

Athletic Handbook

Love the Lord your God with all your heart, with all your soul, with all your mind. —Matthew 22:37

School Mission Statement

The mission of Columbia Christian is to provide a Christ-centered education focused on excellence in faith, character and academics.

Athletic Philosophy

The purpose of the Columbia Christian athletic program is to complement, not compete, with the academic program. Columbia believes both academics and athletics are instruments to help accomplish the mission of the school. For this reason, athletics, including physical education, is an important part of the curriculum. As its educational philosophy clarifies, Columbia does not limit education to mental exercises alone. The goal at Columbia is to educate students in all aspects of life, with the Bible at the center as the point of integration. Columbia applies this same standard to athletic programs and physical education classes, and the school sees this point of integration as particularly important.

Athletic Programs

Columbia offers athletic programs for elementary, middle school and high school.

Elementary: The Columbia Christian elementary athletic program is a part of the Metro-Christian League (MCL). As a member of the MCL Columbia is able to offer basketball (boys and girls) and volleyball (girls). MCL combines 5th and 6th grades for the elementary program, but on a case-by-case basis 4th grade students may be asked to participate.

Middle School: As with the elementary, the Columbia Christian middle school athletic program is part of the MCL. As a member of the MCL Columbia is able to offer basketball (boys and girls), soccer (boys), track and field (co-ed), and volleyball (girls). MCL combines 7th and 8th grades for the middle school program, but on a case-by-case basis 6th grade students may be asked to participate.

High School: The Columbia Christian high school athletic program is a member of the Oregon School Activity Association (OSAA). As part of this membership, the basketball (boys and girls) and volleyball (girls) teams compete in the Valley 10 league, which consists of 1A schools in the greater Portland area. The cross country (co-ed), golf (co-ed), and track and field (co-ed) teams compete in OSAA's Special District 1, which consists of 1A, 2A and 3A schools in the area. Columbia Christian also has a cooperative agreement with Portland Christian for its football (boys) and soccer (boys and girls) programs. The football program competes in the Lewis & Clark League, and the soccer program competes in OSAA's Special District 2.

Athletic Goals

In line with the mission statement and athletic philosophy, each age group has goals appropriate to its level.

Elementary: The elementary athletic programs focus on the development of fundamental skills in each sport. The aim is to help the students have a fun experience and learn the joys of hard work, sportsmanship, and being part of a team. At this level, all athletes receive equal playing time.

Middle School: The middle school athletic programs carry forward the focus on the development of fundamental skills that begins in elementary. The goal is to enhance these skills and introduce more complex sport tactics while focusing on a fun experience for the athletes. Again, the coaches have an intentional aim to help the athletes experience the joys of hard work, sportsmanship and being part of a team. At this level, all athletes receive playing time in each and every

game, although the amount of playing time is not always equal for each athlete. As with elementary, an athlete with a good and positive attitude and work ethic will play ahead of an athlete who has more athletic skill but a less positive attitude and work ethic.

High School: Along with the goals of developing skills and implementing complex sport tactics, the high school athletic programs are focused on helping athletes and teams achieve excellence. Excellence is defined as achieving individual and team potential in all sport practices and competitions. Further, the high school athletic programs share the same aim as elementary and middle school programs of helping athletes experience the joys of hard work, sportsmanship and being part of a team. At the high school level, individual sports may have both a varsity and junior varsity team. Coaches will determine the number of players for each team and which players to place on each team. At times, an athlete may “swing” between junior varsity and varsity during a single season. Athletes on the varsity team will not necessarily see equal playing time, and there is no amount of playing time guaranteed to varsity athletes. Playing time depends on the skill and experience of the participant and how those attributes will support the team during competition. Junior varsity athletes can expect to receive playing time in every competition. Please note that questions about playing time are appropriate between an athlete and a coach. High school coaches are not expected, however, to discuss playing time with parents.

Athletic Eligibility Requirements

In line with Columbia’s mission statement and athletic philosophy, the following eligibility requirements apply for participation in all athletic competitions:

1. Student-athletes are required to pass all classes at quarterly reports and earn a 2.0 GPA or higher.
2. Student-athletes are required to attend all classes on the day of an athletic contest.
3. Student-athletes are required to comply with all team rules as established by the athletic director and the coaches.
4. Student-athletes and parents/guardians are required to sign the Athletic Participation Permit and Acknowledgement of Athletic Policies forms.
5. Student-athletes in grades 6-12 are required to complete a physical exam every two years and have it on file at the school office prior to participation in a sport.
6. High school student-athletes must have passed five classes the previous semester and currently be passing five classes and on track to graduate.
7. High school student-athletes are required to meet all additional guidelines issued by OSAA for athletic eligibility.
8. All student-athletes and a parent representative are required to attend a pre-season meeting once a year. Meeting dates and times will be announced before each season.
9. Any fees associated with the athletic program must be paid prior to the first day of practice.

