



**Athletic
Handbook
2019-2020**



TABLE of CONTENTS

LETTER FROM ATHLETIC DIRECTOR	4	
DEPARTMENT OVERVIEW		5
Philosophy	5	
Roles	6	
Falcon Athletic Booster Club	8	
Volunteer Requirements	8	
Athletic Opportunities	9	
League Affiliations	9	
FCCS Contact Information	10	
POLICIES AND PROCEDURES		11
Team Membership	11	
Team Selection/Playing Time	12	
“Playing Up”	13	
Minimums & Maximums	13	
Parent/ Coach Communication	14	
Practice Times	15	
Practice and Game Cancellations	15	
Club/Select Teams	16	
Attendance	16	
Religious Commitments	16	
Holidays	16	
Illness & Injury	17	
Eligibility	17	
Classwork	20	
Dropping/Dismissal from a Sport	22	
Practice Gear	22	
Uniforms/Warm Ups	22	
Game Day Dress Code	23	
Gym/Locker Rooms	23	
Facility Usage Policy	23	
Athletic Fee	24	



Required Athletic Forms	24
Travel and Hotel Responsibility	24
Requirements for Varsity Letter	25
Substance Abuse and Bullying	25
MCAA BYLAWS	27
Student-Athlete/Parent Contract for Participation	31



LETTER FROM ATHLETIC DIRECTOR

Dear Parents and Student-Athletes:

We would like to welcome you to the Foothills Community Christian School Athletic Program! We believe that participation in sports provides a wealth of opportunities and experiences that assist students in personal growth and development.

Foothills Community Christian School believes in the development of young men and women through athletics. We feel that a properly structured, well-organized sports program meets student's needs for self-expression, mental alertness, and physical growth. It is our pledge to maintain a program that is sound in purpose and will further each student's educational maturity. Likewise, we believe that parents have committed themselves to certain responsibilities and obligations to the student-athlete. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized athletic program.

It is the role of the Athletic Department to make rules governing interscholastic competition. These rules need broad-based community support to be fully effective. This is best achieved through mutual communication between the Athletic Department, the student-athletes and the parents of each of our student-athletes. One way that we have committed to accomplishing this objective is through this athletic handbook for students, parents and coaches.

The most important reason that our department exists is to ensure that students have an opportunity to partake in and enjoy sports during their time at Foothills Community Christian School. As an athletic department, we can assure you that students and the teams in which they are a part of are the guiding force in everything we do and every decision that we make. Our focus and primary objective will always be to do what is in the best interest of the student athletes and their teams, as well as to glorify God through our actions as a program. This combination shall ensure a promising and successful future for Foothills Athletics.

Thank you very much for taking the time to read the athletic handbook. It will not only allow you to become familiar with our policies and procedures, but will assist in the success of our teams this school year.

If you have any questions or concerns, please feel free to contact any member of the Foothills Athletic Department

GO FALCONS!

Carson McNay,
Athletic Director



DEPARTMENT OVERVIEW

Philosophy

“And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him.” Col. 3:17

“Whatever you do, do your work heartily, as for the Lord rather than for men; knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve.” Col. 3:23 & 24

The athletic department at Foothills Community Christian School is an important part of our school’s educational program. We want to ensure that each student-athlete reaches their maximum potential. It is our mission to develop the whole student, not just the athlete. Specifically, the Athletic Department seeks to provide interested students with the opportunity to participate in its program of interscholastic athletics and is committed to the following:

- To offer a well-balanced and varied program of interscholastic athletics (based on numbers and the best interest of our student-athletes)
- To teach the value of competition
- To foster the development of athletic skills
- To encourage the development of a strong work ethic, self-discipline and self-sacrifice
- To teach the value of commitment, teamwork and cooperation
- To encourage the development of judgment, character, and leadership
- To teach the value of ethical conduct, sportsmanship, and fair play
- To encourage the development of loyalty and pride in one’s self, their team, and the school community

The Athletic Department expects the following of each participant in the school athletic program:

- To be a worthy representative of teammates, coaches, and the school community, abiding by school and Biblical expectations
- To maintain health and fitness levels by following the training rules prescribed by the coach
- To learn to deal with adversity in a Christ-like manner and to capitalize on growth opportunities
- To express feelings intelligently and appropriately
- To accept the responsibilities of team membership: support of teammates, cooperation, positive interaction, and mutual respect



- To glorify God on and off the court.

ROLES:

Athletic Director:

The Athletic Director (AD) is responsible for administering the Athletic Program at Foothills Community Christian School. The AD prayerfully develops future leaders through assisting parents in providing a Christ-centered education that values exceptional academics, strong moral character, and service to others. His duties include but are not limited to: hiring and training coaches, coordinating the athletic budget, scheduling games and coordinating practice schedules with head coach of each sport, approving and scheduling officials, conflict resolution, and overseeing all aspects of the Athletics Department. He advises the Administration, staff, teams, coaches, and parents of any changes and communicates the needs of the Athletic Department to the administration, booster club, and Board of Foothills Community Christian School.

The Athletic Director provides appropriate instruction and support to all paid and volunteer coaches. He is a positive representative of Foothills Community Christian School and the Athletic Department.

Coaches:

The coach is responsible for creating a fun, safe, and challenging environment in which his/her student-athletes will receive a high level of instruction and competition. The coach prayerfully develops future leaders through assisting parents in providing a Christ-centered education that values exceptional academics, strong moral character, and service to others. The coach is also responsible for confirming game schedules, turning in a roster prior to the season, distributing and collecting uniforms and equipment, completing game, injury and/or incident reports, and communicating with parents. The coach must also ensure that student-athletes are exhibiting good behavior on and off the court.

