

2022-2023
Middle/High School
ATHLETIC HANDBOOK



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Athletics Mission Statement

The purpose of athletics at San Antonio Christian School is to develop students spiritually, physically, and intellectually through sports. Practices, games, and related activities are to develop Christian character, interpersonal success skills and athletic excellence in each athlete. Winning is important as an indicator of successful preparation and performance, but victory is achieved when Christ is glorified through each step of the process.

Sports Sponsored

San Antonio Christian anticipates sponsoring the following sports participation for the 2022-2023 school year:

Baseball	Boys
Basketball	Boys and girls
Cheerleading	Girls
Cross-country	Boys and girls
Football	Boys
Golf	Boys and girls
Soccer	Boys and girls
Softball	Girls
Swimming	Boys and girls (HS only)
Tennis	Boys and girls
Track	Boys and girls
Volleyball	Girls

Fan Responsibilities

To our opponents, their fans and the officials, the people of SACS represent the living embodiment of Christ. It is important that we are always worthy representatives. We want our fans loud, proud and a factor in helping the Lions win. One of the quickest ways we can lose our witness, however, are the words we speak. Please keep the following in mind at all SACS games:

- 1) Officials are human. Respect their decisions and the difficult job they have.
- 2) Do not use profanity.
- 3) Do not boo or heckle players, coaches, or officials.
- 4) Respect the visiting opposing team and their fans.
- 5) Avoid the temptation to engage in a war of words with the opponents' fans.
- 6) Celebrate our success, not the opponent's failure.
- 7) Be aware TAPPS does not allow noise makers of any kind at events held indoors.
- 8) Show class and character in both victory and defeat.

Fans that cannot follow these guidelines may be asked to leave the event.

Membership & Affiliations

San Antonio Christian High School is a member of the Texas Association of Private and Parochial Schools (TAPPS) which consist of over 230 private schools throughout the state of Texas. For the 2022-2023 school years SACS is classified as a 5A school.

San Antonio Christian Middle School is a member of the Independent Scholastic Athletic League (ISAL) which consists of private schools across San Antonio and surrounding areas.

Athletic fees are one single fee for the entire school year. We want to encourage our athletes to participate in multiple sports. Managers are part of the team, and they are expected to pay the athletic fee. These fees help cover league fees, coaches' salaries, transportation, insurance, facility operating cost and other game operations expenses. All athletic fees must be paid before the conclusion of the season. Athletes with outstanding balances will not be eligible to participate in athletics. These fees are charged to each athlete's student billing account and are paid through FACTS.

Athletic activity fee for the **2022-2023** school year is as follows:

High School: \$400 per year

Middle School: \$300 per year

Uniform Late Fees/ Replacement Costs

Uniforms are to be turned in on the assigned date at the completion of the season. Lost uniforms or uniforms damaged more than normal wear and tear will be billed at the replacement value of the item. These late fees are paid to the athletic office.

Fines for Ejections

TAPPS assesses member schools a fine of \$50 for the first athlete ejected from a sport over the course of a season, \$100 for the second and \$150 for the third. Ejections during state semi-finals or finals begin at \$150. San Antonio Christian will bill ejected athletes \$50 for each ejection prior to the state semi-finals or finals and \$150 for each during a semi-final or final. These fines are paid to the athletic office.

Additional Fees

Additional expenses vary by sport. General items the athletes keep are paid to the athletic office. Some are required; others are optional and may include, but are not limited to:

- Hotel expenses
- Team Meal Fees
- Team T-shirt, hats, shoes
- Varsity team travel shirts
- Pictures
- End-of-season banquet

Awards and Player Recognition

Lettering

- Coaches determine the requirements to letter by sport.
- Minimum requirements for all sports include:
 - Only varsity players and managers (2-year requirement) may letter.
 - Athletes must complete the season of a varsity sport (varies by sport).
 - Athletes may have no more than two unexcused absences.
 - Students may not be ineligible for three or more weeks.
 - Athletes must maintain good standing with the team throughout the season.

Letterman Jackets

- The booster club purchases first-time lettermen with a basic jacket including a letter. Students may purchase upgrades including leather sleeves, all-district patches, etc. at their own expense.
- Jacket fittings are done once in the fall, winter, and spring. Time and date will be posted and included in the weekly ROAR announcements.
- Order forms are available in the athletic office.

