

Updated 7/29/08

ATLANTIC SHORES CHRISTIAN SCHOOL



ATHLETIC HANDBOOK

Updated 7/29/08

Atlantic Shores Christian School
1217 N. Centerville Turnpike
Chesapeake, Virginia 23320

Dear Parents and Student-Athletes,

Over the years, the Seahawk Athletic Program has earned a reputation of excellence. We are proud of the opportunities that are available to our students and appreciate the high level of participation we enjoy. Your continued interest and support are gratifying. This handbook has been prepared for your use. It clearly defines all policies and procedures of the Atlantic Shores Christian School Athletics Department. By voluntarily participating on a Seahawk athletic team, you and your child have assumed certain responsibilities and obligations. Participation in athletics develops the student mentally, physically, socially, and spiritually.

It is the role of the Athletic Department to enforce rules that govern the spirit of competition for the school-community. The activities of the athletic department are a part of ASCS's total educational program of "developing the whole person for the glory of God". These policies require a broad base of community support, which can only be achieved through communication. It is our hope to accomplish this objective through this athletic handbook for parents and student-athletes. Please take the time to read over this handbook carefully as it will clarify many of the questions or concerns you may have for your son/daughter.

I look forward to your participation in our athletic program. If you have any questions, please feel free to call 479-3110 at any time. Information on the Athletic Department may also be available on the athletic website (www.shoresathletics.com)

Sincerely yours,

Mike Tribus
Director of Athletics

TABLE OF CONTENTS

Philosophy of Athletic Program	4
Organizational Structure	5
Middle School/High School Academic Responsibilities	6
Athletic Code of Behavior	6
Offered Sport Programs.....	7
Physical Examinations and Medical Update and Forms	8
Awards System	8
Booster Club	10
Changing Sports	10
Cancellations	11
Conflicts in Extracurricular Activities	11
Athletic Fees	11
Eligibility Rules	12
Health Insurance Coverage	13
Heat Alert	13
Re-admittance to Athletic Activity Following Injury/Illness	14
Scheduling Practices, Scrimmages and Games	15
Transportation	16
Tryouts and Squad Selection	16
Uniforms	17
Pictures.....	17
Athletic Dress	17
Class Attendance.....	17
Schedules and Directions.....	17
Cheerleading Policies.....	17
Booster Club Benefits	19
Appendix	
METRO Conference By-Laws.....	20
VISAA Eligibility Rules.....	29
NCAA Eligibility	30
Booster Club Form	31
Advertisement Information.....	32
Acknowledgement.....	36
Acknowledgement Form	37

PHILOSOPHY OF THE ATLANTIC SHORES CHRISTIAN SCHOOL INTERSCHOLASTIC ATHLETIC PROGRAM

Athletics have had a significant influence on American culture and society and enjoy unique status in the American value system. We believe that participation on an interscholastic athletic team is a worthwhile experience, which all students should have the opportunity to pursue. Atlantic Shores Christian School affirms the right of every student to participate in the interscholastic athletic program without regard to gender, race or creed. We support the regulations and spirit of Title IX legislation and do not limit one sex in the enjoyment of any right, privilege, advantage or opportunity. Since interscholastic athletics are philosophical extensions of the physical education program and classified as co-curricular activities, the goals and objectives of athletics should be supportive of and consistent with the goals and objectives of the total educational program. When conducted properly, athletics, we believe can positively contribute to the spiritual, intellectual, physical, social and emotional development of our athletes; however, the realization of these educational goals does not automatically occur. These values are attained when our athletic program is viewed as a means to an end rather than an end to itself; functions under educationally oriented coaches; and are properly administered. Although the explicit goal of all competitive sports is to win within the rules that is by no means the only measure of success. The total development of the individual as a Christian is of considerably greater importance. Success in athletics occurs when athletes are allowed to develop their abilities to the fullest and become all they are capable of being. Students who choose to participate in our athletic program will be expected to conform to basic standards of conduct and to demonstrate a degree of self-discipline and self-sacrifice for the welfare of their team. Athletes will also be expected to demonstrate respect for the dignity and rights of others, good sportsmanship, and respect for authority. In order to realize more fully the educational value of athletics, the athletic program should be:

1. Conducted to promote the physical and emotional well being of all participants;
2. Regarded as an integral part of the total education program;
3. Subjected to the same administrative control as the total education program;
4. Conducted by persons with adequate training in first aid and in physical education or coaching certification programs;
5. Conducted within the letter and spirit of all applicable rules and regulations.

Insofar as is possible, all athletic teams will enjoy equal status and conform to standardized department policies.

Atlantic Shores Christian School offers up to three levels in some sports: Middle School teams (JJV), Junior Varsity teams, and Varsity teams. JJV consists of students in grades 7-8. Grades 7-8 are eligible for JJV level. 7-10 grades are eligible to participate on the JV level. 8-12th grades are eligible to participate at the Varsity Level. A 7th grader may not participate on a varsity team as followed by VISAA policies.

MIDDLE SCHOOL

The Middle School interscholastic athletic program addresses the unique needs of our students. Our approach to athletics is less competitive and opportunities to participate were expanded in recognition of the physical, mental, and social changes our Middle School students are experiencing. Participation in interscholastic athletics is not based on ability and students are encouraged to participate, and everyone who wants to be involved can be. In order to encourage and enhance student participation in the Middle School athletic program, the program provides for the following:

1. Coaches are encouraged to “play” all team members in each contest.
2. Participation in practices during vacation periods is voluntary, but must be communicated with coach.

HIGH SCHOOL

Athletic participation at the Varsity level is more competitive than the Middle School program, and the junior varsity (JV) program functions as a transition between the two. Varsity competition is based on ability and participation in this program requires a significant commitment of time as well as adherence to more stringent team and Athletic Department rules. Parents and athletes are advised to take this into consideration when deciding whether or not to participate at the JV or Varsity level. In order to fully appreciate a family’s commitment to JV/Varsity competition and to avoid miscommunication and unrealistic expectations, parents and students must understand that:

1. Practices/contests are often scheduled on Saturdays and during vacation periods. Athletes are required to participate in all practices/contests unless excused by the coach. Excessive unexcused absences will result in disciplinary action, which might include dismissal from the team.
2. Squad selection is based on ability and “cuts” are made at the discretion of the coach.
3. “Playing time” is based on ability and substitutions are made at the discretion of the coach.
4. Athletes who fail to complete a season may not be awarded a letter/certificate or receive credit for the season.

ORGANIZATIONAL STRUCTURE

School Board
Administrator
Dean of Students/Dean of Academics
Athletic Director
Assistant Athletic Director
Varsity Head Coach
JV Head Coach
Middle School Head Coach
Parent
Student-athlete

Please go through the proper channels. If you want to discuss a concern with a coach please contact that coach and set up a time to meet. Do not approach a coach after a contest to discuss a concern. After meeting with a coach and you need further meetings, please contact the athletic director. Follow Matthew 18.

MIDDLE SCHOOL / HIGH SCHOOL ACADEMIC RESPONSIBILITIES

Atlantic Shores Christian School recognizes that a student's first priority must be to the academic program. Since participation in the athletic program requires a significant commitment of time, parents must monitor their child's academic progress. When required to do so, student-athletes must attend after school make-up classes, extra help sessions, and prior to practicing or competing with their team.

ATHLETIC CODE OF BEHAVIOR

It is our desire that all individuals (athletes, coaches, officials, spectators, and supervisors) involved with interscholastic athletics will display behavior that reflects the ideals of sportsmanship, ethical conduct, and a sense of fair play at all times. The benefits derived from playing the game fairly should be stressed and any actions, which tend to diminish those values, should be discouraged. Courtesy should be shown toward opponents, officials, supervisors, spectators and administrators. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility, as well as to respect the integrity and the judgment of the sports officials. It is important for all to recognize that the purpose of athletics is to promote the spiritual, physical, mental, moral, social, and emotional well-being of the individual players. **Most of all it is the duty of all concerned with high school athletics to remember that each individual athletic contest is only a game and should be kept in that perspective.**

Athletes are expected to:

- a. Understand that the athletic program is a total part of the educational opportunities provided for all students. It should be treated as just that.
- b. Conduct themselves in a mature fashion at all times.
- c. Demonstrate self-control and mutual respect at all times.
- d. Avoid the use of profanity, abusive language, or gestures in dealing with opponents, officials or spectators.
- e. Accept victory with grace and defeat with dignity. Poor winners or losers do a disservice to themselves.
- f. Set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and the younger athletes emulate their behavior.
- g. Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort.
- h. Place athletic competition in its proper perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.
- i. Remember that participation in athletics is a privilege that should not be abused.