The coach is expected to be a positive representative of Foothills Community Christian School and the Athletic Department. This includes ensuring that the coach conducts himself/herself in a manner that will bring honor and respect to our teams and school. He/She is expected to make decisions to the Glory of God based on the collective interest of the team, while also developing each student athlete to his/her fullest potential. The coach must be clear in expectations and available to student-athletes for positive Christ-like mentorship on and off the field/court. He/She is expected to maintain high personal standards, motivate the players, and promote sportsmanship at all times.



Student-Athlete:

The student-athlete is expected to be a positive addition to the Foothills Community Christian School Athletic Department. If a student-athlete must discuss an issue with the coach, he/she must communicate in a respectful manner to try and find a solution. If a situation cannot be reached, the Athletic Director may assist.

Student-Athletes will be representing Foothills Community Christian School on and off the playing court/field and are expected to conduct themselves in a manner that will reflect positively upon our program and school, and will bring glory to God. Student-Athletes are expected to be respectful and exhibit good behavior in class, in practice, in games and in the community. If a student-athlete fails to conduct himself/herself in a manner that will bring honor and respect to our teams, our school, and our Lord; he/she may be subject to penalties, which may include game suspensions, ineligibility, or dismissal from the team.

Parents:

Parents play a vital role in the Foothills Community Christian School Athletics Program. Parents model attitudes and behavior for their children. We invite all parents to attend home and away games, support the team, and encourage their children to practice and play hard.

We are so appreciative of the assistance parents provide for their children in their athletic endeavors, whether driving them to an athletic event, volunteering to serve athletics, acting as a member of the Booster Club, and sacrificing family time to accommodate athletic schedules. We also appreciate the support parents provide our coaches in their efforts to create a valuable athletic experience for all participants. It is important for parents to be mindful of and respect what the coaches is trying to do by avoiding interference or public criticism, especially in front of their children, other teammates, or community members.

In regards to games, parents are expected to conduct themselves in a manner that will bring honor and respect to our teams, our school and the Lord. At no time should a parent display inappropriate behavior toward an official, coach, administrator or student-athlete.



FALCON Athletic Booster Club:

The Falcon Athletic Booster Club is a volunteer organization made up of dedicated and service-oriented parents who are committed to offering their time and energy to promote school and athletic spirit, support FCCS sports teams and ensure that every athletic event is a success. In addition to volunteering time, the Booster Club also provides funds to enhance all FCCS sports teams. The Foothills Community Christian School student-athletes and coaches directly benefit from the volunteer and financial support of the Booster Club and we encourage ALL parents of Foothills student-athletes to join. If you would like to join or would like more information on the Falcon Booster Club, please contact Carson McNay at cmcnay@foothillschristian.org.

Volunteer Requirements:

As members of the Foothills Community Christian School athletic community, all parents will be required to volunteer during at least one FCCS sporting and Booster Club supported event. This directly benefits all student-athletes. Please do not feel limited to just one service opportunity. A sign-up sheet will be available at all of the parents meetings. It will be first come, first choice. Parents who are not signed up at the beginning of the season will be automatically assigned to a designated role at an event. We would not be successful without our parents and truly appreciate your support and enthusiasm!



ATHLETIC OPPORTUNITIES:

Elementary (4-6)		Middle School (6-8)		High School (9-12)	
Sport	Season	Sport	Season	Sport	Season
Girls Basketball	September – October	Football	August - October	Volleyball	August – October
Boys Basketball	October - December	Volleyball	August - October	Soccer	August – October
		Girls Basketball	March - April	Girls Basketball	November – February
		Boys Basketball	March - April	Boys Basketball	November – February
		Track & Field	April - May	Track & Field	April - May
		Golf	March - June	Golf	March - June

LEAGUE AFFILIATIONS:

Elementary School:

The Elementary School athletic teams compete in a parochial league with other private and public schools from around the Great Falls area. The league is not affiliated with any religion, however this presents an opportunity of Foothills students to witness to others by using Godly Character on and off the court. This parochial league is comprised of the following schools:

Belt	Holy Spirit
Centerville	Our Lady of Lourdes
Fairfield	Simms
Foothills	



Junior High:

The Junior High athletic teams compete in the Districts 7C & 10C League with other private and public schools from around the Great Falls area. The league is not affiliated with any religion, however this presents an opportunity of Foothills students to witness to others by using Godly Character on and off the court. These Leagues are comprised of the following schools:

Augusta	Dutton / Brady	Heart Butte	Sunburst
Vaughn	CJI	Power	Valier
Simms	GF Catholic	Foothills	Cascade
Fort Benton	Belt	Centerville	Highwood
	7C	10C	Both

Previously, the school has competed in the Great Falls City League with North Middle School and East Middle School. Competition in this league is on a year-to-year basis and parents will be notified prior to school about Foothills Community Christian School’s involvement in this League.

High School:

The High School Athletics Program competes in the Montana Christian Athletic Association (MCAA). The purpose of the MCAA is to organize, to stimulate, to encourage, and to promote the athletic programs in an effort to foster a spirit of fair play, good fellowship, true sportsmanship, and wholesome competition for boys and girls; as well as glorifying God by providing a Christian environment where athlete competition is kept in its proper perspective, emphasizing sportsmanship and Christian Character. Foothills Community Christian School also competes against Montana High School Association (MHSA) teams from around the Great Falls area. These games are not league affiliated.