Graduation Cords

Athletes that participated in 2 or more sports ALL four years (or all years enrolled at SACS) receive athletic cords to be awarded at graduation practice.

Team Awards

- Each team will vote on team awards immediately after the season ends.
- Every team will award one of the following SACS core awards for Perseverance, Lion Award, and The Total Release award.

Male and Female Athlete of the Year Awards

- SACS head coaches vote at the end of the school year for the male and female athlete of the year based on the following criteria:
 - Junior or senior standing
 - Exemplifies Christ-like characteristics.
 - Played at least two sports, priority given to three sport athletes
 - Displays outstanding leadership as an athlete and member of the campus community.
- Winners are announced at the end-of-year school awards assembly.

All-District and All-State Honors for Varsity Players

- SACS high school coaches nominate our athletes for all-district honors at their end-of-season district meeting. However, they cannot vote for our players. The all-district team is not released until the last district team is eliminated from the state play-offs.
- First-team all-district players are nominated for all-state honors at the all-state meeting by a representative of our district. This is normally the coach of the district champion.
- Players who do not letter because of disciplinary action will not be nominated for first-team all-district recognition.

Academic All-State

The academic all-state teams are selected by the TAPPS office. Requirements vary by sport, but generally include junior or senior standing, being selected first-team or second-team all-district and having a cumulative GPA of 90 or above.

Eligibility & Participation *Academic Eligibility Requirements*

Eligibility is an important factor in the athletic program at SACS. It is the desire that students do well in their studies, and therefore, when grades seriously drop, the ineligibility system serves as a reminder to students to keep a healthy balance between schoolwork and other activities. If a student is deemed ineligible, he/she may practice if it does not interfere with tutoring or help sessions with their teachers. Students who are ineligible will not participate in school-related activities, including all athletic events.

High School Eligibility Standards

- Student athletes are eligible unless they have more than one class below 65%.
- Eligibility is based on the student's grades during the current nine-week grading period, not their cumulative grade for the semester.
- An ineligible athlete has a two-week ineligible period.
- At the end of the two-week ineligible period, grades will be checked, and if a student is failing more than one subject, he/she will remain ineligible for another two-week period. This process will continue until the student has regained eligibility.
- Once a student has regained eligibility, he/she will be eligible for the remainder of the grading period.

If a high school athlete is ineligible, he or she may:

- Practice with the team but may not participate in any games or competitions.
- Not travel with the team or suit out for any games or competitions.
- Athletes who are absent more than 2 classes will not be eligible to participate in the day's athletic activity/including games. Students arriving more than 10 minutes late to any class are considered absent from class

Middle School Eligibility:

MIDDLE SCHOOL Eligibility Standards

- Eligibility is based on the student's grades during the current nine-week grading period, not their cumulative grade for the semester.
- Student athletes with 2 or more "D's" are INELIGIBLE (below 70), or one "F" (below 65).
- Grades will be checked every Friday starting the second Friday of the grading period. An ineligible athlete must sit out of competitions for a one-week probationary period. Students that are ineligible will be required to sit out the following week, Monday through Saturday. This will continue until the student has regained eligibility OR has 3 consecutive weeks of ineligibility.
- After more than 3 weeks of ineligibility, the student will be removed from the team.
- Athletes who are absent more than two classes during the day will not be eligible to participate in that day's athletic activity, including games. Students arriving more than 10 minutes late to any class are considered absent in that class.

If a middle school athlete is ineligible, he or she may:

- Practice ONLY after they have approval from academic advisor.
- Travel with the team if travel does not require missing school.
- Sit with their team on the bench but may not dress out for the game.

Other Rules

- Eligibility status carries over from one sport to the next as seasons change.
- Ineligible athletes may not miss class to travel with the team.
- Students and parents are not allowed to pressure, coerce, or in any other way attempt to influence teachers to change grades or compromise their academic integrity. Attempts to do so may result in disciplinary action by the athletic director or school principal.
- The principal and athletic director together may review and rule on truly unusual eligibility circumstances.

TAPPS Athletic Eligibility (High School Only)

To be eligible to compete at San Antonio Christian students must meet the following TAPPS requirements:

- May not turn 19 prior to September 1st of the current school year.
- Has four consecutive years of eligibility from the time the student was first enrolled in high school.
- In compliance with all transfer rules per section 104 of the TAPPS by-laws.
- Has not been offered or accepted money or other valuable considerations to attend the TAPPS member school per section 87 of the TAPPS by-laws.
- The student is not being coached by a coach from a previous school, AAU, select team or the like if the coach has been at the present TAPPS school for less than one year.
- Student is not failing more than one class at the end of the most recent grading period.
- Student is reenrolled in at least four core academic classes at the member school.
- Student has a current physical and student acknowledgement of rules form on file with the TAPPS member school.