Spectators are expected to:

- a. Conform to accepted standards of good sportsmanship and behavior.
- b. Respect officials, coaches and players and extend all courtesies to them.
- c. Refrain from feet stomping, disrespectful remarks, and the use of noisemakers.
- d. Be quiet when players need total concentration such as a free throw or a serve in volleyball.
- e. Obey the regulations of the school. Those who do not conform will be brought to the attention of the building authorities.
- f. Understand that schools are responsible for the conduct of their respective spectators

Coaches are expected to:

- a. Exemplify behavior that is representative of the educational staff of the whole school and be a credit to the Christian teaching profession
- b. Demonstrate the highest ideals, desirable attitudes in personal behavior, and good habits of courtesy and demand the same standards of the players.
- c. Recognize that the process is as important as the end product God wants to produce.
- d. Maintain self-control at all times, accepting adverse decisions without loss of emotional control. Demonstrate to players how to work officials to improve performance without humiliating them or being disrespectful.
- e. Be modest in victory and gracious in defeat.

Parents are expected to:

- a. Be positive and encouraging in support of our athletes. Booing or yelling at players, opponents, coaches, and officials will not be tolerated.
- b. Allow coaches to do their jobs. Parents are not permitted in the locker rooms or on the bench or near the bench area for any reason.
- c. Remember that coaches are ministering to your student/athlete. Refrain from nugatory or derogatory comments about anything to a coach or player before, during, or after a game. If you feel a need to talk to a coach, please set up an appointment for the following day.
- d. Respect the coach's time. Coaches have families, so please be prompt in picking your student up from an away game or practice.
- e. All student-athletes are required to ride home on school bus or van with team, unless there is direct communication between parent and coach.
- f. Please assist the athletic department by committing yourself and your student to the sport in which they are participating. If you feel that your student is not meeting your academic standards, please communicate with athletic department so we may assist you in this matter.
- g. In the event of an injury situation, allow the coaches and trainers to do what they are trained to do.
- h. Please support your student by attending home and away games. We need your support!
- i. Assist the athletic department with game operations. Sign up and commit to assisting during home games.

Whether at home or away.

All ASCS student-athletes are expected to behave responsibly while in school and while participating in team practices and contests. During the season, student-athletes must conform to several Athletic Department policies as outlined in the Code of Behavior letter that athletes and parents are asked to sign. ASCS coaches also have a code of behavior to which they are expected to conform. If a coach feels a student-athlete has violated the code of behavior, a team rule, or has accumulated an excessive number of unexcused absences that would result in a suspension or dismissal from a team, the coach must contact the Athletic Director and submit his/her recommendation for disciplinary action. The Athletic Director, after consultation with the Principal, and discussing the circumstances with parents, shall render a decision.

OFFERED SPORT PROGRAMS

Fall

Boy's Soccer
Girl's Volleyball
Coed Cross Country
Girl's Tennis
Cheerleading

Winter

Boy's Basketball
Girl's Basketball
Cheerleading

Spring

Baseball
Softball
Girl's Soccer
Coed Golf
Track

PHYSICAL EXAMINATIONS AND MEDICAL UPDATE

Approved medical examinations are required for all students before they will be allowed to practice with an interscholastic athletic team. Approved physicals are valid for a period of twelve (12) months, starting from June 1 each year. The physical examination is good until the end of the month in which it is administered.

Announcements regarding examination date, time, and location will be made in the school newsletter, posted on athletic website and physical education classes. Students, who fail to report for a school sponsored medical examination, will have to be examined by their private physician at their families' expense. Results of the examination must be reported on the school's medical form (obtained from the School Office) and submitted to the Athletic Department. Only then may a student engage in an athletic program. **To avoid any delay in eligibility we strongly recommend that students who have a physical examination by their own physician (medical doctor) return the forms at least one week prior to the start of the season.**

AWARDS SYSTEM

A system of awards has been established to recognize the contributions and achievements of all members of ASCS athletic teams. It shall be the coach's responsibility to establish criteria for the awarding of participation credit at the varsity, junior varsity or middle school levels. The criteria, which should be explained to all squad members at the beginning of a sport season, takes into consideration an athlete's level and quality of participation during a season as well as during his/her previous years' contributions in that particular sport. A record of each student's participation on athletic teams will be maintained by the Athletic Director.

1. **Varsity** - First time varsity award winners will receive an eight-inch chenille letter and pin insert. For subsequent varsity awards, athletes will receive a pin insert. Certificates will also be awarded, and all varsity presentations will be made at an evening Booster Club sponsored awards ceremony or reception.
2. **Junior Varsity** – Award winners will receive a certificate. These will be presented for all junior high participants by coaches at the conclusion of each sport season.
3. **Middle School** – Award winners will receive a certificate. These will be presented for all junior high participants by coaches at the conclusion of the season.

4. **Special Awards**

a. The following awards are presented annually to players in their respective sports who approach the ultimate in attitude, effort, sportsmanship and performance. Recipients are selected by coaches and/or squad members and their names are placed on plaques that remain in the school permanently:

Boys Cross Country Honor Award

Girls Cross Country Honor Award

Boys Soccer Honor Award

Softball Honor Award

Girls Soccer Honor Award

Girls Tennis Honor Award

Booster Club Football Award

Girls Volleyball Honor Award

Baseball Honor Award

Boys Basketball Honor Award

Girls Basketball Honor Award

b. **Boys Athlete of the Year**

This is awarded annually to the Jr./Sr. male student who has made outstanding progress in athletic accomplishment and has demonstrated the greatest improvement in ability and performance during the current year. To qualify the student-athlete must participate on a minimum of two sport teams. The student will receive a plaque, which he keeps. This award will be presented at the Spring Awards Banquet.

c. **Girls Athlete of the Year**

This is awarded annually to the Jr./Sr. female student who has made outstanding progress in athletic accomplishment and has demonstrated the greatest improvement in ability and performance during the current year. To qualify the student-athlete must participate on a minimum of two sport teams. The student will receive a plaque, which she keeps. This award will be presented at the Spring Awards Banquet.

d. **Booster Club Senior All Sports Awards**

The Seahawk Booster Club has created an award to be presented annually to the senior male student and senior female student judged to be the most deserving on the basis of the following qualifications:

Skill Ability

Love of the Game

Dedication

Sportsmanship

Citizenship

Ability to Sustain in the Heat of Competition

Presentation of these awards will be made at the Booster Club Spring Award Ceremony/Reception

BOOSTER CLUB

The Seahawk Booster Club is composed of parents of students and other members of the community who are concerned with the promotion of properly supervised athletics at ASCS. All teams in the ASCS Athletic Program benefit from the Club's sponsoring of the following activities:

- Awards Ceremony following each season
- Booster Club All-Sports Awards
- Financial assistance for team trips
- Financial assistance for attendance at a sports camp for students in need
- Sponsoring of various team tournaments
- Organization of Homecoming Weekend
- Purchase of selected equipment needs
- Coaches Reception

Parents are encouraged to support its activities by becoming members of the Booster Club.

CHANGING SPORTS-QUITTING A TEAM

Whenever students enlist in the athletic program by joining or "trying-out" for a specific team, they assume a responsibility and commitment to that team and coach. **Dropping out of a sport will result in that student not being allowed to participate in another sport for two consecutive seasons.** The grace period is three days into the practice season. This will be determined by the athletic director. On occasion, however, an athlete may find it necessary to drop a sport for:

- a. academic reasons. Meeting with teacher and athletic director will be held to discuss academic reasons.
- b. family issues. Meeting with parents and athletic director.
- c. Injury: Due to injury student is still part of team and should be at games.