Athletic Participation and Commitment

All students are welcome and encouraged to participate in athletics at Columbia Christian, as long as they are eligible under both school and OSAA guidelines. An athlete who joins a team makes a commitment to that team. The athletic department and the coaches expect that this commitment is the primary athletic commitment for each athlete during the season. Coaches will clarify the specific expectations of each athlete for the season at the beginning of the season. This will include expectations about practice days and times and game commitments. Along with these, each coach will clarify the team policy regarding a Columbia athlete who desires to compete on an outside, non-school, association or club athletic team during the same season as the Columbia sport. An athlete in one school sport cannot compete in a second Columbia sport during the same season without prior approval from the coaches of each team, the parents, the athletic director, and the principal.

An athlete who quits a team after the season begins cannot join any other sport at Columbia during that same season. Participation in a sport after the season ends is subject to the permission of the coach and athletic director.

Scheduling Conflicts: Inevitably in a school situation, scheduling conflicts will arise between athletic events and other school activities. When the athletic schedule is produced, care will be taken by the athletic director to avoid conflicts if possible. In some instances, a student will have to choose prior to the season between playing on an athletic team and participating in another school activity, such as a drama production. A student who is participating on an athletic team is expected to attend all regularly scheduled practices and athletic contests.

Athletic Rules

Participating in athletics at Columbia Christian is a privilege. Columbia Christian student-athletes must continually represent Columbia values and in so doing uphold the reputation of the school. As leaders, athletes have the responsibility to portray their team, school, and themselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience but benefit the team as a whole.

While coaches may specify particular expectations for their teams, athletes are expected to uphold all the rules of the Student and Parent Handbook at all times, in season and out of season, in school and out of school, summertime included. Disciplinary action for any violations of team rules and/or school rules will match the disciplinary policies described in the Student and Parent Handbook. Along with this, coaches may specify extra disciplinary actions on top of those described in the Student and Parent Handbook. Any additional expectations and disciplinary actions a coach has for his or her team will be shared with athletes at the beginning of each sport season.

Conflict Resolution: Confrontation is sometimes necessary and can be healthy if timing and method are appropriate. It is better to confront an issue in love than to let it go and build up into unnecessary hard feelings. Generally the first responsibility is for the student-athlete to meet with the coach to seek understanding on matters of concern. A coach appreciates communication from the student regarding team or individual situations. A coach will not hold it against a student-athlete for wanting to talk about a situation. If a parent wants to speak with a coach about a concern it should be done at a suitable time or via an appointment. Confronting a coach before or after a contest is not an appropriate time. If the concern still exists after meeting with a coach the concern should be taken to the athletic director as a second step in seeking resolution. Athletes or parents with a concern about the athletic director should speak with the athletic director first, and if the situation remains unresolved should speak with the principal as a second step in seeking resolution.

Dismissal from a Team: An athlete dismissed from a team cannot join any other sport at Columbia during that same season. Participation in a sport after the season ends is subject to the permission of the coach and athletic director.

Missing Class: If an athlete misses a class because of an athletic contest it is the responsibility of the athlete to turn in all work due **BEFORE** leaving school. Scheduled tests and quizzes must be taken before leaving unless other arrangements have been made with the teacher.

Social Media: Texting, Facebook, Twitter, OregonLive.com, Instagram, Vine and other social media sites have increased in popularity globally, and are used by the majority of student-athletes at Columbia in one form or another. Student-athletes should be aware that third parties—including the media, faculty, future employers and OSAA officials—could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posts. Inappropriate material found by third parties affects the perception of the student-athlete, the team and the school.

The athletic director and coaches retain the ability to suspend or remove a student from the team for any inappropriate action relating to social media, even after a first offense.

Examples of inappropriate actions relating to social media include, but are not limited to, the following:

1. Photos, videos, comments or posts showing the personal use of alcohol, drugs and tobacco e.g., holding cups, bottles, cans, shot glasses etc.

2. Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
3. Pictures, videos, comments or posts that condone drug related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
4. Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student athlete, coach or team at another institution and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
5. Content online that would constitute a violation of team, school, and league rules (examples: commenting publicly about a coach, teammate, opponent, official, staff member, and school employees.)
6. Information that is sensitive or personal in nature or is proprietary to the team or the school, which is not public information (examples: tentative or future team schedules, student athlete injuries and eligibility status, travel plans/itineraries or information).

Athletic Equipment and Uniforms

School equipment and uniforms checked out to an athlete becomes his or her responsibility. The athlete is expected to keep all items clean and in good condition. Equipment/practice gear/uniforms are to be used only in practices or contests or as directed by the coach. Equipment and uniforms are not to be used or worn in PE classes or at other times. The loss or damage of school equipment and/or uniforms is the financial obligation of the athlete and his or her family.