For more information on TAPPS go to www.tapps.biz.

School Attendance and Athletic Eligibility

Practice

- Students who do not attend school may not practice that day.
- Students who miss portions of the school day for excused reasons may practice.
- Students who miss part of the school day due to illness should not practice.
Not in the best interest of their health.
Not in the best interest of their teammates' health

Games

- Students who miss more than three excused class periods may not compete that day.
- Students who have an unexcused absence may not participate that day.
- Missed class time on Friday does not affect weekend participation.

Failure to Complete the Season

Students who make a team are making a commitment to the team and coach until the end of the season.

- Students are expected to attend all practices and games until the team has completed its season.
- Students may not begin a subsequent sport until the conclusion of the current one.
- Students who do not fulfill their commitment, except for illness or injury, potentially could be suspended or not allowed to participate in any sport for one calendar year.
- Students may quit prior to the second contest without penalty.

Forms

The following forms are to be completed on the Rank One website. All forms (Omitting the physical) are completed electronically and auto populate in our database.

- TAPPS eligibility forms
- Medical release form
- Physical examination (prior to participation)
- Participation agreement form

Rank One's link can be found on gosachristian.org under "Quicklinks" Rank One Login.

Grievance Procedures

Over the course of a season misunderstandings or disagreements may arise between an athlete and a coach. Should this occur the biblical principle of conflict management established in Matthew chapter 18 will be used to resolve the problem.

It is important to note that when a conflict does arise it is between the athlete and the coach, not the parents and the coach, or the parents and the athletic director. As such, the following protocol will be followed for conflict resolution:

- The athlete meets with the coach.
- The parents and athlete meet with the coach.
- The parents, athlete, and coach meet with the Athletic Director
The parents, athlete, coach, and member of senior leadership team.

Locker Decoration (Middle School Only)

Locker decorations (magnets) may be ordered through the middle school office during the first week after try-outs of each season. These magnets are the only SACS sports locker decorations permitted on student lockers, any other SACS sports locker decorations on a student locker will be required to be removed.

Medical/ Insurance

Medical

- San Antonio Christian strongly recommends the use of doctors specializing in sports medicine whenever possible. The school has a partnership with TSAOG for priority access to their Physicians.
- Athletes whose injuries required medical attention cannot return to practice or competition without a doctor's note.
- TAPPS requires a current physical on file before an athlete can participate in practices or games.
- Athletes should make their coach aware if they are asthmatic, allergic to bee stings, diabetic, and the like.
- Athletes should bring inhalers, glucose, etc. with them to all practices and games.
- When in doubt coaches will call 911.

Insurance

- All SACS athletes must carry primary insurance coverage to participate in SACS Athletics.
- SAC recommends secondary insurance for athletes.
- To be eligible for coverage the athlete and coach must complete an injury report on any injury requiring medical attention.
- School-related summer camps and summer athletic leagues are **not** covered by the school's insurance policy.

Missed Class Time Due to Athletics

The athletic department will determine departure times and make arrangement with the attendance office to excuse student from class. Students may not be released prior to the time set by the athletic department. Should the contest be cancelled, or the game time change the students must return to class. Please reference the SACS Manuel.

If an athlete misses school due to an athletic event; make-up work policy is as follows:

- Assignments due the day the athlete is out of class needs to be turned in prior to departure. (EX: If an assignment is due Friday, but the athlete will be out Friday, he/she is responsible to turn in the assignment prior to departure.)
- Assignments missed the day athletes miss class need to be turned in the next day.
- The athlete is responsible to make arrangements with his/her teacher(s) to cover material and assignments missed during the time the student was absent. The teacher has discretion on any modifications to due dates.

Parent Communication

RenWeb, Weekly ROAR, and the athletics website (gosachristian.org) are the primary ways coaches and the athletic department communicates with parents. Please make sure you have an active account with the school.

Parental Responsibilities

Participation in athletics at SACS is truly a family affair. For our athletes to have the best experience possible it is necessary for our parents to take an active role in their child's athletic endeavors.