CANCELLATIONS

1. All cancellations due to weather or any other unforeseen circumstances will be made by the Athletic Director after consultation with the coach. When the Athletic Director is not available (e.g. weekends, holidays, attendance at conferences) the coach will be responsible for cancellations.
2. After consultation with the coach, the Athletic Director will reschedule all canceled contests.
3. The coach will be responsible for notifying athletes of any changes in the schedule.
4. Cancellation of contests is usually made by the home team when activities are outdoors and involve the conditions of the playing field. Cancellations made for hazardous road conditions are usually made by the visiting team.
5. Cancellations on school days for whatever reason will be made between 1:00 and 2:00 p.m. There may be exceptions to this time frame especially during playoffs.
6. When school is closed or closes early due to inclement weather or other emergencies, scheduled contests and practices on that day will be canceled.

CONFLICTS IN EXTRACURRICULAR ACTIVITIES

The Atlantic Shores Christian School provides numerous opportunities for its students to participate in extracurricular activities. These activities are conducted according to an overriding philosophy that is consistent with the academic program. Students are encouraged to take advantage of these opportunities; however, students should not be allowed to sacrifice the quality of their academic program to participate in athletics. The Athletic Department recognizes that students should have the opportunity to engage in a broad range of learning experiences. However, a student who attempts to participate in too many extracurricular activities will, undoubtedly, be in a position of conflicting responsibilities. Students are cautioned not to overextend themselves. Participation on athletic teams requires a demanding commitment of time to a rigorous schedule of practice and competition that in addition to weekdays includes, at the JV and varsity levels, weekend, holiday, and vacation days. Generally, middle school practices and contests are limited to weekdays when school is in session. Parent and student-athletes have a responsibility to notify a coach immediately whenever a conflict arises, and they should attempt to resolve the conflict. If it becomes apparent that conflicts will continue on a regular basis and a student cannot fulfill his/her obligation, he/she should withdraw from one of those activities.

ATHLETIC FEES

Every student-athlete is expected to comply with a \$50 athletic fee (each sport played). In order to ease the financial concerns of parents, we have created a seasonal ad magazine. Students will be able to pay athletic fee by recruiting ads for magazine. Ad information is at end of handbook, in the appendix section. All ad monies must be paid in full before student-athlete receives uniform.

ELIGIBILITY RULES

In order to participate on an interscholastic athletic team, a student *must* satisfy the following eligibility rules. These standards are established by the Athletic Department.

1. **Bona Fide Student Rule** A bona fide student is defined as one who attends a member school, takes a minimum of five academic courses per semester, and has not been granted a diploma by any high school or home education program.
2. **Registration:** A student must have enrolled during the first fifteen school days of a semester and must have been in regular attendance 80 percent of the school time.
3. **Age Rule:**
 - A. No student who turns 19 prior to August 1 of the current academic year may participate in a varsity sport.
 - B. No student who turns 17 prior to August 1 of the current academic year may participate in a junior varsity sport.
 - C. A copy of a birth certificate is to be filed with the Association if requested by the Association
4. **Health Examination:** A student who engages in inter-school competition shall receive an adequate health examination and health history update when required. Students may not practice or participate without the approval of the school medical officer.
5. **Duration of Competition:** A pupil shall be eligible for senior high athletic competition in each sport during four consecutive seasons of each sport after entry into the ninth grade and prior to graduation. An appeal for an extension of athletic eligibility can be made if the School Administrator can show that a student's failure to enter competition during one or more seasons

of a sport was caused by illness, accident, or other circumstances beyond the control of the student.

6. Transfer Rule

1. Any student who transfers among METRO member schools during the summer months shall be allowed to participate in any and all Association events and competitions, and to qualify for Association teams.
2. Students who transfer within the academic year will forfeit eligibility for nine (9) calendar weeks after transfer, or until completion of the academic year, whichever is first. The nine weeks begins the date of the transfer. Foreign exchange students become immediately eligible; however, all other eligibility requirements must be met.
3. Any student who transfers to one of our conference schools from a non-conference school shall be immediately eligible for athletic participation as long as other eligibility requirements are met.
4. Any student who transfers to one of our conference schools under the conditions listed below shall **not** be eligible to participate in athletics for a minimum period of nine (9) weeks from the date of matriculation:
 - i. being dismissed or expelled from previous school
 - ii. withdrawing from the previous school to avoid disciplinary action that could lead to dismissal or expulsion.

7. Practice Sessions: All required practice sessions shall be organized and planned for a reasonable length of time and shall include activities *specific* to the sport. Depending on the sport and level of play (i.e. modified or JV/Varsity), each team and team member are required to participate in a minimum number of practice sessions prior to the first team scrimmage and/or contest. Practice sessions are sport specific so that practices in one sport would not apply to another sport in the event an athlete changes teams. Athletes must have an approved medical examination and health update before being allowed to practice. **In the event an athlete is allowed to practice without medical approval, the practices in which the athlete participated prior to the approval will not count toward the required number of practices.**

8. Academic Eligibility: For a student-athlete to participate in extra curricular/athletic activities, he/she may not have more than one "F" in any subject and must maintain a cumulative average of 77.5. These averages are checked at the end of each semester. If a student is declared ineligible, he/she will not be allowed to participate in any event. This will be checked at the marking period, and if one becomes eligible by meeting the above standards, they will be able to participate. A student may take no more than two summer courses to gain eligibility for the fall semester.

9. Repeat: A student may add up to two additional semesters to their eligibility by repeating their freshman, sophomore, or junior year pending approval by the School Board. The NCAA requires students to complete their required core classes within 4 years (9th-12th grade).

HEALTH INSURANCE COVERAGE

All bona fide students of the Atlantic Shores Christian School are insured through the school. The policy is intended to provide supplemental health insurance when accidental bodily injury is sustained by a student while participating in a school-sponsored activity.

In order for coverage to be in effect, it shall be the responsibility of the student to report the injury to the Athletic Department within 2 days of the date of the injury. Claims must first be filed with the family's private health insurance carrier. After settlement of that claim, you may file a claim with the District's carrier, which will reimburse a family for a portion of the unpaid balance. The student's primary insurance will be taken first with the school's insurance being the secondary. Additional insurance may be purchased by student for Football. This information will be given out by the head football coach to the student.

HEAT ALERT

1. During the early fall and late spring, hot and humid weather could create a condition that would subject athletes to heat stress problems. Most times serious problems can be prevented by following simple precautions. Heat related illness include:

a. **Heat Cramps** – cramps or spasms of active muscles caused by intense, prolonged exercise in heat and depletion of water and electrolytes due to sweating.

b. **Heat Fatigue** – feelings of weakness and tiredness caused by depletion of water and electrolytes due to sweating.

c. **Heat Exhaustion** – extreme weakness, exhaustion, headache, dizziness, profuse sweating, and, sometimes, unconsciousness. This medical emergency is caused by extreme depletion of water and electrolytes.

d. **Heat Stroke** – an acute medical emergency caused by a breakdown of the body's temperature regulatory mechanism that blocks one's ability to perspire. If left untreated this results in a dangerously high body temperature, disorientation, seizures, possible unconsciousness or coma.

2. The following practices and precautions should be provided for:

a. Teach and coach for high levels of physical fitness and conditioning.

b. Provide for the gradual acclimatization to heat through a graduated conditioning program, which can produce 80-90 percent acclimatization after 7- 10 days.

c. Water should never be withheld from athletes. *Water, preferably iced water, should be available in unlimited quantities*, and water breaks should be scheduled for a minimum of 10 minutes for every half hour of strenuous exercise in heat.

d. Water breaks and rest periods should be taken in shade areas. Reduce the amount of clothing or equipment during hot and humid weather since cooling by the evaporation of perspiration is directly related to the amount of exposed skin.

e. Schedule practices during the cooler time of day.

f. Be on the alert for signs of trouble and obvious weight loss.

g. Encourage athletes to eat a well-balanced diet to ensure that the electrolytes lost through perspiration are replaced.