Foothills Community Christian School Contact Information:

School Office:

- Telephone: 406-452-5276 / Fax: 406-452-8606
- David Culpepper – Head of School
dculpepper@foothillschristian.org

Athletic Department:

- Telephone: 406-452-5276 (Ext. 212)
- Carson McNay – Athletic Director
cmcnay@foothillschristian.org



FCCS Head Coaches:

Sport	High School	Junior High	Elementary School
Football	N/A		N/A
Volleyball	Meleea Lindseth		N/A
Soccer	Jason Fried		N/A
Girls Basketball	Sydney Fulbright		Kerri Koteskey
Boys Basketball	John Fried		
Track & Field			N/A
Golf	Lori Badgley		N/A

POLICIES and PROCEDURES

Team Membership

Elementary School:

Foothills Community Christian School is committed to providing all elementary school students interested in competitive athletics the opportunity to participate in athletics. We recognize that elementary school athletics provides the introduction to competitive sports at Foothills Community Christian School. It is important to have players learn the fundamentals correctly from the beginning, the emphasis of the elementary school program will be developing skills and habits. The level of success achieved in future athletics is directly related to the skills developed through the elementary school program. Elementary student-athletes are guaranteed equal playing time (to the best of the coaches' ability) until the 4th quarter.

Junior High:

Foothills Community Christian School is committed to providing all junior high students interested in competitive athletics the opportunity to participate in athletics. Failure to attend practice or abusing their privilege of participation, can lead to less playing time or disqualification of being on the team. We recognize that junior high athletics provides the introduction into high school sports at Foothills Community Christian School. Because it is important to have players develop their skills to prepare them for the next level, the emphasis of the junior high program will be developing skills and establishing the operation of play to be present. The level of success achieved in high school



athletics is directly related to the skills developed through the junior high program. Junior High Student-athletes are guaranteed playing time; however, *equal* playing time is not guaranteed.

High School:

Student-athletes will not be cut from High School sports, with the exception of the following scenarios: they abuse the privilege of participation, cannot meet the financial obligations of the sport or tuition, miss practice regularly, break the ground rules set forth in this handbook, or are academically ineligible (see page 17) for 3 or more consecutive weeks. All teams may have player limits set forth by the Athletic Director and/or Head Coach (See Page 13). Failure to attend tryouts can lead to disqualification from the selection process if tryouts are held. High school student-athletes are *not* guaranteed playing time.

Team Selection/Playing Time:

It is our goal in team selection to find opportunities not only for participation, but more importantly, for success. Placing each student-athlete at the level where he/she can contribute physically and gain positive feelings from his/her efforts is important to the coaching staff. Disappointments are possible when teams are selected, and it is very important that student-athletes feel the support of teammates, parents, and coaches.

We believe in our coaches. Their job is to manage and direct a specific sport. Their responsibilities include evaluating and selecting students for teams, as well as determining the degree to which each student-athlete will participate and they do this with considerable thought and sensitivity. During the selection process, coaches will evaluate skill level, athleticism, physical conditioning, positional play, trainability, punctuality, work ethic, Christian Character, and various other attributes.

We want our student-athletes to learn the value of being on a team and the contribution each must make. Team members have a responsibility to themselves, their teammates, and their coaches to learn and perform their role on the team. Teamwork requires the development of many interpersonal skills such as listening, following directions, accepting constructive criticism, being respectful, and supporting teammates and coaches. Student-athletes have an obligation to participate in practice sessions and games with full commitment and enthusiasm.

Foothills Community Christian School Athletics believes that at all levels—fifth grade through varsity—playing time in competition is earned in practice and hard



work, and is not an entitlement. Regardless of the subjective nature of the process and the potential for disagreement, the coach is the only one in a position to make team selections and decisions about playing time. Coaches WILL NOT discuss playing time with parents. Also members of a varsity team are not guaranteed playing time. Student-athletes should fully understand that by joining a team they are accepting the pleasures and benefits of participating as well as the responsibility and commitment to that team.

“Playing up”:

In the event that there are not enough athletes to comprise a team based off the numbers that Foothills Community Christian School sets in place, students from one grade level below will be invited to join the team. Ex: There are six 7th / 8th grade students on the Junior High basketball team, 6th grade students may be invited to “play-up”. If a student is invited to play-up during the time that their grade level season is underway, the student’s priority will be with their grade-level team. Participation on the higher-grade team will be in addition to their current sports season. Students must participate and attend practices for their grade level team to be eligible to play-up. It will be the decision of the coach and Athletic Director to allow students to play up. Coaches may hold try-outs for this if they feel it is necessary. The Minimums and Maximums for each sport have been set in place by Foothills Community Christian School. In each situation it will be the coaches digression to allow students in the lower grade to play up. Students will be eligible to play-up when numbers for the team fall below the minimum.

FCCS MINIMUMS & MAXIMUMS:

Elementary / Junior High:

Sport	Minimum		Maximum		Program Max.
Girls Basketball	7		12		36
Boys Basketball	7		12		36
Volleyball	8		12		36
Track & Field	1		Unlimited		Unlimited
Golf	1		Unlimited		Unlimited



High School:

Sport	Minimum		Maximum		Program Max.
Girls Basketball	10		12		36
Boys Basketball	10		12		36
Volleyball	8		12		36
Soccer	12		18		36
Track & Field	1		Unlimited		Unlimited
Golf	1		Unlimited		Unlimited

Parent/Coach Communication:

Parent Meeting:

The coaches for each sport will hold a parent meeting prior to the first game in each sport. Parents are encouraged to be in attendance. The meeting will allow parents to meet the coach for their student-athletes sport, ask questions, and receive all information pertinent to the season.

Communication Tools:

Coaches will communicate regularly with parents and student-athletes in person, via email, school app, or by phone. The coach will provide a contact number for parents and student-athletes to use in the case of an emergency **ONLY**.

Concerns or Issues:

Step 1: One of the greatest opportunities for student-athletes is learning skills for effective conflict resolution. When there is a concern, student-athletes are encouraged to speak with their coach directly. It can be very satisfying for all parties involved when student-athletes and coach are able to find mutually agreeable solutions for an issue that they are preempting to resolve.

Step 2: If the coach and student-athlete are unable to resolve the issue together, then parents may contact the coach. If a parent has a concern to discuss with the coach, the parent should contact the coach at an appropriate time for both parties. Parents are required to wait at least **24 hours** before approaching a coach after and athletic event. Under no circumstances should a parent approach and coach or another parent in a harsh manner or immediately before, during, or immediately after a practice or a game. Taking this time to reflect on the situation, as well as



honest and respectful communication should allow for more effective dialogue ensuring a more successful experience for everyone.