- Pray for your child's coach.
- Make sure your athlete is on time to all events.
- Make sure your athlete has all necessary uniforms and equipment.
- Encourage your athlete to maintain good communication with his or her coach.
- Follow the procedures outlined in the grievance section should a problem arise between the coach and your athlete.
- Look for ways to assist the team parent or booster club representative.
- **Participate in Gate Duty.**

Should parents feel the need to "suspend" a student for family discipline reason.

- It may be considered an unexcused absence.
- May impact athlete's playing time, ability to letter or qualify for team awards

Participation Policies

Participation in Contest

For all levels, player participation in games is at the discretion of the coach.

Multiple SACS Sport Participation

1. Athletes may only participate in one team sport per season.
2. Athletes may participate in an individual sport and a team sport during the same season under the following conditions:
 - Approval of both coaches.
 - When participating in two sports the team sport has priority.
 - Athletes may not miss a regularly scheduled team sport practice to attend an individual sport practice.
 - Team competitive events take priority over individual competitions.
 - Individual sports are cross country, swimming, track, tennis, and golf. All others are team sports.

SACS Drama Participation

Athletes may participate in drama only once the athlete, coach and drama director have met and agreed to a calendar plan for the overlapping time. It is possible the coach and drama director may agree that there are simply too many conflicts, and the student will need to choose one or the other. Students who wish to have a major role in both drama and athletics need to realistically consider their ability to be two places at once.

Club Sport Participation

Athletes may simultaneously participate on club teams under the following conditions:

- SACS teams have priority over the club team.
- Any practices or games missed because of club events are considered unexcused and are subject to disciplinary action up to dismissal from the team
- Failure to participate in all portions of a SACS practice due to club concerns is unacceptable and subject to disciplinary action.
- Missed practice or games due to club events may prevent an athlete from lettering

Practice

Students and parents should be aware that all SACS sport teams require a significant time commitment that may overlap with other school activities. This may necessitate the student choosing one or the other. Also, athletes are expected to practice and play games over school holidays as the schedule requires. Athletes who find it difficult to make the necessary team commitment should reevaluate participation in that sport.

- Players are required to attend all regularly scheduled practices.
- Failure to attend practice or arriving late/leaving early is grounds to limit playing time or suspend an athlete.
- Athletes who take on other activities that require them to consistently miss practices or games may be demoted or removed from the team.
- Three or more unexcused absences may result in removal from the team.
- Students will not be penalized if arriving late from a verified tutorial session.

High School Practice Times

- Afternoon practices will begin during Athletics' Period (3:10-4:00pm) (If attending tutorials 3:35-4:25pm) and end around 5:30pm on Monday, Tuesday, Thursday, and Friday. Wednesday afternoon practices end around 6:00 p.m.
- Athletes will scan in for daily tracking of attendance.
- Morning practices may begin as early as 6:00 a.m.
- Basketball, soccer, and baseball sometimes require staggered practice times of either 3:30-5:30 or 5:30-7:30 due to the number of teams and limited facilities.
- Teams in the state play-off may have additional practice time.
- Practice time is limited but will take place during finals.

Middle School Practice Times

- Practice is typically held Monday-Friday during P.E. for all Middle School teams and either immediately before or after school on non-game days.
- There is no after school practice on Wednesday, unless approved by the athletic director.
- At the coach's discretion, players that miss practice may have consequences as a result from their absence.

Holiday Practice Times

Three-Day Weekends

Practices and competition normally will be scheduled.

Thanksgiving

Practice or games may be scheduled on Monday, Tuesday, Friday, or Saturday. Teams with a play-off game on Thanksgiving weekend may practice on Wednesday and Thursday as well.

Christmas Vacation

No practice or games may be held on five consecutive days that include December 24-26. Coaches will make parents aware of the Christmas practice schedule at the beginning of the season.

Easter

No games or practices will be scheduled from Good Friday through Easter Sunday.

Spring Break

Due to the different calendars of district schools, it is likely games and practices will be held during spring break. Parents will be informed of the team's spring break schedule during the preseason team meeting.

Rental of Athletic Facilities

Due to security and liability issues, San Antonio Christian School must be aware of all activities on campus. The Facility or Athletic Director may authorize and or appoint individuals to provide the adult supervision. Those serving in a supervising capacity will meet with either the Facility or Athletic Director prior to supervision to understand policies of using SACS equipment and/or athletic facilities. Emergency contacts and procedures will be outlined by the Facility Director and/or Athletic Director. SACS families need to schedule facility use and/or rentals through the Facilities Director at Facilities@sachristian.org.

