



**SALISBURY**  
CHRISTIAN SCHOOL

# Athletic Handbook

*School Year 2021-2022*

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## **Purpose**

The purpose of this handbook is to provide information to student-athletes, parents, and coaches regarding the Salisbury Christian School Athletic Department. This document will serve as the general expectations for all Salisbury Christian School teams. Coaches may have additional expectations and guidelines that pertain to their specific philosophy; those must be communicated early, clearly, and effectively. The information provided in this handbook is intended by the Salisbury Christian School Athletic Department to help create competitive athletics at all levels and to nurture young men and women of character, integrity, and faith, remembering “In all things... Christ preeminent” (Colossians 1:18).

## **Salisbury Christian School Mission Statement**

Salisbury Christian School exists to honor Jesus Christ by offering a comprehensive educational program founded upon Biblical truth and academic excellence.

## **Salisbury Christian School Vision**

Salisbury Christian School leads students to spiritual, intellectual, social, and physical maturity, in partnership with parents and the church, so that students become disciples of Jesus Christ, walking in wisdom, obeying His Word, and living their faith.

## **Athletic Department Mission Statement**

Athletics at Salisbury Christian School are a vital part of the student experience and the development of young men and women. Athletics will assist in the overall mission of growing in spiritual, intellectual, social, and physical maturity. The values of teamwork, commitment, dedication, servant leadership, sportsmanship, and fitness are crucial to this mission.

## **Goals of the Salisbury Christian School Athletic Department**

- Student-athletes subscribe to the idea of “Team First” (I Corinthians 12:20-25).
- Student-athletes learn the fundamentals of their sport.
- Student-athletes grow in their love of the game.
- Student-athletes learn how to become Godly men and women.
- Student-athletes exemplify the ideals reflected in a successful athletic program.

## **Expectations of the Salisbury Christian School Athletic Department**

Students participating in athletics as part of their experience at Salisbury Christian School are held to high expectations regarding behavior and character. Student-athletes are a representation of Salisbury Christian School and, paramount, the faith that is essential to the school community. Student-athletes come in contact with many people on and off campus and should represent SCS and Jesus Christ well at all times (Matthew 5:14-16).

These expectations extend also to coaches and fans that are associated with Salisbury Christian School. Coaches and parents not only represent Jesus Christ and the school, they are also called to be examples of character and integrity for our students.

## Academic Eligibility

Early intervention is a critical component to the academic success of a student who is showing signs of academic decline. The Academic Eligibility Policy is designed to help students refocus on their academic studies and seek the appropriate assistance for improvement.

Status	Criteria	Description
Academically Eligible	All grades of a “C” or above	Eligible for participation in extracurricular activities
Academic Warning	A grade of one “D” with all other grades “C” or above	Eligible for participation in extracurricular activities if a weekly meeting is held with the Guidance Counselor and/or extracurricular advisor to monitor progress and develop success strategies
Academically Ineligible	Any failing grades or “Academic Warning” exceeding two consecutive marking terms	Ineligible for participation in extracurricular activities

Additional clarification:

- Academic eligibility status is evaluated eight (8) times per year, at the issuance of progress reports and report cards.
- Eligibility status begins the first school day following the distribution of progress reports/report cards for each term, including Term 4 into Term 1 of the subsequent school year. While students will be notified of the academic eligibility status via letter shortly after the issuance of progress reports/report cards, it is the responsibility of the student to monitor their grades and seek academic assistance.
- If ineligibility continues into a second marking term, a mandatory meeting will take place with the student, parent, Guidance Counselor, and Principal. All final decisions regarding eligibility rest with the Upper School Principal.
- An Academic Contract may also be established by the Administration as an additional level of support and accountability. The Academic Contract may extend beyond the period of ineligibility.
- Up to two (2) summer credit recovery courses may be completed prior to Term 1 of the new school year in order to be considered for academic eligibility at the start of the year.

## Athletic Awards

At the conclusion of each season, coaches and student-athletes are invited and expected to attend the athletic awards ceremony. Teams will provide a short recap of the season and receive certificates. Varsity athletes will receive varsity letters and individual awards. Coaches and student-athletes are expected to “dress for success” for these events.

## Athletic Transportation

Student-athletes are encouraged to ride to and from athletic competitions with the team, to assist with team spirit and camaraderie. In the event that SCS cannot provide transportation for student-athletes to and from an away game, written permission from the student’s parent must be provided to the coach prior to allowing a student-athlete to ride with another SCS parent, coach, or employee to that event. Parents may transport their student home from athletic competitions after communication with the coach. Students are prohibited from driving themselves to or from athletic competitions without explicit written permission from the students’

parents. Students are prohibited from transporting other students to or from athletic competitions with the exception of siblings with parental permission.