3. During periods of high temperature and humidity, it may be necessary to alter game/practice routines and, under extreme conditions, cancellation or delay may be necessary. On days when the possibility for heat stress is likely, the Athletic Director shall provide guidance on temperature and humidity.

READMITTANCE TO ATHLETIC ACTIVITY FOLLOWING AN INJURY OR ILLNESS

1. In the event an athlete sustains an injury (e.g. sprain, concussion, laceration, bruise), which is serious enough to require a physician's examination and treatment, the athlete must obtain written permission from the attending physician and parent/guardian before being allowed to resume practice/competition. All such injuries must be reported to the Athletic Department by the athlete or coach as soon after the injury as possible.
2. All doctors' notes regarding an athlete's fitness to resume athletic competition must be submitted to the Athletic Department to be noted on the student's health record. In the event a question arises regarding an injury/illness, the Athletic Department should be contacted immediately.
3. In cases where an athlete is absent from school for more than five consecutive days due to illness, the fitness of the athlete to resume athletic activity must be established. Written permission from the attending physician or approval of the school nurse and written permission from the parent/guardian must be obtained before the athlete is allowed to return to athletic competition.
4. In the event an athlete sustains a broken bone or an injury, which requires the application of a cast or splint, the athlete will be automatically excluded from participation in athletic competition as well as in the physical education program. Once the injury has healed and cast/splint has been removed, the athlete may be readmitted to athletic competition only when the attending physician and parent/guardian provide written permission to do so.
5. In all cases when a question regarding the health, fitness or ability of an athlete to return to athletic participation is raised, the decision of the School Trainer will be final.

SCHEDULING PRACTICES, SCRIMMAGES AND GAMES

1. Each coach shall be responsible for planning and conducting practices on a regularly scheduled basis. Practices should be limited to a reasonable amount of time (generally 1 ½ to 2 hours at the varsity and JV level and 1 to 1 ½ hours at the middle school level. Athletes must be excused from practice with no penalty for "extra help" sessions with classroom teachers. Coaches have the discretion on whether or not to excuse athletes from practices/games for all other reasons.
2. Sunday Practice – As a general rule, there will be no team practices on Sundays; however, in instances when a practice can be justified, it can be scheduled with the Athletic Director's prior approval.
3. On days when ACT, SAT, and PSAT tests are administered, consideration should be given to scheduling practices and scrimmages so that conflicts do not arise with the test times.

4. The Athletic Director will be responsible for the scheduling of all interscholastic athletic contests. All Metro contests will be scheduled by the Metro and Athletic Director and all non-league contests and scrimmages may be scheduled by the Athletic Director.

5. All contests rescheduled for weather or other reasons will be done by the Athletic Office after consulting with the coach.

6. Whenever regularly scheduled contests conflict with school or community activities (e.g. class trips, testing dates, etc.), the Athletic Director will attempt to resolve these conflicts by changing the contest date. Since changes in the schedule affect other schools, officials, and transportation, requests to change a scheduled contest cannot always be fulfilled.

TRANSPORTATION

1. It is the coach's responsibility to ensure that his/her athletes behave responsibly while on the bus. Athletes should be reminded that as team member, they are representing Atlantic Shores Christian School, and any misconduct will negatively reflect on their team, coach, and school.

2. A coach must accompany his/her team on a bus. Only in emergencies will a team be allowed to travel on a bus without a coach being present.

3. The following rules apply to all bus trips:

- a. No food or beverages on the bus.
- b. Athletes shall clean off their cleats before boarding.
- c. All refuse (paper, tape, wrapping, bandages etc.) shall be picked up before getting off.
- d. Heads, arms, hands, and mouths shall remain inside the bus.
- e. Athletes shall remain seated, refrain from throwing objects, and keep their hands to themselves.
- f. Emergency doors shall *not* be used as an exit, except in an emergency.
- g. All equipment (ball bags, hurdles, water coolers, etc.) are to be placed so that all emergency exits are kept clear.
- h. All team members shall return to the school of origin – no drop-offs will be allowed en-route.

4. Students are not permitted to drive their automobiles to away contests; however, under unusual circumstances, parents may be permitted to drive their children to or from contests with the permission of the Athletic Director. A completed form must be turned into the Athletic Director.

TRYOUTS AND SQUAD SELECTION

When facilities warrant the limiting of squad size or when an unusually large number of students try out for a team, coaches must establish a plan for selecting those students who will make the greatest contribution to the team. Such plans are discussed with the Athletic Director and include:

Equal opportunity for all eligible candidates

Updated 7/29/08

Methods of selection

Procedure for notifying students

Each coach shall be responsible for justifying “selection and cuts” and demonstrating that tryouts were conducted fairly, when requested to do so by the Athletic Director.

PLAYING TIME

Determining how much playing time each player earns is at the discretion of the Head Coach.

Playing time is a privilege and should be earned. The coach should be notified in advance, when a player will miss a practice.

UNIFORMS

Uniforms will be issued to the head coach at the beginning of each season. Students are to keep uniforms and wash them according to the directions on tag. Please remember these uniforms are property of the school. When the season ends, they will be returned to the head coach. Once they are received the head coach will insure a list with those who have returned their uniforms to the Athletic Director. If a uniform is not returned or reported lost, the student athlete will pay the cost of the uniform. The students report card will be held until that uniformed is turned in or the fine is paid in full.

PICTURES

Team pictures will be taken the day uniforms are passed out. If that does not occur, it will be on a home game day. Pictures will be taken by *Lifetouch*. A form may be picked up in the front office for purchasing pictures. Checks must accompany form on the day in which pictures will be taken.

ATHLETIC DRESS CODE

Students should be dressed in appropriate clothing for away trips. Suggested attire is school dress code for away trips, if teams do not have team warm-ups:

Boys: Polo or dress shirt, tucked in, slacks, belts, socks, and shoes. Attire must be worn in the appropriate manner it was intended.

Girls: Dress, Polo, Slacks, tucked in, and shoes. Attire must be worn in the appropriate manner it was intended.

CLASS ATTENDANCE

In order to participate in athletic contest or practice, student must be present at school by 10:00 AM unless they have gained permission from the main school office. Circumstances arise where students have doctor’s appointments, family emergencies, college visits, etc., yet we stress that students cannot be expected to participate physically when they are not well enough to attend classes throughout the day. A student may not leave school in the middle of the day and participate in practice or games unless they return with a doctor’s note.

ATHLETIC SCHEDULES AND SCHOOL DIRECTIONS

The athletic department issues schedules for each athletic season. The schedules are also posted on the athletic website (www.shoresathletics.com). The travel guide will give directions to away contests and they are available on the athletic website.

CHEERLEADING POLICIES

The main goals of the cheering program at ASCS are to accomplish the following:

- Boost school spirit
- Promote good sportsmanship
- Develop positive crowd involvement
- Provide encouraging, enthusiastic team support
- Create a cooperative, loyal spirit within the student body as well as with alumni, fans and faculty

These objectives should be accomplished by performing gymnastics, partner stunts and choreographed movements to keep the crowd attention focused on the field or floor. In addition, the creation of banners and favors as well as the conducting of pep rallies should be done on a consistent basis throughout the school year.

ASCS cheerleaders should be leaders and examples in their Christian testimony to the student body in all situations, not just athletic events. They should also serve as public relations ambassadors for ASCS at athletic events, public events and in competition.

Competition

Competition and performing is a **secondary** role of cheerleading and effectively promotes school spirit when included at appropriate times. Our primary competition will be the METRO conference competition. Team participation in any other competitions will be determined by the administrator, athletic director and varsity coach at the start of each school year.