It is not appropriate for a parent to request feedback from the coach about team strategy (including playing time), play calling, or other student-athletes. It is appropriate for a parent to contact the coach in a respectful manner with concerns about their son/daughter's behavior, their skill development, and for physical treatment advice.

Step 3: If the discussion with the coach does not resolve the issue, parents and coaches may contact the Athletic Director to discuss the situation.

Step 4: if the Athletic Director is unable to provide a satisfactory resolution, the parent may contact the appropriate administrator (David Culpepper-Head of School).

Practice Times:

The head coach will schedule practices times at least 1 week prior to the scheduled practice. Practice times are subject to change by the head coach in the event of an emergency or unexpected obligation of the coach. Practices will be held in any weather conditions unless otherwise specified by the head coach. Practices held on Wednesdays for Elementary teams will end by 5:00 PM. The coaches of all other teams determine Wednesday practice times. Practice times may not be constant throughout the entirety of the season due to gym availability. The Athletic Director will work with the head coaches to determine gym availability.

Practice and Game Cancellation:

In the event that the coach must cancel a practice, it is the responsibility of the coach and/or Athletic Director to notify the team and parents. Inclement weather does not determine whether practice will be held—the coach will make the determination. When available, indoor facilities may be used to hold practice in these circumstances. If a change is made in the practice schedule, parents and student-athletes will be notified as soon as possible. In most cases, it is the responsibility of the host school to make decisions regarding game cancellations. When hosting an event, Foothills Community Christian School will make every effort to make cancellation decisions by 12:00pm on the day of the event. When a game is cancelled, the coach may choose to hold a practice in its place. If the coach chooses to hold a practice in place of the cancelled game, he/she will communicate this information to the parents and student athletes as soon as possible.



Club/Select Teams:

Foothills Community Christian School Athletics will take precedence over club or league competitions and practice sessions. Student-athletes must inform coaches and the Athletic Director of any conflicts with club or league teams. It is the responsibility of the student-athlete to communicate his/her participation on club or league teams prior to the start of the season so that any potential conflicts may be worked out.

Attendance:

Attendance at all games and practice sessions is mandatory for all team members. If a student-athlete will not be attending a practice, meeting, or athlete contest, the coach must be notified at least one day **prior** to the event being missed, if prior knowledge is available. Any student-athlete who has more than 5 absences (excused or unexcused) may result in limited playing time or removal from the team. Practice is in all conditions unless otherwise noted by the coach. Student-athletes must attend at least 4 class periods the day of an athletic event, failure to do so will result in ineligibility from the event for that day. In the case that a player must miss practice (excused or unexcused), he/she will be expected to make up any work that was missed. Any student-athlete who leaves or does not attend an athletic event without the permission of the Head Coach will be subject to suspension or dismissal from the team.

Religious Commitments:

Foothills Community Christian School understands that from time to time a student-athlete may need to miss practice or game in order to fulfill religious obligations. While the coach is normally aware of these situations, not every student-athlete shares the same values. Student-athletes should discuss their religious commitments with the coach prior to season so that he/she is aware of the religious commitments in advance. Any student-athlete missing practice or game due to a religious commitment is still subject to the same standards as the other student-athletes, and playing time will be the discretion of the coach.

Holidays:

In order for teams to remain cohesive, effective and competitive, student-athletes may be expected to play and/or practice during non-religious holidays (i.e., Winter Break, Spring Break, Summer Break, Labor Day, etc.) time periods. The coach will announce these dates and times as early as possible in an effort to allow families to plan accordingly. If there is any question and the dates have not been announced, please contact the coach and/or athletic director. He/she will not be required to play and/or practice on a day of religious observation.



Illness & Injury:

All injuries should be reported to the coach and/or athletic director at the time they occur so further injury can be avoided. If you are injured, remember the following:

- Tell the coach and/or athletic director that you are injured before leaving the court/floor
- No matter how small the injury, get treatment
- No one shall miss practice without a doctor's permission
- Student-athletes are expected to attend team practices each day that attend school
- A second notice from the doctor should be given to the coach to end physical restrictions
- Anyone who becomes sick, nauseated, dizzy, and/or very hot should notify the coach and/or athletic director immediately.
- Students who are injured or ill will not be cut from the team, due to illness

All coaches at Foothills Community Christian School are trained and certified by the National Federation of High Schools (NFHS) to recognize concussions and to administer on-site concussion treatment.

Any student expected to have experienced a concussion of any level will be immediately removed from practice or competition. The athlete will not be allowed to return to competition until FCCS is informed by the student's physician that he or she is clear to return to activity. The athletic department will support any and all direction by the student's physician. *High School athletes will be asked to have their physician fill out a concussion return to play form before returning.*

The coach will notify the parents of any injury sustained during practice or the game.

ELIGIBILITY

Because God is sovereign over all His creation, His Lordship must also extend to athletics. The Athletic department of Foothills Community Christian School recognizes this fact and, therefore, seeks to give honor to God by formulating a philosophy consistent with His character and will.