### **Boosters Club**

The Boosters Club at Salisbury Christian School is intended to:

- Increase school spirit through creating and implementing strategies for increasing attendance and participation in Salisbury Christian School athletics.
- Observe and address issues with athletic policies and procedures.
- Address areas necessary for growth and/or improvement and to create and implement strategies for improving these areas.
- Assist in the fundraising tasks of the Salisbury Christian School Athletic Department in order to provide the optimal athletic experience for all coaches, fans, and student-athletes.

### **Captains**

Solid leadership is important to the success of any group or team. Team captaincy is an honor and privilege that is to be earned. Captains are expected to maintain high character and integrity at all times, communicate well with the team, and lead by example in word and deed. Captaincy will be determined by the coach and should not simply be reserved for the best athlete or oldest athlete on the team unless deserved. Captain designations will be shared with SCS faculty and staff.

### **Coaches**

Quality coaching is important to the success of teams and development of student-athletes at Salisbury Christian School. Coaches should be knowledgeable in their respective areas and should have experience playing and/or coaching. Coaches are representatives of Salisbury Christian School and should conduct themselves professionally at all times. Coaches are expected to incorporate Biblical integration in practice and game plans and, therefore, must be of good moral standing and have evidence of Christian faith. Coaches should lead by example in the way they teach and instruct teams and student-athletes, teaching and encouraging student-athletes to grow in character and faith.

### **Conference Affiliation**

Salisbury Christian School is a member of the Eastern Shore Independent Athletic Conference (E.S.I.A.C.), along with Delmarva Christian High School, The Gunston School, Holly Grove Christian School, The Salisbury School, St. Thomas More Academy, Worcester Preparatory School, and Sts. Peter and Paul (girls only). Salisbury Christian School also competes on a regular basis against schools from the Delaware Interscholastic Athletic Association (DIAA), Bayside Conference, and the Virginia Public School Conferences, as well as Christian and private schools throughout the state of Maryland.

### **Conflict Resolution**

Salisbury Christian School expects all constituents to follow the Biblical principle of conflict resolution found in Matthew 18:15-17. Conflicts should be addressed directly with the coach/teammate with whom there is an issue before involving other coaches, the Director of Athletics, and other administrators, in that order, as appropriate. Open, clear, and direct communication is Christ-like and healthy for believers who should always strive to be of one accord (Philippians 2:1-11).

### **Cuts**

Due to limited roster sizes, cuts may be made for any team at any level, depending on the desired number of participants and the number of students who try out for any team. Cuts will be determined by the Head Coach after conferring with the Assistant Coach(es) and/or Director of

Athletics. Concerns about these decisions should be addressed directly by the player in question. The player should arrange a mutually convenient time to meet with the coach(es) and Director of Athletics (if necessary).

### **Discipline**

Each student-athlete is held to a high standard of behavior expectations. Discipline will follow the procedure below. This process may be adjusted for any excessively inappropriate behavior. All behavior issues will be reported to the Administration. Salisbury Christian School reserves the right to implement additional discipline strategies if necessary. Please refer to the “School Culture / Discipline Policies and Procedures” portion of the SCS Parent / Student Handbook for information regarding school discipline.

- 1) The first time a student-athlete is written up or a parent/staff member informs the Director of Athletics that a student-athlete is having behavioral issues, the athlete will be disciplined in practice.
- 2) The second time, the athlete will not play in the next game.
- 3) The third time, team membership will be discussed with the coaching staff and Director of Athletics.

### **Ejection/Excessive Penalties**

Any coach or student-athlete that accumulates an excessive number of penalties or is ejected from competition will be subject to a suspension from competition imposed by the Director of Athletics, in accordance with E.S.I.A.C. policy.

- If a coach or student-athlete is ejected from a competition, she/he will be suspended for the next competition (Example: a red card in a soccer game).
- If a coach or student-athlete receives a penalty in consecutive competitions, she/he will be suspended for the next competition (Example: a yellow card in consecutive soccer games).
- The Athletic Department reserves the right to implement additional disciplinary strategies if necessary.

### **Hazing**

- Hazing and degrading initiations have no place in education-based activities.
- The National Federation of High School Sports (NFHS) defines hazing as any humiliating or dangerous activity expected of a student to belong to a group.
- Students found guilty of hazing will be subject to discipline from the Athletic Department and will be reported to the Administration.

### **Holidays**

Teams may still hold practices on days that Salisbury Christian School is not in session (Christmas break, spring break, federal holidays, professional days, etc.). These practices are strongly encouraged and attendance is expected, if stated by the coach. However, these practices may not be stated as mandatory. Salisbury Christian School is mindful that families plan trips and events when school is not in session for such holidays and the Athletics Department is accordingly mindful of the situation. Families should be aware and mindful of their student-athlete(s)' commitment to the team during the season when scheduling trips and events. Games and competitions may occasionally be scheduled during school holidays, if the schedule dictates such.