All routines and music selected for competition must meet the approval of the administration prior to any public display. Music that contains lyrics must be produced prior to approval. Lyrics must be uplifting and appropriate and must not dishonor our Lord. Approval of any music must precede choreography approval. Choreography must not include any flipping up of skirts or excessive hip or buttock movement. All routines should reflect a normal cheer routine that could occur during the course of a season so as not to detract from regular practice and game responsibilities and schedules in its preparation.

Updated 7/29/08

Uniforms and Attire

In an effort to maintain an appearance that is “modest and appropriate”, all uniforms must be tailored so that midribs are covered and skirt length is no more than six inches above the knee. For uniforms already in rotation, measures (such as wearing body suits) should be taken to see that these standards are being met.

Coaching staff must consistently monitor attire at practice as well. “Sofee” brand shorts are strictly prohibited at any location. The length of six inches above the knee should also be the standard for shorts. A required purchase of practice wear approved by the school should be considered.

Other Policies

In an effort to control space for practice, games and transportation, squad size will be as follows: Varsity- 15 members, JV- 12 members, JJV- 10 members. Exceptions to these numbers can be appealed to the athletic director when necessary.

The entire squad should cheer at all home games, away conference games and all conference tournament games unless other arrangements have been made. Squads are expected to be prepared to cheer prior to the athletic team’s entrance on the field or court. Once our teams exit the locker rooms, cheerleaders are “on duty.” When the National Anthem is played at the start of a game, cheerleaders should stand at attention with left hand behind waist, eyes on the flag and right hand over their hearts. Halftimes should be used for rest and strategy development, but the team is expected to be in position at the start of the third quarter. In addition, all cheering squads are expected to follow the rules and guidelines set down by the Metro Athletic Conference.

Updated 7/29/08



Seahawk Booster Club

Corporate Gold Member \$1000

- Free Admissions for entire family (immediate) to all home games
- Four embroidered polo shirts
- Four Seahawk T-shirts
- Four Seahawk Sweatshirts
- Reserved parking space
- Full Page Ad in athletic Program
- Membership card

Gold Member \$500

- Free Admissions for 2 family members to all home games
- Two embroidered polo shirts
- Two Seahawk T-shirts
- Reserved parking space
- Half-Page Ad in Athletic Program
- Membership card

Silver Member \$200

- Free Admissions for 2 family members (immediate) to all home games
- Two Seahawk Sweatshirts
- Two Seahawk T-shirts
- Name listed in Athletic Program
- Membership card

Bronze Member \$75

- One Free Adult Admission to all home games
- One Seahawk T-shirt
- Name listed in Athletic Program
- Membership card

Seahawk Student \$25

- One Seahawk T-shirt
- Name listed in Athletic Program
- Membership card

THANK YOU FOR YOUR SUPPORT!

METRO By-Laws

- 2.01 The Athletic division of the Metropolitan Association of Schools shall consist of one representative – preferably the Athletic Director – of each member school.
- 2.02 A chair and secretary of the Athletic division shall be appointed to serve for a period of one (1) year, by a vote of the Association membership at the October meeting. Nominations for chair and secretary shall be accepted by the membership from the Athletic Director
- 2.03 **Chairman/Secretary** - The Chairman shall be responsible for the orderly participation of all members' schools in the meetings held throughout the school year. The Chairman will preside at all meetings and will carry out business as designated by Metro schools. Secretary - The secretary will be responsible for all communications that need to be sent to the schools and for the regulations of all minutes, notes and information regarding the by-laws and constitution of the conference. He/she is also responsible for calling in to the respective newspapers of the conference members information provided by the coaches or athletic directors.
- 2.04 No person shall remain in the same office for more that two consecutive years.
- 2.05 **Voting procedures** -- Each member school shall have one vote. If an alternate is used to cast this vote, the alternate shall be appointed by the Chief Administrator of the participating school. This verification shall be in writing and presented to the Chairman prior to any vote. Voting by proxy can be permitted at the administrators' discretion. School representatives will be present at each meeting and failure to be present may result in a loss of voting privilege for those issuers.
- 2.06 **Quorum** - A majority of the total membership shall constitute a quorum.
- 2.07 Four regularly scheduled meetings should be held during the school year.
- 2.08 Amendments to these By-laws can be submitted to the administrators by a majority vote. All amendments to the By-laws must be offered in a regularly scheduled meeting. Special called meetings will not qualify for amendment changes. In accordance with METRO By-law 1.01 any changes must have final approval of the METRO Association.
- 2.09 All conference sports to be played by member schools of the Association during the following academic year will be determined by the membership of the Association prior to 1 March of the current academic year. The Metro Association must act upon the application at its April meeting to facilitate scheduling, if needed.
- 2.10 The beginning dates of all sports played under the auspices shall be set by the Athletic division subject to final approval of the membership of the Association.
- 2.11 Admission fees to Association athletic events shall be determined by the members of the Athletic division, and shall be approved by the membership of the Association.
- 2.12 Athletic Directors and Coaches of any given sport will be in charge of that sport during the participation of a school's team in a contest. It must be noted that the Chief Executive

Officer of each member school has final authority for all athletic contests played by members of, or on the facilities of, that school.

2.13 **Sports played** - Sports to be played for the coming school year shall be designated during the February regularly scheduled meeting. Sports will be determined by the number of schools that will be participating.

2.14 **Beginning dates for all sports** - The beginning dates for all sports will be determined at the February meeting. Practice dates will also be discussed at this time.

Off-season workouts: (Usually beginning with August 1, November 1 and March 1.)
No official organized and/or mandatory practice until these established dates

2.15 **Scheduling** - All conference athletic events for the coming year will be scheduled in a regularly scheduled meeting during the month of February. Games are to be scheduled within a school's calendar. Any cancellation of games must be made and rescheduled by the ADs of the participating schools. Any team that fails to show, forfeits the game and must pay for the officials for the game situation. It should be noted that conference games always take precedence in each member's school's scheduling process. If a game must be dropped to schedule a conference game, it is absolutely essential that non-conference games be dropped first in order to meet the conference schedule.

2.16 **Officials**

- a. Officials at all contests in boys' soccer, basketball and baseball from junior high to varsity must be certified.
- b. Officials at all girls' basketball, volleyball, soccer and softball from junior high to varsity must be certified.
- c. If in the event that two officials are not present at the same time, the two participating coaches will decide to play with one official present or to reschedule a non-conflicting date.
- d. All contests shall be played in accordance with the National Federation of State High School Athletic Association Rule Book unless specific exemption has been made by a vote of the athletic division.
- e. An exception to (d) is for volleyball which will follow USA rules- JJV and JV will play 2 out of 3 games. Games 1 and 2, 25-point rally, game 3, 15- point rally with no caps. Varsity will play 3 out of 5 games. Games 1 through 4, 25-point rally; game 5, and 15 point rally with no caps.

2.17 **Student Eligibility:** To be eligible to represent Association schools in any Association activities a student must meet the following regulations.

a. **Bona Fide Student Rule**

A bona fide student is defined as one who attends a member school, takes a minimum of five academic courses per semester, and has not been granted a diploma by any high school or home education program.

b. **Age Rule**

1. No student who turns 19 prior to August 1 of the current academic year may participate in a varsity sport.

2. No student who turns 17 prior to August 1 of the current academic year may participate in a junior varsity sport.
 3. A copy of a birth certificate is to be filed with the Association if requested by the Association.
- c. Semester Rule
1. Ten semesters of eligibility shall be allowed for each student beginning the first semester of the freshman year.
 2. Ninth and tenth semesters eligibility shall be granted only to students who have completed their seventh and eight semesters at the same Association member school.
- d. Grade Rule
1. Students in grades 8-12 are eligible for varsity competition.
 2. Students in grades 6-10 are eligible for junior varsity competition.
 3. Students in grades 5-8 are eligible for junior junior varsity (JJV) competition.
- e. Scholarship Rule
- No student whose GPA for any marking period is not above 1.7 on 4.0 scale, and/or who is failing more than one course shall be allowed to participate in any athletic function of the Association.
- f. Transfer Rule
5. Any student who transfers among Association member schools during the summer months shall be allowed to participate in any and all Association events and competitions, and to qualify for Association teams.
 6. Students who transfer within the academic year will forfeit eligibility for nine (9) calendar weeks after transfer, or until completion of the academic year, whichever is first. The nine weeks begins the date of the transfer.
 7. Any student who transfers to one of our conference schools from a non-conference school shall be immediately eligible for athletic participation as long as other eligibility requirements are met.
 8. Any student who transfers to one of our conference schools under the conditions listed below shall **not** be eligible to participate in athletics for a minimum period of nine (9) weeks from the date of matriculation:
 - i. being dismissed or expelled from previous school
 - ii. withdrawing from the previous school to avoid disciplinary action that could lead to dismissal or expulsion.
- g. Athletic Participation/Parental Consent/Physical Examination Rule
1. A certificate of parental permission for participation is on file for each participating student.
 2. No student may participate in any Association athletic function unless a certification of adequate health from a licensed medical practitioner is on file at the student's school.