1. **We are deeply committed to presenting Christ to each athlete so that, by God's grace, each might grow in Christian character.** This is our first



- priority because we are more concerned about the eternal destinies of our athletes than any other single factor. At FCCS, we recognize that the athletic field offers opportunities for growth in Christian character that do not exist in the classroom.
2. **We desire that each athlete perceives a godly concept of success.** While winning the contest is the object of planning and preparation on the part of both coach and athlete, it must not be considered as the sole measure of success. Other values, which are being built into the athlete, must be the ultimate criteria on whether or not we are truly successful.
 3. **The criteria for determining the success of each athlete will be seen in the qualities he is developing in his life.** Such things as loyalty, respect for others, proper manners, perseverance, commitment, integrity, diligence, servant-hood, suitable response to crises, humility, handling victory and defeat, encouraging to others, demonstrating unconditional love, developing a work ethic, despising self-glorification, and knowing the joy of play are standards we work to instill.
 4. **Athletics is not an end in itself.** It may be used either to glorify God or bring Him into shame and derision in the world's eyes. We desire to instill in our athletes this God-centered attitude toward athletics. This will encourage them to be well-rounded student athletes who develop interests and abilities in other areas.
 5. **Coaches will acknowledge our ministry.** It is a calling – unique and dynamic in its implications. Coaches are entrusted with the lives of young men and women. The coach's actions, words, thoughts, and even the motivations of their hearts must be led by the Spirit of Christ.

The upper school program centers upon the development of the Christian Student Athlete's character while under the stress and duress of interscholastic competition. Participants in the program are selected based on documented success as students of good character and competitive try-outs.

The coach or coaches of the particular sport, with oversight from the Athletic Director make decisions concerning team selection. If the number of students trying out for a sport exceeds the number of players required for the team, then some of the students may be moved to a developmental team if Foothills fields such team and spots are available (i.e. J.V. or J.V. B). If the student is unable to make the developmental team he\she may be cut.

Additionally, many students who make a team may not necessarily be allotted playing time, depending on their attitude, character, skill, experience, and the level



of the competition. Desire alone on the part of a student, although important, is not always sufficient. Whether a student makes a team or, after making the team, sees a lot of playing time, depends on several specific factors:

A. Making the team

Participation in athletics is a privilege, NOT a right. Students can earn the privilege through hard work, dedication, and self-discipline. All students that are currently enrolled in grade fifth – twelfth grade and attend Foothills Community Christian School are eligible to participate in athletics. All students in grade fifth–sixth grade are eligible to participate in elementary sports. All students in seventh – eighth grade are eligible to participate in Junior High Sports All students in ninth–twelfth grade are eligible to participate in High School Sports. Students in eighth grade are eligible under MCAA bylaws to participate in high school athletics. Students in 7th grade are eligible to participate in high school athletics with a MCAA approved extension of a sixth year of eligibility. (See MCAA bylaws)

Students are chosen for team membership on the basis of:

1. Level of skill the student already possesses in comparison to the other students trying out. Size, speed, strength, and agility are all factors that are taken into consideration.
2. The natural abilities that a student might possess that would indicate a high potential for the development of skills not yet refined.
3. The attitude and effort that the student shows in the try-outs and is known to be a part of the student's general nature will also be considered.
4. The evidence that indicates that the student can be part of a team and place the welfare and achievement of the team ahead of personal gratification and recognition is another consideration.

B. Participation after making the team

Playing time accorded a player will depend upon:

1. The skill the player possesses
2. The growth and development of skills as the season progresses
3. The ability to function effectively as part of the team, to follow the game plan and to put team success first
4. The effort, attitude, and seriousness devoted to the practice sessions and the game situations
5. The way a player fits into the strongest combination of players that the



coach can put on the field or court.

6. Playing time is assigned by the coach and is not up for discussion, debate or suggestions.

ACADEMIC ELIGIBILITY

Student-Athletes are expected to maintain passing grades in all classes. Any student-athlete whose cumulative grade average falls below “60” in any subject will be ineligible for the *following* week (Sunday – Saturday). Grades will be checked at 12:00pm (noon) each Friday. Student-athletes who are placed on academic probation may practice with the team but may not play in games (this could also affect Varsity Lettering). At the end of the probationary period if the student-athlete receives a cumulative average of “60” or higher, then they are eligible to participate. If a student-athlete does not improve his/her grade average, he/she may be declared ineligible for competition by the Athletic Director and he/she may not practice or travel with the team during the period of ineligibility. If the student-athlete does not improve his/her grade average after three consecutive weeks, then he/she may be removed from the team.

To participate in any extracurricular activity, each student must maintain a seventy or above average in each and all subjects.

1. Grades are checked weekly. Each week the grades are averaged with the preceding weeks through the **end of the year**. The cumulative grade average in every class must be sixty (60) or above for the student to be eligible. If a student is failing any subject at the time grades are checked, the student is ineligible for the following week. Should the student still have a failing average in any class that student is ineligible the next week; this cycle repeats until the student is passing or is withdrawn from school.
2. The student can participate in practices – upon athletic director digression.
3. The student may attend but will not be permitted to participate in any extracurricular events or games.
4. The student will be required to attend any tutoring sessions that may be assigned by the Athletic Director, teacher, sponsor, or coach during the ineligibility period.

Classwork:

Students are responsible for all class work, homework and tests they miss due to competitions or required or approved activities that take place during normal school hours. Missed assignments and tests are due on the first day the student returns to school.



On occasion when student-athletes must miss class to participate in scheduled athletic events, they are responsible for turning in class work that is due that day and they are responsible for making up any missed work in a timely fashion. If a student-athlete arrives home late from an athletic contest or misses class the day before a test due to an athletic contest, it is at the teacher's discretion to allow the student-athlete to test at an alternative time. If the student-athlete must leave class early on a testing day due to an athletic contest, it is the responsibility of the student-athlete to reschedule the test for a date that is agreed upon by the student-athlete and teacher.

SUMMER ACADEMIC GUIDELINES FOR PARTICIPATION

1. Students who end the second semester in non-compliance with academic requirements for participation in extracurricular activities may participate in summer student activities. They become ineligible and will follow the academic requirements for participation on the first day of fall classes.
2. Students who successfully complete any FCCS approved academic credit work in the summer (that raises the failing grade to a passing average prior to the first day of fall classes) become academically eligible on the first day of fall classes.