### **Media Relations**

It is important that Salisbury Christian School maintain good relations with media outlets in the community. Press coverage is a positive way for the school and the Athletics Department to reach out to the community. Coaches and the Director of Athletics should communicate often with local

media outlets. Coaches will be provided with contact information to provide scores to local media outlets. Any special story requests should be processed through the Director of Athletics and the Director of Advertising & Marketing.

### **Notice of Fees**

There is an Athletic Participation Fee associated with each sport that a student-athlete participates in each season. The following process will be followed:

1. The responsible SCS employee (coach, coordinator, etc.) will email notification to families of the required fee and deadline, along with the Non-Tuition Student Expenses Payment Form.
2. Families should complete and return the Non-Tuition Student Expenses Payment Form to the responsible employee, indicating either (1) permission to draft the fee, (2) confirmation of online credit card payment or, (3) payment by check with the check attached.
3. The responsible SCS employee will then communicate with the Business Office regarding the payment of these expenses.

The Non-Tuition Student Expenses Payment Form must be received prior to the first game for the student-athlete to be permitted to play.

### **Playing Time**

The coach and Director of Athletics reserve the right to restrict play time at any level due to absence, tardiness, behavior issues, poor attitude, or poor commitment level. Playing time is non-negotiable at any level.

- Playing time is not guaranteed throughout the season at the JV and Varsity level. Coaches will make substitutions and base playing time on the coach's judgment of what is best for the success of the team.
- At the Middle School level, participation is encouraged, as the main goal is to develop athletic skills, teach the fundamentals of the sport, and build team camaraderie. Each player will play throughout the season. Coaches are encouraged, but not required, to have each student-athlete participate in every game.

### **Practice and Game Attendance**

Attendance of student-athletes at practice and games is vital to the success of the Athletics Department at Salisbury Christian School. Student-athletes are expected to attend all SCS practices and games during the season they are associated with at the time. Excessive absences may result in removal from a team, as directed by the coach and/or Director of Athletics.

- Students are not permitted to miss practice or a game to attend a recreational, club, or organized team practice or game for another team without prior permission from the coach.
- Tardiness to practices or games is unacceptable as punctuality is expected at all times. Tardiness will be handled first by the coach. Excessive tardiness may result in additional discipline or removal from a team, as directed by the coach and/or Director of Athletics.
- Practice attendance is important to game participation. If a student-athlete misses the practice prior to a game due to an unexcused absence, the student-athlete will not participate in that game.
- Determination of whether an absence or tardy is excused or unexcused will be made by the coach and Director of Athletics.

### **Safety**

Safety of our student-athletes is paramount to the Athletics Department at Salisbury Christian School. Student-athletes are required to turn in a Physical Examination Form and an Insurance-

Release Form each school year. Failure to turn in these forms will result in the loss of participation and the inability to try out for sports at SCS. If a student is injured while in the care of a coach, the injury should be communicated quickly and clearly to the parent, athletic trainer, and Director of Athletics. Additionally, the Athletic Incident Report Form should be completed and returned to the Director or Athletics within 24-hours.

### **School Attendance**

Students must be present for at least a half-day of school to be eligible for participation in that day's practice/competition. Student-athletes who do not attend school because of an illness or any other reason may not participate in that day's practice/competition, unless advance permission is granted by an Administrator.

### **Servant Leadership**

Servant leadership is encouraged and expected at Salisbury Christian School. Student-athletes are expected to follow the example of Jesus Christ in the following:

- Matthew 7:12 – “So in everything, do to others what you would have them do for you, for this sums up the Law and the Prophets.”
- Matthew 20:26 – “Instead, whoever wants to become great among you must be your servant.”
- Philippians 2:3-4 – “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others.”

### **Social Media**

Student-athletes should conduct themselves properly on social media at all times. Social media can be very beneficial in regard to communication with friends and family but should be handled with care. Students of Salisbury Christian School are expected to represent the school values and faith in Jesus Christ, honoring God with behavior and interaction with others on all social media outlets. Student-athletes found using social media inappropriately will be subject to discipline within the Athletic Department. All behavior issues will be reported to the Administration. Salisbury Christian School reserves the right to implement additional discipline strategies for inappropriate social media activity.