h. Eligibility and Schedule Rule

1. Eligibility and schedule lists are to be completed and signed by the Chief Administrator or his representative
2. The eligibility list must be sent to the Association secretary and to each Association member played in that sport no later than five (5) days prior to the first game of the sport.
3. Failure to submit the eligibility list by the prescribed time will subject the school to a fine and/or forfeit as determined by the Association administrators.
4. Updates to the eligibility lists shall be made forty-eight hours prior to a student's initial involvement in an activity team/squad.

i. Eligibility Appeal Process

1. Eligibility requirements can be appealed by parents/guardians of the affected student through the chairman of the athletic conference.
2. All appeals must be in writing and an official written reply shall be returned within a 10 day period after receipt of the appeal.
3. If the parent is not satisfied, the parent may appeal to the Association administrators.
4. The student is ineligible for athletic participation during the appeals process.

2.18 Recruitment of students: No employee, parent, official or unofficial representative of an Association school shall entice or proselytize a student or parents of a student from another Association school for the purpose of recruitment for participation in Association competition. Schools which do so, officially or unofficially shall face sanction – including the possibility of being barred from Association events – for their action.

2.19 Conference game results

Schools are required to communicate the results to the Secretary each Monday of all master schedule games played by the member school during the previous week. Such calls are to be made by designated individuals who will also compile and disseminate the information. Failure to call as stated above will result in a \$10.00 fine per incident of negligence.

2.20 Disciplinary Action(s)

a. Member schools may be disciplined for:

- (1) Failure to fulfill conference commitments
- (2) Flagrant unsportsmanlike conduct by team members, coaches or spectators.

EJECTIONS

*Coaches/Players Ejection's during a conference game: Unsportsmanlike ejections will result in a one game conference suspension.

- (3) Willful violation(s) of the rules and regulations of the athletic division.

b. Procedures

- (1) Disciplinary actions may be initiated by the Executive Committee or by a member school.
- (2) When initiated by a member, the allegation will be submitted in writing to the Athletic Chairman, within 72 hours of the violation, with a copy to all school

involved who in turn present the matter to the Executive Committee. The Committee will either discuss the matter or conduct a formal hearing. If the complaint is dismissed, the Committee will also notify the complaining member. If a hearing is scheduled, all interested parties will receive a minimum notice of 48 hours.

c. Executive Committee powers and limitations

- (1) To give an official **WARNING** may be deemed in effect for a period of time specified by the Committee. A school receiving such a warning continues to be a member in good standing; however, school officials are expected to correct the condition that resulted in the warning. Should substantiated violations of the regulations occur during the specified period, the school would be subject to probation. Such violations are not limited to those originally resulting in the warning being given but encompass all rules and regulations.
- (2) PROBATION could be imposed for the disregard of an official warning or for an initial, but serious offense. The length of the probation is to be determined by the Executive Committee. During the probation, a school would continue to play conference games and such game results would be used in determining conference standings. However, such school(s) would NOT: Be eligible for the Conference title in a particular sport and no individual from the school would be eligible for awards in the sport.
- (3) SUSPENSION- For continued flagrant violations the Committee could recommend suspension; such suspension could be for a specific or an indefinite amount of time. In order for such to be effective, the recommendation would have to be approved by fifty-one percent of all member schools excluding the school being disciplined. A special conference meeting would be called to discuss the recommendation and to vote. Notice of such meeting would be done by certified mail. Even though it may not vote, the school being disciplined has the right to send representatives to address the Conference.
- (4) EXPULSION- For flagrant violation while under suspension in any sport or for a deliberate flagrant violation which the Executive Committee believes probation or suspension is not a just punishment. Expulsion removes the school in violation from the membership in Metro. Therefore, expulsion can only be a decision of the Metro Executive Board and must be a unanimous vote. See Article III of Constitution for duration of expulsion.
- (5) REINSTATEMENT- a school expelled would be eligible to reapply for Athletic Status after a two-year period has elapsed following the disciplinary action. Application should be made in writing to the Executive Committee.

2.21 Playing Time

a. General

- (1) Maximum of four swing players may play both ways (JV/Varsity)
- (2) No swing players may start at the higher level.
- (3) No varsity starter may play a JV game. (Applies for JV/JJV).
- (4) JJV players playing JV will follow the same requirements as a JV player who also plays varsity.
- (5) JJV and JV do not end their season with their tournament. Rules still

apply to post-season varsity play.

(6) Athletic Directors can make a determination regarding special circumstances.

b. Basketball

(1) Players can play 4 junior varsity quarters and 2 varsity quarters. But they cannot play in the 1st quarter of the Varsity game.

(2) J.V. and J.J.V. players should be noted in both books.

(3) Overtime is considered a quarter.

c. Soccer

(1) J.V. players are limited to playing in **only** the first or second half of the Varsity soccer game. (In an Overtime period: A player who plays in one half of a soccer game will be ineligible to play in an overtime period).

(2) Overtime:

J.V. - No overtime period for a JV game. For Tournament: Two sudden death periods (10 minutes) and then a shoot out. (5 shots each)

Varsity - Overtime period for regular season and tournament: Two sudden death periods (10 minutes) and shoot out only for tournament.

d. Volleyball

(1) J.V. players may not play in the 1st game of a Varsity match or start any game thereafter.

(2) J.V. players are limited to 3 games of a varsity match.

e. Baseball/Softball

(1) Pitchers in the Varsity team may not pitch for the J.V. team.

(2) Baseball pitchers are limited to 10 innings pitched on consecutive days. Softball pitchers have unlimited innings.

(3) The "Slaughter rule" is in effect. 10 run rule after the fifth inning..

(4) J.V. players are limited in Varsity games.

(i.e. three innings for a five-inning game. Four innings for a seven inning game.)

2.22 Play-offs & Tie breakers

a. Tie breakers- The following will be used to determine seeding in conference tournaments. These tiebreakers will be reviewed to determine seeding in the order in which they appear.

(1) Head to head record

(2) Record against common opponents

(3) An alternate agreement agreed upon by all parties

b. Participation based on 8-team conference

(1) Basketball

(a) J.J.V. tournament- all teams advance

(b) J.V. tournament- top 4 teams advance to the tournament

(c) Varsity tournament- all teams advance to the tournament

(2) Soccer- top four-team advance - J.V. and Varsity tournament

(3) Volleyball- all teams advance - J.V. and Varsity tournament

(4) Softball/Baseball- top 4 teams advance - J.V. and Varsity tournament

c. Pairings

(1) Four team tournament - 1 vs. 4 & 2 vs. 3

(2) Eight team tournament – 1 vs.8, 2 vs. 7, 3 vs. 6, and 4 vs. 5

d. Tournament Location (all sites will be predetermined at the February meeting.

- (1) Soccer - tournament games are to be played at the field of the highest seeded team. Championship game will be at the volleyball tournament.
- (2) Basketball - tournament will be played at a conference school on a rotating basis. Only schools with sufficient seating facilities will be considered.
- (3) Volleyball - tournament will be played at a conference school on a rotating basis.
- (4) Baseball/softball - tournament games are to be hosted by the highest seeded teams (subject to approval). Championship sites will be determined at the Feb. meeting.

e. Eligibility requirement's for play-offs

Teams become ineligible if they fail to fill a team at the next level.

