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 the student to return to regular activities, including sports. Don’t hide it, report it. Ignoring symptoms and trying to “tough it out” often makes it worse.
2. **KEEP YOUR STUDENT OUT OF PLAY**—Concussions take time to heal. Don’t let the student return to play the day of injury and until a health care professional says it’s okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
3. **TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION**—Schools should know if a student had a previous concussion. A student’s school may not know about a concussion received in another sport or activity unless you notify them.

### SIGNS OBSERVED BY PARENTS:

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

### CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people/places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously.)

### HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to [www.cdc.gov/concussion](http://www.cdc.gov/concussion).

### Parents and Students Must Sign and Return the Educational Material Acknowledgement Form

#### CONCUSSION AWARENESS EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by **Calhoun Christian School Athletic Department**.

\_\_\_\_\_  
Participant Name Printed

\_\_\_\_\_  
Parent or Guardian Name Printed

\_\_\_\_\_  
Participant Name Signature

\_\_\_\_\_  
Parent or Guardian Name Printed

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

Return this signed form to the sponsoring organization that must keep on **file for the duration of participation or age 18**. Participants and parents please review and keep the educational materials available for future reference.

# Appendix E

## Sports Liability Waiver/Permission Slip

My child has permission to participate in the Calhoun Christian School (“CCS”) Extra-Curricular Sports Programs, including but not limited to basketball, volleyball, soccer, and after-school weight lifting programs. I understand that CCS does not carry medical insurance for the participants in its Extra-Curricular Sports Programs. I understand that participation in the CCS Extra-Curricular Sports Programs is voluntary.

I understand that participation in CCS Extra-Curricular Sports Programs carries risks inherent both to the activity and to the location of the activity. I understand that participation involves risks and dangers including but not limited to those of bodily injury, partial and/or total disability, paralysis and death. These risks and dangers may be caused by the negligence of the participant or the negligence of others. There may be other risks not known to us or that are not reasonably foreseeable at this time.

I expressly accept and assume such risks and responsibility for any and all losses and/or damages following such injury, disability, paralysis or death, however caused or alleged to be caused, whether in whole or in part by the negligence of CCS, event hosts, other participants, coaches, instructors, volunteers or officials. I agree that this Waiver/Permission Slip covers each and every CCS athletic event in which my child participates. In addition, I affirm that my child has no known medical or mental health conditions that might compromise his/her safe involvement in such activities.

I will not assert a negligence claim or file a negligence suit for any injuries or damages that I or my child may later have as a result of participation in CCS Extra-Curricular Sports Program events and any other connected activities in which my child may voluntarily participate, against CCS, its officers, officials, directors, administrators, employees, contractors, agents, coaches, servants or volunteers. I understand and expressly waive such rights on behalf of myself, my child, my heirs, and assigns.

I agree to hold harmless and indemnify CCS, its officers, officials, directors, administrators, employees, contractors, agents, coaches, servants and volunteers for all claims, including actual attorney fees and costs, that may be brought against any of them by anyone for damages or injury to me or my child or mine or my child’s property that may occur as a result of my child’s participation in the event.

By my signature below, I affirm that I have read and fully understand the terms of this permission and waiver, that I am voluntarily signing this permission and waiver, that my child has permission to participate in the CCS Extra-Curricular Sports Programs, and that I, as a parent or guardian, will cover all expenses of any accident or injury my student might incur as a result of his/her voluntary participation in the CCS Extra-Curricular Sports Programs.

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Student Name

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Student Signature

Date

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Parent/Guardian Signature

Date

## **Calhoun Christian Athletic Code of Conduct**

As a student of Calhoun Christian School, who has been given the privilege of participating in extracurricular athletics, I understand that with this privilege come the following responsibilities. I will do my best to fulfill these responsibilities and to accept the consequences if I do not.

1. As an athlete, I am a leader, I will use this leadership role to honor God and to represent my school in an exemplary manner.
2. I will follow the athletic dress code on game days as outlined in the athletic handbook and as prescribed by my coach.
3. In all aspects of athletics I will seek to put others first.
4. I will use the gifts that God has given me to the fullest, whether I am in practice or in a game.
5. In my actions, speech, conduct, and dress, I will seek to build up those on my team and those I compete against.
6. I will show respect to all players, coaches, officials, and fans with whom I come in contact. This includes any communication, both written and spoken, in person or typed on any website or device.
7. I will do my best to attend every practice as well as every game and will inform my coach ahead of time if something arises that makes this not possible.
8. I realize that my curricular efforts come before those that are extracurricular and accept the academic policy as outlined in the CCS Parent/Student Handbook.

## **Parent/Coach Conflict Resolution Guidelines**

In order to ensure that a Christian attitude is maintained during conflict resolution, and that sporting concerns are addressed in a timely manner, all parents/guardians of students playing sports on a Calhoun Christian School team must agree to the following:

9. All conversations will be handled in a manner that glorifies Christ and with a Christian attitude.
10. The CCS Student Policy Handbook applies first and foremost.
11. The Athletic Code of Conduct guidelines will be maintained at all times. No discussions will take place regarding the Athletic Code of Conduct signed by student and parent.
12. Any issues or concerns about CCS teams or players will be addressed with the head coach first.
13. No issues or concerns will be brought to the coach immediately prior to or immediately following a sporting event unless it is medically necessary.
14. Within 5 business days of a request to meet, a meeting date between the parent/guardian and coach will be agreed upon.
15. The head coach, along with one assistant coach if warranted, will attend the meeting. If requested, the Athletic Director will serve as a facilitator.
16. If concern is not resolved upon meeting with the head coach, parent/guardian will meet with the Athletic Director. That meeting date shall be agreed upon within 5 business days of request to meet.

## **Athletic Commitment**

As a participant, or a parent/guardian of a participant, in the Calhoun Christian School Athletic Program, I have read all the information found in the Calhoun Christian School Athletic Handbook. I understand the information and commit myself to abiding by the guidelines set forth. I also commit myself to accepting the consequences in the unfortunate situation that I, or my child, is found to be in violation of the Athletic Code of Conduct.

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Student Name

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Student Signature

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Date

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Parent/Guardian Signature