1. Individual families and/or students may arrange for facility use for SACS students with one of the following:
 - a. A SACS employee liaison
 - b. An authorized parent as outlined above
 - c. Their SACS Coach

2. Individuals, Groups, organizations can contract for rental

Service at Games

Parents are needed to assist on a rotating basis with admissions/ticketing, and other functions associated with hosting home contests. The athletic department will contact you as needed.

Summer Teams

San Antonio Christian normally has teams from multiple sports participate in summer leagues. Although these are not school sponsored teams, SACS has made our facilities available, when possible, for practice and games with proper supervision. Please be aware of the following regarding summer league teams:

- Participation in summer league is not a requirement to make the SACS' team the following year.
- SACS coaches are not under contract or paid by SACS to coach these teams.
- SACS has no control over the fees or schedules of these leagues.
- SACS carries no insurance on athletes participating in summer leagues.

Team Parent/Athlete Meeting

All Sports Meeting (beginning of year) and sport specific meetings are mandatory for all parents and athletes.

Team Uniforms & Dress Code

Practice Dress Guidelines

- Students must wear appropriate clothing to practice as determined by their coach.
- The following dress code applies to all teams:
 - Shorts must be of modest length for the athlete. The coach has the final say.
 - Midsections must be covered.
 - No secular music, tobacco, alcohol, etc. displayed on T-Shirts.
 - Undergarments, including sports bras, must be completely covered by the athlete's T-shirt or shorts.
 - Compression shorts may extend below appropriate length shorts

Game Day Guidelines

- Teams may wear jerseys, sweats, etc. to school only on days pre-approved by the principal. Any other time is subject to a uniform violation infraction.
- Letterman jackets are considered a part of the school uniform.

Athletic Uniform Stewardship Policy

Athletes may not check out a uniform for the next season until all parts of the previous seasons have been turned in or paid for.

- All athletic gear must be signed for by the athlete on athletic department check-out sheets.
- Athletes are responsible for the care of their uniforms.
- Athletes are required to pay for lost, stolen or excessively damaged uniforms at replacement cost.
- Uniforms should be washed separately in cold water.
- All uniforms should be hung to dry. Heat from dryers' damage silk screening!

Travel

Each head coach determines specific team rules regarding travel and transportation. School rules and policies apply during team travel the same as if the students were on-campus. Failure to follow team rules may result in the athlete being sent home or other disciplinary action up to removal from the team.

Transportation

- SACS will provide buses or vans for all HS games outside of the San Antonio area.
- Due to the limited size of our coaching staffs, occasionally parents may be needed to help transport athletes.
- In-town games may use school buses or carpools.
- MS game travel is the responsibility of the parents. Unless, during school hours, at which time SACS will provide transportation.

Athletes Driving to Games

- Students may not drive to any games.
- Juniors and seniors may NOT drive and transport other students.
- Parents may state on their child's medical release card who their child can ride with or transport.

Hotel Accommodations

Athletes pay for the cost of their room on all overnight trips. Students may not travel unless all fees have been paid prior to departure.

- Hotel reservations are made by the athletic department.
- The school will not reserve rooms for parent on the school account.
- Males are not permitted in female rooms and vice versa.
- Students are not allowed to leave the venue/hotel without adult supervision or remain at hotel without adult supervision.

Tryouts

- All students in good standing may try out for a team.
- Students must be enrolled for the semester the sport begins at the time of tryouts.
- Athletes must attend tryouts. Vacations are not an excused absence. Failure to attend all tryouts may result in being cut or placed on a sub-varsity team.
- Coaches will make arrangements for athletes still participating in the previous season, injured, or who have unusual circumstances beyond the athlete's control.

- Coaches will explain the tryout process and team selection criteria prior to beginning tryouts. The decisions of the coaching staff are final.

Weight Room Use

Coaches coordinate a year-round strength and conditioning program with Head Strength & Conditioning coach.

- The weight room director is available to plan workouts, keep records, and supervise athletes' workouts.
- The weight room is normally open until 4:30pm on weekdays.
- Students must be appropriately dressed to use the weight room including closed-toe shoes.
- Students are responsible for wiping down and putting away all equipment after use. Individuals that consistently fail to clean up after themselves will lose access privileges.
- Athletes must have appropriate supervision by a coach to use the gym and weight room.