ATTENDANCE REQUIREMENTS FOR PARTICIPATION

Extracurricular activities provide opportunities for learning Christian leadership and socialization skills. To be eligible for any **extracurricular activity** students must:

1. A student must be in attendance for at least a half day the day of the activity in order to participate.
2. Be enrolled in a minimum of four core classes on campus at Foothills Community Christian School.

BEHAVIORIAL REQUIREMENTS FOR PARTICIPATION

Extracurricular activities provide opportunities for learning Christian leadership and socialization skills. Some clubs and organizations have behavioral stipulations, for those that do **not**, to be eligible for any **extracurricular activity** students must:

1. Not be on category 2 behavioral probation – unless the conditions of probation stipulate otherwise
2. Not be on category 3 behavioral probation

Conduct Eligibility:

Student-athletes are expected to maintain satisfactory conduct in all classes,



practices, events, competitions. Any student-athlete who does not maintain satisfactory conduct will be subject to removal from the team.

Dropping/Dismissal from a Sport:

There will be times when some student-athletes make the decision to leave a sport before, during or after the season, although we discourage it. Whatever the reason, a student-athlete must follow the steps listed below:

1. The student-athlete must talk to the coach to see if a solution can be reached. A conference with the parents, student-athlete, coach, and athletic director or any combination thereof, may be required and is highly recommended before a student-athlete leaves the sport.
2. If a student-athlete leaves the sport, he/she must check out of the sport just as he/she would check out of any academic class. In addition, all equipment must be turned in clean and undamaged. The student-athlete must pay for any equipment not turned in.

Practice Gear:

Student-athletes will be expected to wear sports-specific or school-specific practice gear for all practices. The coach will communicate this to the players prior to the beginning of the season. All game safety equipment must be worn during practices and games. This is a shared responsibility of the coach and student-athlete. Failure to bring ones equipment or uniform may result in the student-athlete not participating in the practice or game. The coach of each team will give further instructions regarding required practice gear.

Uniforms/Warm-Ups:

Foothills Community Christian School athletic uniforms and warm-ups are to be worn only during interscholastic competition, practice, and on approved home game days with approval by school administration. Launder uniforms in warm water, not hot, and never use bleach. Ironing may cause damage, as will very hot dryers.

Student-athletes are responsible for all items issued to him/her. The student-athlete must pay for any lost, damaged or stolen items before another is issued. In the event that the school year ends and a student-athlete has not returned all items issued to him/her, a bill will be issued and the student-athlete's grades will be held until the items are returned to the school or paid for.

All uniforms and warm-ups are due the Monday after the final game of the season or on the date set by the coach.



The Fees for lost/damaged uniforms/warm-ups are as follows:

Sport	Elementary	Junior High	High School
Volleyball	N/A	\$50.00	\$100.00
Girls Basketball	\$50.00	\$80.00	\$150.00
Boys Basketball	\$50.00	\$80.00	\$150.00
Soccer	N/A	N/A	\$100.00
Golf	N/A	\$45.00	\$45.00
Track & Field	N/A	\$50.00	\$100.00

Game Day Dress Code:

At Foothills Community Christian School we pride ourselves in our appearance to others. How we act, dress, and conduct ourselves reflects the values our school has instilled in its students. The goal of game day dress code is to have a unified look as we arrive as a team. On game days *ALL* athletes on the team must arrive at the game in one of the following outfits (which will be determined by the coach):

1. Game Uniforms / Warm-up
2. Dress Clothes: "Business Dress" – Must be Athletic Director approved.
3. Team Shirts: On Fridays and weekends, athletes may arrive at games wearing their team shirt and jeans. All players should be dressed in the same team shirt.

Gym/Locker Rooms:

All Foothills Community Christian School students, grades 4-12 (Physical Education and Student-athletes) will be using the locker rooms at Foothills Community Christian School. Students in grades 7-12 will also be using the Montana School for the Deaf and Blind locker rooms. The student-athletes are encouraged to put all valuables and personal items in their assigned locker at Foothills for safekeeping. The Athletic Department, coaches, or Athletic Director are not responsible for lost or stolen items (uniforms, equipment, school issued materials, or personal items) that in the locker room or surrounding athletic facilities.

Facility Usage Policy:

The Athletic Director must approve any usage of the facilities. Non-Foothills Community Christian School groups or individuals may be subject to a facility usage fee as well as an administrative fee for facility usage. Such usage must be pre-approved by the Athletic Director. No Athletic events will be permitted on Sunday as per Foothills Community Christian School and MCAA Rules.



Athletic Fees

2018-19 fees for Foothills Community Christian School student-athletes are as follows:

- Elementary - \$60.00
- Junior High - \$75.00
 - Junior High Football - \$125.00
- High School Soccer - \$100.00
- All other High School Sports - \$100.00

If a student participates in the same junior high and High School sport during the year, he/she will pay both the middle school and High School sport's fees. Fall sports fees are due on the first day of school. All non-fall sports fees are due before the first competition. *Any athlete, whose fees are not paid, will not be allowed to practice or play until such time as they are paid in full.*

Required Athletic Forms:

Prior to the start of each season all student-athletes must complete and submit the following forms to the athletic department:

- Current Physical*
- Student-Athlete/Parent Contract for Participation
- Emergency Contact

* This examination must be completed and certified by a physician, a physician assistant, or a nurse practitioner. The physical examination will be kept on file with the athletic director for a period of one school year and is valid for all activities taking place during that school year.

Travel and Hotel Responsibilities

Foothills does not currently provide transportation for athletic events, however, we will help with the organization of rides to and from athletic events. Vehicles will be driven by responsible adults (parents of athlete or coaches), and they cannot be held responsible for any accident or injury that might occur. The Athletic Director and block hotel rooms for away games and will provide this information to the parents and coaching staff. The school does not provide meals and/or meal money.