Example: If there is no varsity team, JV cannot be eligible for JV play-offs.

2.23 Trophies & awards

Trophies will be given depending upon the number of teams participating in conference play.

a. Basketball, Soccer, Volleyball, Baseball and Softball

- (a) Each JJV team will receive:
 1. 1st, 2nd place tournament trophies only.
- (b) Each JV team will receive:
 1. 1st and 2nd place conference trophy
 2. 1st and 2nd place tournament trophy
- (c) Each Varsity team will receive:
 1. 1st place in conference will receive the traveling trophy and 2nd place team will receive a runners up trophy.
 2. 1st and 2nd place tournament trophy.
- (d) Golf will receive 1st and 2nd place tournament trophies only.

b. Individual awards

- (e) *JJV and JV - none*
- (f) Varsity boys and girls basketball, girls volleyball; 10 players all conference selections.
- (g) Varsity Soccer; 11 all conference and 7 honorable mention players.
Girls' soccer 11 all conference awards.
- (h) Varsity baseball and softball; 10 all conference and 5 honorable mention players.
- (i) Golf; 6 tournament winners at the end of the tournament will receive five all conference awards, with the golfer attaining the lowest score receiving MVP honors.

c. Presentation of awards - The awards will be presented by the Chairman of or his representative . J.V. awards will be given after the conclusion of their championship game. Varsity awards will be given after the conclusion of the championship game.

d. All Academic Team

Each year we will select an all academic team based upon these guidelines:

- a. One team will be selected each year.
- b. The team will consist of one male and one female from each school.
- c. The player must be a junior or senior with a cumulative minimum GPA of 3.2.
- d. The player must play two varsity sports in the fall/winter seasons of the current year and the spring of the previous year.
- e. Each team member will be presented a plaque at the awards ceremonies after the basketball tournament.

2.24 All-Conference Voting

- a. Only applies to Varsity sports. (see 1.01)
- b. Each team must submit at least 3 players at the coaches selection meeting held prior to the tournament game.
- c. By a vote of the varsity coaches playing the master schedule will be named on the All Conference Team.
- d. Each school is required to have its head coach at this meeting in order to vote for the selection. If coach is unable to attend for emergency reasons, the athletic directors must approve an alternative representative.
- e. MVP will be discussed and voted on before any other all conference individuals are voted on.
- f. Ties will be broken by a vote of the coaches.
- g. An athletic director must be present in each of the coach's meetings.
- h. All Conference Teams are subject to the approval of the executive committee.

2.25 Tournament host schools

- a. We will pay the host school a rate of \$100 a day for operational expenses for all tournaments requiring multiple games.
- b. All gate money that is collected from the conference tournaments will be collected by Metro.
- c. All concession money will go to the host school.
- d. If held at neutral site, all gate and concession monies are to be negotiated.

2.26 Coach award

- a. Regular season coach of the year award will be presented for each Varsity sport.
- b. Coach of the year will be voted on by the coaches during the All-Conference voting (see 1.01).

2.27 Cheerleading

- a. Cheerleaders must remain in the bleachers during playing time of the games.
- b. Cheerleaders of member schools will compete against each other during the varsity boy's basketball tournament.
- c. Independent Judges will be used for the judging of cheerleader competition with the Conference paying for the independent judges. There will be three judges that are selected by the Athletic Directors to judge the competition. (Cost: \$75 for each judge)
- d. Rules governing the cheerleading competition will be determined by the sponsors prior to the conference competition. The rules of competition must be approved.
- e. Trophies will be given to 1st and 2nd place winners for J.J.V., J.V. and Varsity.

- f. Ten all-conference individual awards will be selected and one MVP award.
- g. Three individuals from each team can compete in varsity competition.
- h. Entrance fee will be a \$4 adults and \$2 student.
- i. Music will be allowed up to 1 minute without lyrics during the competition and this is during stunting only.
- j. Winning team will be performing during halftime of the championship game
- k. JV individuals can participate up on the varsity team if their JV squad is not competing.
- l. The cheerleading squads are limited to 20 members for competition.
- m. There will be a separate division for co-ed teams, effective in the 2004-2005 school year. This division will only be available, however, if there are at least three schools participating. In the event there are not three participating teams, schools with co-ed teams can elect to compete without male team members or not at all.

2.28 Code of Ethics

Metro Athletic Conference Sportsmanship Code

As players, coaches, spectators, and parents of a member of the Metro Conference League, we strive to observe the following ideals of sportsmanship:

- 1) We will treat the officials, opposing teams and spectators as guests of our school.
- 2) We will respect the property and reputation of our competitor as well as that of our own school.
- 3) We will refrain from detrimental or derogatory remarks during free throws or any part of the game, and will not bring noisemakers to basketball, volleyball or any other games.
- 4) We will stay off the playing field and courts during events.
- 5) We will not at anytime boo or taunt the officials or opposing players.
- 6) To reinforce the intent of the sportsmanship code, teams are expected to shake hands at the end of each athletic contest.
- 7) All violations of the sportsmanship code should be reported to the league office.

This will be read before each game that has a PA system:

As fans or supporters it is our job to cheer the strengths and victories of our team, not attempt to denigrate the performance of our opponent or the officials. We must not display any derogatory comments such as booing or any other displays of un-sportsmanlike conduct during any part of the game to the opponents or officials. Please respect the players, coaches, officials and spectators of each team.

Virginia Independent Schools Athletic Association Eligibility Rules

1. The student shall be a regular bona fide student in good standing of the school that he or she represents. For purposes of hereof, the term “regular bona fide student” shall mean a full-time student taking at least an average of four hours of classes per day at the time school that her or she represents. For purposes hereof, the term “school” shall mean a private, preparatory, parochial or other nonpublic school that is accredited by an accrediting agency approved by the Virginia Counsel for Private Education and that does not derive its financial support from the state or local taxes.
2. The student is eligible for competition between Virginia Independent Schools Athletic Association (the “VISAA”) member schools and for VISAA events if he or she turns 19 years old after August 1 of the academic year in question. Students below the 8th grade level are ineligible for competition between VISAA member schools and for VISAA events.
3. Attending academic classes while classified as a senior at any school marks the student’s last year of eligibility for competition between VISAA member schools and for VISAA events. A student who has been classified as a senior at any school, who then transfers to another school, is eligible for competition between VISAA member schools and for VISAA events during that transfer year only. The student may not gain additional eligibility thereafter. Post-graduates are ineligible for competition between VISAA member schools and for VISAA events.
4. Students ineligible in their school’s conference are ineligible for competition between VISAA member schools and for VISAA events.
5. To be eligible for competition between VISAA member schools and for VISAA events, a school not involved in a conference or conference championship must play 50% of its contests against opponents from conferences approved by the Executive Committee.
6. The Executive Committee must approve the VISAA Championship eligibility of all VISAA member schools not in a conference approved by the Executive Committee. Such non-conference schools must comply with all VISAA tournament dates and times.
7. A VISAA member school’s violation of these rules by reason of an ineligible student’s participation may result in one or more of the following sanctions, as decided by the Executive Committee in its sole discretion:
 - a. Forfeiture of any VISAA championships won by the school team of which the ineligible student was a member.
 - b. Forfeiture of all games played by the school team of which the ineligible student was a member against VISAA opponents: or
 - c. Ineligibility for VISAA championship competition during the following school year in the sport in which the violation occurred.

8. A VISAA member school may appeal any interpretation or application of these eligibility rules to the Executive Committee. Any such appeal must be in writing and must set forth the specific reasons for the appeal and the specific reasons in support thereof. Such appeal should include all supporting information as reasonably practical to enable the Executive Committee to make a fully informed decision, including, but not limited to, reports by third party professionals. The decision by the Executive Committee with respect to such appeal shall be binding on all parties. The VISAA member school seeking the appeal shall not vote as a representative on the Executive Committee with respect to that school's appeal.