### **Spectator Expectations**

Spectators should be mindful that their privilege and responsibility is to be encouraging and uplifting during attendance at athletic competitions. Athletics are a way for student-athletes to learn and develop, therefore spectators should do their best to encourage these individuals/teams and to assist in the development of young men and women. Spectators are to be respectful of all players, coaches, and fans at all times, just as they would like to be respected (Matthew 7:12). Spectators should respect the judgments and decisions of contest officials, recognizing the fact that they are human and admiring their willingness to assist in the development of student-athletes. Spectators engaging in inappropriate behavior may be asked to leave the premises of the event.

### **Sportsmanship**

Coaches and student-athletes must always conduct themselves in a manner that represents Salisbury Christian School and Jesus Christ in a positive way. Sports are intended to be competitive, but that should never extend past the field of play. All student-athletes, coaches, and fans should behave properly on the sidelines at all times. Coaches and players shall comply fully with the rulings of the officials. In no way - by voice, action, or gesture - shall they demonstrate in an unsportsmanlike manner their dissatisfaction with the decisions made. Obscene language or

gestures, inciting violence, and general inappropriate behavior is unacceptable at any time and is unbecoming of a student-athlete, coach, or fan of Salisbury Christian School.

### **Stewardship**

Student-athletes should demonstrate stewardship in the way they take care of equipment and facilities that are property of Salisbury Christian School. Appropriate treatment of SCS possessions and resources demonstrates thankfulness for what God has provided (Matthew 25).

### **Uniforms**

As part of their participation on a team, student-athletes will receive a team uniform at the beginning of each season. The upkeep and cleaning of the uniforms is solely the student-athlete's responsibility. Any damages that occur must be relayed to the coach and Director of Athletics immediately. At the conclusion of a sports season, the coach and/or Director of Athletics will conduct a uniform turn-in. Students will be held personally and financially responsible for any uniforms that are not returned at the conclusion of the sports season. All uniforms must be washed prior to returning them.

### **Varsity Lettering**

Earning a varsity letter is an honor and a privilege and is not reserved for all members of athletic teams at every level. The following guidelines will be used in determining which student-athletes receive varsity letters. The coach and Director of Athletics reserve the right to use their discretion in any case regarding varsity lettering.

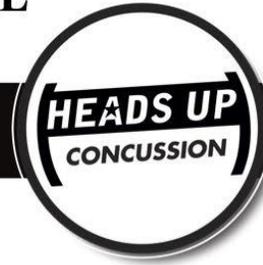
- The student-athlete must be a member of a varsity-level team. Lettering is not a process reserved for middle school or junior varsity teams and athletes.
- The student-athlete must be in good academic standing throughout the season. Any student-athlete placed on academic probation at any time in the season will not be eligible for varsity lettering, unless otherwise decided by the coach and Director of Athletics.
- The student-athlete must demonstrate high character and behavior. Students with repeated behavior issues will not be eligible for varsity lettering. The Director of Athletics and Administration will work together to determine which student-athletes are eligible.
- The student-athlete must show a commitment to the team and exhibit attendance and punctuality at all times. A student-athlete that demonstrates repeated unexcused tardiness or absence from games and/or practice will not be eligible for varsity lettering.
- Any student-athlete that is unable to complete a season for any reason other than injury will not be eligible for varsity lettering.
- If a student-athlete participates at both the junior varsity and varsity level, the student-athlete must have at least 50% of their game participation at the varsity level in order to be eligible for varsity lettering.

### **Weekends**

Teams may hold practices on Saturdays, but they are not permitted to hold mandatory team activities on Sundays, as Salisbury Christian School believes that families should observe the tradition of the Sabbath, taking Sunday to rest and spend time with loved ones. Coaches should be aware of the other commitments of student-athletes and their families and be mindful of such when scheduling Saturday practices. Games and competitions may occasionally be scheduled on Saturdays, if the schedule dictates such. Saturday should be reserved as the last resort in the case of a make-up competition.

# SALISBURY CHRISTIAN SCHOOL

## HEADS UP CONCUSSION ACTION PLAN



### IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

► **"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON."**



### CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

#### SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

#### SIGNS OBSERVED BY COACHING STAFF

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



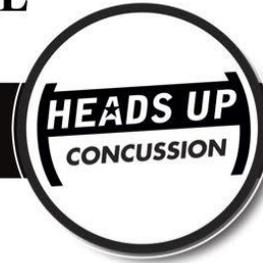
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## FACT SHEET FOR HIGH SCHOOL ATHLETES

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.



### WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

#### REPORT IT.

Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It's up to you to report your symptoms. Your coach and team are relying on you. Plus, you won't play your best if you are not feeling well.

#### GET CHECKED OUT.

If you think you have a concussion, do not return to play on the day of the injury. Only a health care provider can tell if you have a concussion and when it is OK to return to school and play. The sooner you get checked out, the sooner you may be able to safely return to play.

#### GIVE YOUR BRAIN TIME TO HEAL.

A concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