Requirements for Varsity Lettering:

High School Varsity student-athletes have the opportunity to earn a varsity letter based on their participation in competitive athletics. The following are the requirements to letter in each sport:



1.
 - Soccer - participate in one more half than total number of varsity games
 - Volleyball - participate in one more game than total number of varsity matches
 - Basketball - participate in one more quarter than total number of varsity games*
 - Golf – Have a contributing team score in 1 or more tournaments or meet.

*Ex: An athlete played 17 quarters in varsity games during a season that had 16 varsity games.
2. Be a contributing member of the varsity program.
3. Be a positive and cooperative attitude throughout the season.

The requirements listed in #1 may be waived for a significant contribution by a player at the state tournament. Coaches do not have to limit awards to letters. Coaches are allowed to give supplemental awards to athletes to reward outstanding achievements.

Foothills Community Christian School recognizes that some sports are only offered in a club or league variety at a high school level in the state of Montana. It is the responsibility of these organizations to issue a varsity letter to students who have earned it. Although FCCS will not issue a letter we will recognize the outstanding efforts of these FCCS student athletes. If a Foothills Community Christian School student athlete competes in an individual match under the FCCS name, the school will review the criteria of that given sport and may issue a letter to that individual. Ex: Student athlete attends Weight Lifting meet and wins division wearing FCCS apparel.

Substance Abuse and Bullying:

Any student-athlete found to be in violation of the school's substance abuse policy will automatically be suspended from all team activities including practice, games, tournaments, and dinners while the reported offense is under review by the coach, athletic director, and school administrator. Foothills Community Christian School Athletic Department reserves the right to impose disciplinary action or other conditions, which it considers in its discretion, appropriate to the circumstances of any violation. This may include suspension from the athletic team for the remainder of season, as well as expulsion from the athletic program for the remainder of the school year.



Foothills Community Christian School forbids any form of bullying. Bullying is defined as any forced, required, intentional or negligent action, situation or activity which recklessly places any person at risk of physical injury, mental distress or personal indignity, or which encourages violation of any federal, state, local, or school law for the purpose of initiation into, or affiliation with, any organization affiliated with Foothills Community Christian School. This applies regardless of the willingness of the participant. Bullying, with or without the consent of a student, is prohibited by Foothills Community Christian School and a violation of that prohibition renders both the person inflicting the bullying and the person submitting to the hazing subject to discipline.



MCAA Bylaws (Annotated):

Below are Articles of the MCAA Bylaws that pertain to student athletes. For full MCAA Bylaws please contact Carson McNay, Athletic Director.

The name of this organization is the Montana Christian Athletic Association (MCAA).

Article I: Purposes

To provide an athletic association for local, autonomous Christian/church schools and home school associations

To teach Christian character through athletics

To Provide Christian young people fellowship and competition with other Christians

To promote each school's/association's spirit, unity and enthusiasm for the glory of God

Article II: Statement of Faith

We believe in and unqualifiedly affirm: The inspiration of the Bible, equally in all parts and without error in its origin. The one God, eternally existent Father, Son and Holy Spirit, who created man by a direct immediate act. The pre-existence, incarnation, virgin birth, sinless life, and miracles, substitutionary death, bodily resurrection, ascension to Heaven and second coming of the Lord Jesus Christ. The fall of man, the need of regeneration by the operation of the Holy Spirit on the basis of grace through faith and the resurrection of all; to life or damnation. The spiritual relationship of all believers by the Lord Jesus Christ, living a life of righteous works, separated from the world, witnessing of His saving grace through the ministry of the Holy Spirit.

Article V: Rules of Conduct

V.A. Membership schools/associations must abide by the purposes of the MCAA and its statement of faith.

V.B. Resolving disputes

V.B.1. In the spirit of Matthew 18, disputes should be addressed between the individuals involved.



V.B.2. If the matter is unresolved it shall be taken to the regional representative.

V.B.3. If the matter is still unresolved then the Board of Directors shall make the final decision.

V.C. All schools/associations/individuals are subject to disciplinary action by the board; which shall include probation, forfeiture of games, ineligibility, suspension and even dismissal from the MCAA. All penalties are subject to summary judgment except dismissal from the league; which shall be done with due process at the Annual Spring Meeting and with three-fifths (3/5) majority roll call vote of all members. Appeals and re-admission to the league will be set out in the Bylaws. *(Amended 4/25/08)*

Article II: Operating Procedures

2.D. UNIFORMS

2.D.1. Must meet MHSA minimum requirements

2.D.2. Spandex (bike shorts, etc.) will not be allowed except as an undergarment.

Article V: Rules to be used for MCAA sports

5.A. ATHLETE ELIGIBILITY *(Amended 4/27/07)*

5.A.1. Age and Graduation

5.A.1.a. No student is eligible to participate in the MCAA who has turned 19 on or before August 31st of that school year. A student who is ineligible by reason of this age rule may seek a waiver from the MCAA under the following conditions and procedures. The student, his/her school, parent/guardian or other representative shall submit a written application for a waiver at least sixty (60) days prior to the first activity for which he/she seeks the waiver. It will be the burden of the student to prove that he/she does not create a safety risk to other players, that he/she has limited himself/herself to four (4) years of participation at the high school level, that his/her participation will not result in the exclusion of other eligible players, and that he/she meets all other criteria necessary for participation in MCAA activities. The Board of Directors is vested with the authority and responsibility to make the waiver determination. In making this determination, the Board shall consider such evidence as provided by the applicant and is vested with the authority to request additional information, as well as to make independent investigation of the facts.

5.A.1.b. No student is eligible to participate in the MCAA who has received a GED.