Athletic Travel

1. All coaches and athletes will travel to and from athletic events on transportation provided by Columbia Christian. Coaches **may** decide to allow athletes to return from an event with their own parents, and only their own parents, but this is entirely at the discretion of the coach. Coaches who prefer to have teams travel together at all times are completely justified in doing so.
2. Coaches will announce their travel policy at the start of their seasons. Athletes who are allowed to leave an event with their parent may only be signed out by their parent. If athletes need to go home directly from an athletic venue with someone other than their parents (e.g., another team parent, neighbor, sibling, etc.) a signed Transportation Waiver form must be presented to the coach by the person authorized to transport the athlete. The Transportation Waiver form can be found on the main athletic page of the school website.
3. When males and females ride the bus together they are to sit in seats with the same gender. At no time should a male and female sit in the same seat. Any athletes who violate this rule will be suspended from the next athletic contest.
4. Columbia is blessed to offer in-house transportation. It is expected that Columbia student-athletes will respect the authority of the bus driver and the coach, obey the laws relating to school busses, keep the bus clean, remain seated, maintain an "inside voice," and show the bus driver appreciation for driving.
5. After an athletic contest or practice, whether there is travel or not, the coach is expected to stay until the last student is picked up. Parents PLEASE try to be on time to pick your child up. When teams travel, the bus may arrive back at the school late on certain occasions; therefore it is recommended that the parent be ready at the estimated time or arrange to have athletes call with updated arrival time.
6. On school nights when the bus has late arrival times it is expected that student-athletes will not be tardy to school the next day. Athletic contests and late night return times will not be considered a reason for an excused tardy or absence.

Locker Room and Weight Room Use

1. Locker rooms may be used during PE class and team practices/contests. Use of the locker rooms at any other time requires the permission of the athletic director.
2. The weight room may be used after approval has been received from the athletic director, coach, or PE teacher.

3. The following rules apply to each and every use of the weight room:
 - a. Always use correct techniques.
 - b. Never lift without a supervisor present.
 - c. Never lift without a spotter.
 - d. No horseplay at any time.
 - e. No food or drink except water.
 - f. Return all weights after finishing with a piece of equipment.
 - g. No ball throwing in the weight room.
 - h. All music must be approved by the coach or athletic director.
 - i. Always act in a manner that honors God and others.

Parents of Student-Athletes

The positive, enthusiastic support and involvement of parents in the lives of their student-athletes is one of the reasons the Columbia Christian athletic program is so effective. Parents, administration, and coaches share the goal of seeing students gain growth and satisfaction through their participation in sports at Columbia. While opinions may vary regarding effective strategies to reach that goal, this commitment to the student remains common ground.

Parent Behavior: Parental behavior and language towards officials, coaches, athletes, and other fans must be exemplary at all times. Every season is an opportunity for parents to teach their children how to emotionally handle the successes and setbacks inherent in all sports competitions.

Questions about Coaching Decisions: When questions arise regarding coaching decisions, parents should first bring their questions to the coach. Columbia coaches have been hired to exercise their best professional judgment regarding all the details of running athletic teams. Parents need not be concerned that the coach will resent the player because of questions raised by parents. If questions remain unanswered after speaking with the coach, parents may speak with the athletic director to pursue the question further and then, if necessary, with the principal. (See also *Conflict Resolution* under **Athletic Rules**.)

Health of Athletes: The health of all athletes is a fundamental priority of Columbia Christian athletics. Columbia recognizes parents as the primary medical support person for athletes. Parents have the final decision on the diagnosis and treatment of all injuries. During a typical sports season, almost every athlete experiences some type of pain. Distinguishing between normal soreness and a more serious injury that needs medical care is a common yet important decision that is best resolved through excellent communication involving the parents, head coach, athletic trainer, and outside medical support. Parents should never hesitate to seek diagnosis, treatment, or medical care for their athletes with the doctor, therapist or specialist of their choosing. If a doctor restricts or limits athletic involvement, a signed note from the doctor turned in to the athletic trainer or athletic office will be required before the athlete is allowed to return to participation. If an athlete receives a concussion, the athletic director and coach must receive doctor clearance before the student-athlete can return to practice.

Oregon School Activity Association (OSAA) Regulation Regarding Gifts, Rule 8-4-1

A student may not accept monetary compensation in recognition of athletic ability, participation and/or achievement during the Association year. A student may accept non-monetary compensation or items of value solely in recognition of athletic ability, participation, and/or achievement if the total value of such non-monetary compensation or items of value, including the actual value of any discounts, coupons, etc., does not exceed \$300.00 in any Association year. The OSAA association year begins with the official start of practice each fall and ends on May 26, the following spring. 'Non-monetary compensation or items' does not include customary school awards such as letters, medals, ribbons, certificates, plaques, trophies, and other emblems. This rule does not regulate or prohibit compensation in a non-OSAA sanctioned sports.

NOTE: Parents who want to buy special gifts for a team to commemorate a championship (t-shirts, caps, etc.) are asked to contact the athletic director in advance to discuss the OSAA gift rule as well as any use of the name “Columbia Christian” or “Knight,” which is not available for general public use.

Oregon School Activity Association (OSAA) Regulation Regarding Undue Influence, Rule 8-7

Any student who attends a member high school as a result of undue influence is thereafter ineligible and the high school is subject to penalty. ‘Undue influence’ is the attempt by any person (including but not limited to coaches, boosters, teachers, administrators) to induce the attendance of a student at any public or private member school for the purpose of athletic participation.

NOTE: Please direct any questions on this matter to the athletic director.