NCAA Eligibility

To play sports in NCAA Division I, a student must graduate from high school and successfully complete a core curriculum of at least 16 courses. **Middle school credit-bearing courses cannot be used to satisfy core-course requirements, regardless of the course content or level.**

DIVISION I CORE ACADEMIC REQUIREMENTS

4 years English
3 years mathematics (Algebra I or higher)
2 years social science
2 years natural or physical science (1 year of lab if offered by high school)
1 year of an additional course in English, mathematics, or natural or physical science
4 additional years of academic courses in any of the above areas, or in foreign language, philosophy, or non-doctrinal religion present a minimum required grade-point average in core courses achieve a combined SAT or ACT sum score that matches the core-course grade-point average in the grade point average and test score index (available from coaches and guidance director.)

DIVISION II CORE ACADEMIC REQUIREMENTS

To play sports in NCAA Division II, a student must graduate from high school and successfully complete a core curriculum of at least 14 courses.

3 years English
2 years mathematics (Algebra I or higher)
2 years social science
2 years natural or physical science (1 year of lab if offered by high school)
2 years additional courses in English, mathematics, or natural or physical science
3 years of additional academic courses in any of the above areas, or in foreign language, philosophy, or non-doctrinal religion present a 2.0 grade-point average in core courses achieve a combined SAT score of 820 or a sum score of 68 on the ACT

Updated 7/29/08

2009-2010

**Seahawk Booster Club
Membership Registration Form**

Name:

Telephone:

Cell:

Address:

Email :

Area of Interest:

Circle One Shirt Size(adult): SM MD LG XL XXL

Check One:

Corporate Gold \$1000 _____

Gold \$500 _____

Silver \$200 _____

Bronze \$75 _____

Seahawk Student \$25 _____

Please Note: All registered members are required to volunteer time to at least one Athletic Event.

Send payment to:

**Atlantic Shores Christian High School
Athletic Department
1217 N. Centerville Turnpike
Chesapeake, Virginia 23320**

Updated 7/29/08

ATLANTIC SHORES SEAHAWKS
BOOSTER CLUB

Program Advertising Sales Procedure Outline

I. Identify prospects and contact by phone

A. Introduce yourself and explain that you are raising funds to support the Atlantic Shores Athletic Program through the sales of advertising space in the Fall Sports Program. Indicate to the prospects that due to the fact they are involved in a business, advertising in the sports programs at ASCS could be a very cost-effective and worthwhile device for them. Not only could they reach potential customers but they would be helping an outstanding program for young people in their community.

B. You further want to explain the fact that ASCS has been very successful in athletics over the years, and that all proceeds from these sales will be used to buy additional equipment, uniforms, and awards for our student/athletes.

2. Selling the Ads

A. To place ad order simply fill out the ASCS Advertising Insertion Order Form. Make sure everything is completed (see example ad attached). If the advertisers want to produce their own ads, supply them with the exact dimensions of the ad and ask them to mail “**camera-ready**” artwork to the Seahawk Booster Club, c/o ASCS. You will probably want to either pick up the ad or have it delivered so we can make the deadline. Make sure your name is on the bottom of the form!

B. If the advertiser wants us to do the ad, make sure you have the following information:

- Business Name (exact spelling)
- Location
- Phone
- Logo (if available)
- Special Identification or slogan

Art work will be added only to 1/2 or full page ads.

Other information may be added, space permitting that does not require special artwork.

We would also suggest that each ad has a slogan included that shows their support of the ASCS Athletic teams i.e. “Go Seahawks” or “Go Big Blue and Green”

They may also want to add a Scripture verse or some other spiritual slogan or encouraging words. Remind your clients that we must leave final layout design to the printer’s discretion.

3. Pricing Plan

Fall Issue

Back Cover	(8” x 10”)	\$150
Inside Cover	(8” x 10”)	\$125
Full Page	(8” x 10”)	\$100
Half Page	(5” x 8”)	\$50
Quarter Page	(4” x 5”)	\$40
“Parent Patrons”	(4” x 5”)	\$30
One-eighth Page	(Business Card Size)	\$25

* Quarter page ads for “parent patrons” can be shared by several parents.

4. Invoicing- ATTEMPT TO GET FULL PAYMENT WITH EACH ORDER!

Updated 7/29/08

If not possible, indicate to each client that we will send them a bill that they can return with their check. Please make sure the completed "ad insertion order" form is turned in with the ad copy so we have billing information for each advertiser. Include contact person with phone number. Make sure your name is on the ad order form! We want you to get credit for the ads you sell!

5. Copy Deadline- **TBA.**

* Please make sure your name is on the forms when you turn them in.

6. Program Facts

These programs will be sold at all home games for \$1 each. The sports included in the fall edition are Varsity and JJV football, Varsity and JV volleyball, cross country, girl's tennis, JV and Varsity soccer and cheerleading. Pictures, schedules and rosters for all teams will also be added. In the winter edition all basketball and cheerleading teams will be inserted. The spring edition will have softball, girl's soccer, baseball, and golf programs inserted.

7. Don't be shy! - Ask for the order.

This activity is a very important project that we should each take great pride in executing well. This money will be put to very good use. Always try to sell a full page ad. Because time is short we need to use the phone as much as possible. The key will be volume. The more people we call the more successful we will be. Parents, most likely, will not say no to a "Parent Patron" ad, especially if they could share it with 2 or 3 other parents. And very few advertisers will say no to such a small one-time expense for a most worthy tax-deductible cause.

Other suggestions: Please ask each person you speak with for at least 2 or 3 other names and numbers of potential advertisers. This will add greatly to your list of candidates. Get your parents and grandparents to help. This is a great opportunity to help our school.

8. Disbursement of Funds

Each athlete is required to pay a one-time athletic fee of \$50. If a family so chooses, they may use this advertising campaign and sell \$50 worth of advertising in lieu of paying the money out of pocket. All money generated will go to the Seahawk Booster Club which pays for referees and any other special athletic department needs. Ultimately, the funds all go back to the athletes so please work hard!

If you have any questions, please call Mike Tribus at the athletic office (479-3110).

Updated 7/29/08

**ATLANTIC SHORES CHRISTIAN SCHOOL
SPORTS PROGRAM
ADVERTISING INSERTION ORDER**

Name of Advertiser _____

Date _____

Billing Address _____

Contact _____

Phone _____

Signature

Ad size (circle one)

Back Cover (8" x 10")

Inside Cover (8"x 10")

Full Page (8" x 10")

Half Page (5" x 8")

Quarter Page (4" x 5")

Parent Page (4" x 5")

One-eighth Page (Business Card Size)

Price

* 1/2 deposit required

\$150

\$125

\$100

\$50

\$40

\$30

\$25

Program Sales Member _____

Phone _____

Note: Final layout design subject to printer's discretion.

Attach "**CAMERA-READY**" copy or **TYPED** layout.

1/2 PAGE

BUSINESS CARD

1/4 PAGE

Updated 7/29/08

ACKNOWLEDGEMENT

The last page of this handbook has an acknowledgement form that must be signed by the student-athlete and his/her parent/guardian and returned to the coach. This form is a declaration that all concerned have read the handbook and understand the rules and regulations governing the Athletic Program. Student-athletes who participate on one of our athletic teams will not be allowed to participate in a game until the signed form has been returned.

Updated 7/29/08

ACKNOWLEDGMENT FORM

It is the responsibility of the parents and students to read the Atlantic Shores Christian School Parent-Student Interscholastic Athletic Handbook prior to participating in our interscholastic athletic program. The information contained in this handbook outlines the Policies, Rules and Regulations that govern our program. The school district requires that you and your student-athlete sign this Acknowledgment Form and return it to your son/daughter's coach. Please return the form as soon as possible. No student-athlete will be allowed to participate in a game until this form is returned. I/we have read the Atlantic Shores Christian School Parent-Student Interscholastic Athletic Handbook and understand the Policies, Rules and Regulations that govern the program.

Student-Athlete Signature

Date

Parent/Guardian Signature

Date