- 5.A.1.c.** No student is eligible to participate in the MCAA who has gone through a graduation ceremony.
- 5.A.2** Student athletes are allowed to participate in the MCAA at the High School level for four (4) years. (*Amended 4/8/11*)
- 5.A.2.a.** An extension of a fifth (5th) year of participation will be granted to those students who are in the eighth (8th) grade and participation at the high school level. The Board of Directors must be informed in writing of such participation. (*Amended 4/8/11*)
- 5.A.2.b.** Seventh (7th) grade student athletes are allowed to participate in the MCAA at the High School level only when the total athlete participation is below the following numbers: Soccer—12; Volleyball—9; Basketball—10, without losing a year of eligibility. The Board must be informed in writing of such participation. (*Amended 4/27/07, 4/8/11*)
- 5.A.2.c.** Seventh (7th) grade student athletes are allowed to participate in the MCAA at a Sub-Varsity High School level without losing a year of eligibility. The Board must be informed in writing of such participation. (*Amended 4/25/08*)
- 5.A.3.** Any student, who is not in full-time attendance at an MCAA member school/association, must have Board approval. A written request for a Board ruling must be made prior to participation. (*Amended 4/27/07*)
- 5.A.4.** The Board of Directors shall have the authority to rule on athlete eligibility not defined above in Parts 1, 2, and 3 of Article 5, Section A. (*Amended 4/27/07*)
- 5.B. MCAA ATHLETIC PARTICIPATION** (*Amended 4/27/07, 4/25/08, 4/13/12, 4/4/25/14, 4/28/17*)
- 5.B.1.** Players must play for the respective team in their geographic area at which they must be in full-time attendance. No student may establish athletic eligibility concurrently at two schools. Dual enrollment is not recognized for the purpose of eligibility in MCAA activities. (*Amended 4/25/14*)
- 5.B.2.** Girls play girls' sports and boys play boys' sports.
- 5.B.3.** A student enrolled in an MCAA member school in which no high school program is available to him/her may, upon Board approval, be granted eligibility to participate within the program of an alternate MCAA organization in the student's geographic area. The Athletic Director of the member organization in which the student is enrolled must submit a request to the Executive Council on behalf of the student stating the name, age, and grade of the student; the student's enrollment status; the organization's inability to offer a high school program in the designated sport; and the name of the organization under which the student wishes to transfer his/her eligibility for the requested program. By definition, a "program" means a high school team in a sanctioned sport (no distinction is made for varsity or sub-varsity)



under this provision). Transfer of eligibility for one program does not affect the student's eligibility for other programs offered by the school in which he/she is enrolled.

A student with no program available to him/her, who is not enrolled in a member school but who wishes to participate within the MCAA, must submit a formal written statement to the Board requesting the privilege to participate as an eligible athlete within a specific member organization. In this request, the student must demonstrate proof of enrollment status, birthdate, and legal place of residence. If such request is approved, the student will be eligible to be rostered only by the approved organization for the duration of the student's enrollment in the non- member school. This eligibility may not be transferred to another organization without the express written consent of the Board, and student must show justifiable cause for such a transfer request. Students who have previously participated in the MCAA under these provisions are "grandfathered" and do not need to write a formal written request to the Executive Council, but may continue to play for the organization with which they have previously established eligibility as long as the member organization complies with MCAA By-Law 5.A.3.

A student enrolled in a school which is a member of a high school athletic association other than the MCAA will not be granted permission to participate in an MCAA program. *(Amended 4/28/17)*

5.B.4. In consideration of item 3 (in this section) and in recognition of the commitments and relationships established by players who have previously served on teams, other than their own school as permitted by the MCAA, the decision of how to handle 'grandfathering' of these athletes be left up to the member associations involved. *(Amended 4/25/08 and 4/25/14)*

5.B.5. All MCAA member schools are highly encouraged to enroll at MaxPreps.com by posting schedules, rosters, and final scores for each varsity team. *(Amended 4/25/14)*

5.C. COMPETITION RULES *(Amended 4/27/07)* **5.C.1.** Soccer – Montana High School Association Rules shall be used inside the framework of an eight-man game. *(Amended 4/8/11)*

5.C.2. Volleyball - Montana High School Association Rules

5.C.3. Basketball (Boy's & Girl's) – Montana High School Association Rules



Foothills Community Christian School

Student Athlete/Parent Contract for Participation

PARENT CODE OF CONDUCT

1. I hereby pledge to provide positive support, care and encouragement for my child participating in the Foothills Community Christian School Athletic Programs.
2. I will encourage my child to be the best he/she can be, pleasing to all, but more importantly to be an example and witness to God.
3. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game and/or practice.
4. I will place the emotional and physical well-being of my child ahead of any personal desire to win.
5. I will provide support for coaches and officials working with my child, to provide a positive, enjoyable experience for all.
6. I will demand a drug, alcohol and tobacco-free sports environment for my child and agree to assist by refraining from their use at all sports events.
7. I will remember that the game is for the players and not for the adults
8. I will ask my child to treat other players, coaches, fans, and officials with respect.

AS A SPECTATOR/COACH, I WILL REMEMBER TO:

1. Conduct myself in a sportsman-like manner. While this is a competitive league, it is also a Christian league and we are here to be Christ-like and to glorify God.
2. Not yell instruction or criticism, but yell encouragement and praise. Not make derogatory comments directed toward players, parents of the opposition, officials or league administration.
3. Respect the officials and their calls. This is an attitude which young athletes can learn by watching their coaches and parents.
4. Support the athletes, win or lose. Have patience with them during this learning experience.

The administration reserves the right to change this manual at any time



We have read and agree to fully abide by the terms of Foothills Community Christian School Athletics Handbook. Failure to comply with the policies set forth in the handbook may result in my suspension and/or dismissal from a sports team and, potentially, my dismissal from the sport program for 2018-19.

We understand that we must sign this document and turn it in to the Athletic Director or Head Coach prior to being issued a uniform and included on a team roster.

(Student Signature)

(Date)

(Parent Signature)

(Date)

Please return this signed/dated to the athletic director before the first day of practice.